

ESSENTIALS

Items with a * are items that can switch from essentials list to luxuries list according to circumstances

Produce

Potatoes, pumpkin, kumara, parsnip

Onions – red & brown, spring onions

Garlic, chillies, mushrooms

Green veg: broccoli, cauliflower, cabbage, courgettes, carrots, and leeks

Salad stuff: celery, capsicum, lettuce, tomatoes, cucumber,

Fruit: what is in season this week!!! Lemons, oranges, limes, apples, bananas, avocado, lemons,

Staples Baking

plain flour, sugar, *ground almonds, baking powder, baking soda, cinnamon, allspice, ginger, eggs, cocoa, caster sugar, icing sugar, vanilla essence, coconut, condensed milk, yeast, golden syrup, salt, milk powder, brown sugar, raisins, currants, choc chips, cooking spray, baking paper, cup cake cases, sesame seeds, poppy seeds, dried apricots, silver balls, sprinkles,

Staples Dinner

basmati rice, sushi rice, spaghetti, penne, orzo, Arborio rice, couscous, beef stock, chicken stock, paprika, chilli, curry powder, cumin, coriander, Garum Masala, bay leaves, oregano, basil, mixed herbs, salt and pepper, coriander seeds, dried chillies, cloves, dried noodles, crispy noodles, red lentils, brown lentils, kidney beans, chick peas, burger buns

Staples Canned

tinned tomatoes x2, Sweet corn kernels, baked beans, chilli beans, tomato paste, coconut cream, lite evaporated milk, tuna, cannellini beans, chickpeas,

Staples Chilled

Butter, milk, cheese, *bacon, *fat free ham, grated ginger, *parmesan, *filo pastry, *Salami, *sour cream, *salami, *ham,

Staples Breakfast and lunch and snacks

Bread, *crackers, peanut butter, clear honey, Marmite, apricot jam, berry jam, marmalade, Weet Bix, cornflakes, Ricies, rolled Oats, capsules, *yoghurt base, sugar free jelly, *pretzels, *rice wafers, lunch wrap, tea, coffee, Popcorn,

Staples Freezer

*frozen puff pastry sheets, *frozen berries, *walnuts, *hazelnuts, *frozen beans, peas, mixed veg, fish fingers,

Staples Meat

500g lean mince, *500g pork mince, sausage meat, sausages, *whole chicken, chicken breast, drumsticks, 450 g white fish, *rump steak, *topside, schnitzel

Staples Sauces and condiments

tomato sauce, Worcestershire sauce, soy sauce, olive oil, sesame oil, balsamic vinegar, malt vinegar, English mustard, whole grain mustard, mustard powder, chutney, fish sauce, white vinegar, sweet chilli sauce, gherkins, capers,

Staples - Cleaning

Pams or Basics; “Jif, Handy Andy” and bleach.

washing up liquid, laundry powder/liquid, vacuum cleaner bags, fly spray, *Nappy san, ant poison, fly spray, sponges, paper towels, rubbish bags, dishwasher powder, Pledge.

Staples - Toiletries and bathroom

shampoo, conditioner, toilet rolls, toothpaste, soap, hairspray, tampons, tooth brushes, razors, shaving cream, cotton balls, nail polish remover, deodorant, band aids, Dettol, Neurofen, Paracetamol, tissues

Pet stuff

Pet biscuits or wet food, basic range only, flea treatment, worm treatment

Emergency stuff

Candles, matches, batteries, gas in the gas bottle, fuel in the car

LUXURIES

Baking

Chocolate, Almonds, macadamias, vanilla beans, Brandy,

Meat

Lamb any cut, fish, Salmon, Roasts, Fresh chicken, anything over \$12.99 kg

Produce

Organic anything

Melons, fresh berries, anything over \$4.99 per kg

Frozen berries

Treats and entertaining

Chocolate covered coffee beans, bought biscuits, chips,

Wine, beer, fizzy drink,

Olives, Goats feta, Brie, Gruyere, Stilton, mozzarella, cream cheese,

Ice cream, bought yoghurt,

Avocado oil, rice wine, cashew nuts, cold pressed E.V. Olive oil,

Lunch box and snacks

Fancy biscuits, fancy crackers, lunch box stuffers such as muesli bars or anything kid sized, Pump/H2go, Juice, packaged jellies,

Nutella, cocoa pops, honey puffs, lite n tasty, fancy marmalades and spreads marmalade,

Cordial and concentrates

Vogel's bread and other fancy breads such as Flat breads and rolls, English muffins,

Cooks night off

Take aways, hot dogs, frozen chips, ready-made pies/pizza, and chicken nuggets, jars of sauce, sachets of seasoning

Toiletries and cleaners

Loo danglies, air freshener, spray n wipe,

Sky TV