



Shopping Checklist

- Cooking oil
- Stock cubes or powder and spices (e.g. salt, pepper, curry powder, chilli or whatever you like)
- Rice and/or pasta
- Flour (plain can make self-raising if mixed with a little bicarb soda)
- Sugar
- Cans: e.g. baked beans, tomatoes, tuna, chickpeas.
- Breakfast cereal(s)
- Spreads: peanut butter, honey, vegemite (if you're Aussie!) or jam
- Potatoes, onions, garlic, ginger and/or chilli

Extras

- Sauces and/or condiments (chilli, tomato, bbq, soy, mustard or mayo)
- White vinegar and bicarb soda (for cleaning and cooking)
- Popcorn (cheap, and fun for movie nights)

Cold stuff

- Milk or alternative (soy, rice, almond etc)
- Fresh Food (fruit, veg, dairy, meat, tofu etc)

