



## SHOPPING LIST CHECKLIST (1 person)

### FRESH FRUIT

4 Bananas  
4 Apples  
4 Oranges  
2 Tomatoes

### FRIDGE & DAIRY

1 carton of Milk  
4 Yoghurt  
1 Margarine or butter  
1 block of cheese slices

### DELICATESSEN

200 g of cold meat  
Devon, ham chicken loaf

### PANTRY ITEMS

2 tins of Tomatoes  
2 tins of Soup  
2 packets of Noodles  
Tomato Sauce  
Biscuits  
Pasta  
Rice  
Flour- Plain and Self Raising  
Vanilla Essence  
Eggs  
Salt & Pepper Shakers Herbs

### TOILETRIES & PERSONAL ITEMS

Shampoo  
Conditioner  
Soap  
Razors  
Shaving Cream  
Toothpaste  
Toothbrush  
Feminine Hygiene Products

### FRESH VEGETABLES

1 Lettuce  
2 Carrots  
6 Potatoes  
1 Capsicum

### FROZEN VEGETABLES & ITEMS

1 bag frozen Peas  
1 bag frozen Carrots  
1 x 2 litre container Ice Cream  
1 packet of frozen Pizzas  
1 packet frozen Pies  
1 packet of oven Fries

### FRESH MEAT SECTION

depends upon what you like

### CLEANERS

Ajax  
Disinfectant  
Toilet Cleaner  
Toilet Air Freshener  
Toilet Paper  
Sponges  
Dishwashing Detergent  
Washing Machine Powder  
Duster  
Garbage bin and bags  
Cling Wrap and Foil  
Gloves