

# SHOPPING LIST

## STAPLES

- Bread
- Buns
- Rice
- Noodles
- Spaghetti
- Milk
- Eggs

## TINS

- Apricot nectar
- Beetroot
- Baked beans
- Cream
- Cat food**
- Curry paste
- Ham
- Fruit salad
- Fruit
- Jam
- Nestles milk
- Mushroom sce
- Pineapple
- Tuna
- Tomato: Soup
- Paste
- Chopped

## CEREALS

- Barley
- Bread crumbs
- Split peas
- Oats
- Special**
- Weetbix

## FROZEN

- Beans
- Peas
- Corn
- Fish pieces
- Mixed veg
- Sausage rolls
- Pastry
- Ice cream
- Pies

## TOILETRIES

- Band-aids
- Cotton buds
- Anti pong
- Pads
- Panadol
- Toothpaste
- Soap

## PAPER GOODS

- Alfoil
- Freezer bags
- Greaseproof**
- Glad wrap
- Paper towel
- Serviettes
- Tissues
- Loo paper**

## CLEANING & MISC

- Batteries
- Dishwash liquid
- Fire lighters
- Fly spray
- Garbage bags
- Light bulbs
- Matches

## GENERAL

- Bread mix
- Cocoa
- Coconut
- Flour: Plain
- SR
- Corn
- Milk powder
- Sugar: Icing
- Raw
- White
- .....
- Yeast
- Coffee: Ground
- Regular
- Tea bags
- Gravox
- Garlic
- Herbs
- Olive oil
- Soy
- Worcestershire
- BBQ
- Vinegar
- Gherkins**
- Golden syrup
- Honey
- Peanut paste
- Vegemite
- Non stick spray
- Cheese spread
- Soup:
  - Chicken ndl
  - French onion
  - Crn of .....

## DAIRY & DELI

- Bacon
- Butter**
- Cheese:** Sliced
- Block**
- Grated
- Juice
- Cream
- Cooked chook
- Ham**

## SNACKS

- Crackers
- Biscuits
- Sultanas
- Nuts
- Banana chips

## MEAT

- Sausage meat
- Chkn sausages
- Chicken: Pieces
- Whole
- Steak
- Chops
- Roast**.....
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- .....
- .....
- .....

## STATIONARY

- Stamps
- Envelopes
- .....
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## FRUIT & VEG

- Apples
- Bananas
- Lettuce
- Tomatoes**
- Spuds**
- Onions
- Spanish onions
- Pumpkin
- Celery
- Carrots
- Cucumber
- Capsicum
- Cabbage
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## HOME

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## GIFTS

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- .....
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## OTHER

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sammo fill x 5 <input type="checkbox"/>	supper? <input type="checkbox"/>
MENU	
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S lunch	
S tea	
M tea	
T tea	
W tea	
Th tea	

