

Shopping List 1

Dried Food & Snacks

- **Biscuits**
- **Cereal**
- **Oats**
- **Chocolate (4 Pack / 16 Pack)**
- **Cooking / Olive Oil**
- **Crisps (6 Pack / 12 Pack)**
- **Dried Beans & Pulses**
- **Pearl Barley / Bulgur Wheat / Farro**
- **Flour**
- **Fruit Juice (Long Life)**
- **Gluten Free Pasta**
- **Granulated Sugar**
- **Instant Coffee**
- **Long Grain Rice**
- **Nuts & Seeds**
- **Pasta**
- **Peanut Butter**
- **Preserves, Jams, Honey**
- **Risotto Rice**
- **Soy Sauce**
- **Tea Bags**
- **UHT Milk**
- **Pot Noodles**



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Shopping List 2

Herbs & Spices

- **Ground Spices**
- **Dried Herbs**
- **Salt**
- **Pepper**
- **Stockcubes**

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Shopping List 3

Jars & Tins

- **Baked Beans**
- **Chickpeas**
- **Cannellini / Kidney / Broad Beans**
- **Coconut Milk**
- **Condiments & Pickles**
- **Curry Pastes & Sauces**
- **Green Lentils**
- **Instant/Tinned Soup**
- **Pasta Sauces**
- **Peas**
- **Tinned Fruits**
- **Sweetcorn**
- **Tinned Tomatoes**
- **Tuna / Salmon / Sardines**
- **Tinned Vegetables**
- **Tomato Puree**

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Shopping List 4

Household

- **Toilet Rolls (4 Rolls / 9 Rolls)**
- **Hand Soap**
- **Anti-Bacterial Surface Wipes**
- **Toothpaste / Brush**
- **Feminine Products**
- **Laundry Detergent**
- **Washing Up Liquid**
- **Soap / Shampoo**
- **Baby Supplies**

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