

Shopping List

#	ITEM	QUANTITY	ESTIMATED AMOUNT
1	Black Beans (Njahe)	3kg @ 180	540
2	Arrowroots (Ndumaa)	600
3	Pigeon Peas (Kamande)	3kg @ 250	750
4	Bananas Green (cooking) & Ripe(fruits)	600
5	Oranges + apples	600
6	Meat	3kg @ 800	2,400
7	Bones for Soup	2kgs @ 300	600
8	Matumbo (stripes)	2kgs @ 500	1,000
9	Porridge flour	2kgs @ 160	320
10	Ndengu	3kgs @ 180	540
11	Drinking Chocolate	1 tin	180
12	Cooking oil (buying 10l instead of buying solid oil for chapo, the liquid can cook both)	10 litres	2,700
13	Rice	6kg @ 150	900
14	Wheat flour	4kgs @ 190	760
15	Wheat flour Brown	2kgs @ 190	380
16	Tea Leaves	1kg @ 200	200
17	Bread (Brown)	Large size.	160
18	White Bread	Big size	160
19	Blue Band	1 tin	360
20	Groceries (Onions, tomatoes)	500
21	Juice	5 litres @ 750	750
22	White Sugar	4kgs @ 180	720
23	Salt	2kg @ 80	160
24	Toilet Paper	10 pack	350
25	Bar Soap	3 bars @ 220	660
Total			18,250 /=

#	ITEM	QUANTITY	ESTIMATED AMOUNT
26	Bathing Soap (imperial leather) - long lasting compared to Geisha.	2 pack	450
27	Detergent (Omo)	1kg	260
28	Colgate herbal	big colgate	300
29	Vaseline Body Oil (blue seal)	big size	350
30	Snack (Nyama for Choma Shosho)	
Total			18,250 /=

*Extra in case of extra
Remaining Money!*

1. Nyama choma for shosho.

2. handing the excess Money to shosho.