








# SHOPPING LIST

## for Grocery Staples

When you get to the supermarket use the opportunity to purchase some fresh fruit and vegetables and other perishable items. While there get some pantry staples to save you returning for a couple of weeks. Aim for salt reduced varieties of canned foods

Before you head out, have a think about key recipes you plan to make, cross out what you do not need. Add quantities or other favourites

FRESH, CHILLED OR FROZEN	CANNED AND DRIED	AMOUNT
 <b>BREADS AND CEREALS</b>		
Bread, wraps, pizza base (Can be frozen)	Rice, pasta, Quinoa, Couscous, Taco shells	
Breakfast cereal: 1-2 serves (1 serve - 30g) per day per person	High fibre cereal (eg. wheat-bix, bran flakes)	
 <b>FRUIT – FRESH:</b> 2 PIECES PER DAY PER PERSON		
Bananas, Oranges, Apples, Pears, Berries	Canned peaches, pears, apples, apricots, pineapple fruit salad	
 <b>VEGETABLES -FRESH</b>		
Potatoes, sweet potatoes, onion	Canned tomatoes, beetroot, corn, asparagus, Baked beans, kidney beans	
Carrots, pumpkin, capsicum, green leafy vegetables	Canned soup	
Salad vegetables, including lettuce, spinach, tomatoes, avocado	Mixed frozen vegetables (corn, peas, spinach)	
 <b>VEGETARIAN SOURCES OF PROTEIN</b>		
Tofu or vegetarian meat substitutes	<b>Dried lentil: beans</b> eg chickpeas, red lentils, split peas <b>Canned beans:</b> eg 4-bean mix, chickpeas and other varieties	
 <b>MEAT / CHICKEN /FISH</b>		
Fresh or frozen produce	Canned tuna, salmon, sardines	
 <b>DAIRY &amp; CHILLED CABINET</b>		
Milk, yoghurt, cheese (note that grated cheese can be frozen)	UHT milk, Soy or plant 'milks'	
Margarine spreads	Canned evaporated milk	
Eggs	Milk powder, yoghurt mix (for homemade yoghurt)	
 <b>DRY GOODS &amp; CONDIMENTS</b>		
Mixed nuts and seeds	Herbs, spices	
Sauces, spice pastes, vinegar, mayonnaise	Olive Oil, Canola Oil, Oil spray	
Flour, cornflour, sugar	Pasta sauce	
Peanut butter, vegemite, jam, honey	Stock cubes	
Foil, baking paper, cling wrap		
<b>FAVOURITES</b>		