|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **source** | **list name** | **to buy kg** | **to buy l** | **to buy qty** | **notes** |
| Chinese Market | fresh sprouts | **0.000** | **0.00** | **0.00** |  |
| Chinese Market | package wakame | **0.000** | **0.00** | **1.00** | 50g, 2 left over from last year |
| Chinese Market | tofu | **4.829** | **0.00** | **0.00** | about 300g per block |
| Home | brown rice | **7.926** | **0.00** | **0.00** |  |
| Home | fresh herbs | **0.000** | **0.00** | **0.00** |  |
| Home | fresh rosemary | **0.000** | **0.00** | **2.75** |  |
| Home | fresh thyme | **0.000** | **0.00** | **2.75** |  |
| Home | water | **6.990** | **0.00** | **0.00** |  |
| Indian Market | bay leaves | **0.000** | **0.00** | **5.00** |  |
| Indian Market | black mustard seeds | **0.021** | **0.00** | **0.00** |  |
| Indian Market | cinnamon | **0.010** | **0.00** | **0.00** |  |
| Indian Market | cumin seeds | **0.031** | **0.00** | **0.00** |  |
| Indian Market | curry powder | **0.050** | **0.00** | **0.00** |  |
| Indian Market | dried basil | **0.002** | **0.00** | **0.00** |  |
| Indian Market | dried brown lentils | **0.402** | **0.00** | **0.00** |  |
| Indian Market | dried chickpeas | **0.381** | **0.00** | **0.00** |  |
| Indian Market | dried red lentils | **0.858** | **0.00** | **0.00** |  |
| Indian Market | dried sage | **0.002** | **0.00** | **0.00** |  |
| Indian Market | dried split peas | **1.165** | **0.00** | **0.00** |  |
| Indian Market | garam masala | **0.028** | **0.00** | **0.00** |  |
| Indian Market | ground corriander | **0.041** | **0.00** | **0.00** |  |
| Indian Market | ground cumin | **0.027** | **0.00** | **0.00** |  |
| Indian Market | ground turmeric | **0.075** | **0.00** | **0.00** |  |
| Indian Market | paprika | **0.009** | **0.00** | **0.00** |  |
| Pak 'n Save | butter | **1.485** | **0.00** | **0.00** |  |
| Pak 'n Save | cashew nuts | **0.000** | **0.47** | **0.00** |  |
| Pak 'n Save | cheese | **1.980** | **0.00** | **0.00** |  |
| Pak 'n Save | *chocolate* |  |  |  | milk & vegan dark, for Friday feast |
| Pak 'n Save | cider vinegar | **0.000** | **0.06** | **0.00** |  |
| Pak 'n Save | *dates* |  |  |  | 400g |
| Pak 'n Save | *dcc rubbish bags* |  |  |  | 65l, 1 pack |
| Pak 'n Save | dijon mustard | **0.000** | **0.09** | **0.00** |  |
| Pak 'n Save | *dishwashing liquid* |  |  |  | 1 bottle, septic safe |
| Pak 'n Save | *dried apricots* |  |  |  | 600g |
| Pak 'n Save | *glad wrap* |  |  |  | 20m |
| Pak 'n Save | gluten free soy sauce | **0.000** | **0.77** | **0.00** | + condiment qty |
| Pak 'n Save | ground black pepper | **0.000** | **0.00** | **0.00** |  |
| Pak 'n Save | *hand sanitizer* |  |  |  | 2x |
| Pak 'n Save | *hand soap* |  |  |  | 8 cakes |
| Pak 'n Save | *healthy snack* |  |  |  | 1 bag |
| Pak 'n Save | *instant coffee* |  |  |  | large jar |
| Pak 'n Save | *lighter* |  |  |  |  |
| Pak 'n Save | *matches* |  |  |  |  |
| Pak 'n Save | milk | **0.000** | **15.46** | **0.00** |  |
| Pak 'n Save | *milo* |  |  |  | small |
| Pak 'n Save | miso | **0.000** | **0.05** | **0.00** |  |
| Pak 'n Save | *mixed nuts* |  |  |  | 1/2 kg |
| Pak 'n Save | oil | **0.000** | **0.58** | **0.00** |  |
| Pak 'n Save | olivani | **0.975** | **0.00** | **0.00** |  |
| Pak 'n Save | olive oil | **0.000** | **0.06** | **0.00** |  |
| Pak 'n Save | peanut butter | **0.000** | **0.71** | **0.00** |  |
| Pak 'n Save | peanuts | **0.000** | **0.24** | **0.00** | + snacking qty |
| Pak 'n Save | *pens* |  |  |  |  |
| Pak 'n Save | regular porridge | **0.000** | **7.33** | **0.00** |  |
| Pak 'n Save | rice porridge | **0.000** | **3.31** | **0.00** |  |
| Pak 'n Save | *rubber gloves* |  |  |  | 3 pair large, 3 pair medium |
| Pak 'n Save | salt | **0.064** | **0.00** | **0.00** |  |
| Pak 'n Save | *serviettes* |  |  |  | 25 (nonessential. sub paper towels?) |
| Pak 'n Save | sesame oil | **0.000** | **0.09** | **0.00** |  |
| Pak 'n Save | slices gluten free bread | **0.000** | **0.00** | **65.00** | vogels DF. 16 slices per loaf |
| Pak 'n Save | slices regular bread | **0.000** | **0.00** | **140.00** | vogels DF. 16 slices per loaf |
| Pak 'n Save | soy sauce | **0.000** | **0.06** | **0.00** | + condiment qty |
| Pak 'n Save | soymilk | **0.000** | **10.62** | **0.00** |  |
| Pak 'n Save | *stickers* |  |  |  | sub masking tape? |
| Pak 'n Save | *string* |  |  |  | STRING |
| Pak 'n Save | *sultanas* |  |  |  | 400g |
| Pak 'n Save | *sunflower seeds* |  |  |  | 500g |
| Pak 'n Save | sunflower seeds | **0.000** | **0.00** | **0.00** |  |
| Pak 'n Save | sweet chili sauce | **0.000** | **0.03** | **0.00** |  |
| Pak 'n Save | tamari | **0.000** | **0.04** | **0.00** |  |
| Pak 'n Save | *tea* |  |  |  | 300 bags total of green, black, herbal |
| Pak 'n Save | thai green curry | **0.000** | **0.04** | **0.00** |  |
| Pak 'n Save | tinned bamboo | **0.000** | **0.00** | **3.75** | 200g |
| Pak 'n Save | tinned black beans | **0.000** | **0.00** | **2.00** |  |
| Pak 'n Save | tinned chickpeas | **0.000** | **0.00** | **4.00** | 18x 380g tins left over from last year |
| Pak 'n Save | tinned chopped tomatoes | **0.000** | **0.00** | **4.50** | 7x 400g tins left over from last year |
| Pak 'n Save | tinned coconut cream | **0.000** | **0.00** | **4.75** | low fat |
| Pak 'n Save | tinned coconut milk | **0.000** | **2.07** | **0.00** | low fat |
| Pak 'n Save | tinned creamed corn | **0.000** | **0.00** | **2.00** |  |
| Pak 'n Save | tinned fruit salad | **0.000** | **0.00** | **22.50** | 300g |
| Pak 'n Save | tinned pasta sauce | **0.000** | **0.95** | **0.00** | ask Frances which one to buy |
| Pak 'n Save | *toilet rolls* |  |  |  | 30x |
| Pak 'n Save | *turkish delight* |  |  |  | vegan |
| Pak 'n Save | *xmas cake* |  |  |  | vegan if possible |
| Pak 'n Save | *ziplock bags* |  |  |  | 20x |
| Taste Nature | nutritional yeast | **0.000** | **0.06** | **0.00** |  |
| Taste Nature | vegetable stock | **0.000** | **10.17** | **0.00** | ask Frances which one to buy |
| Veggie Boys | apples | **0.000** | **0.00** | **57.00** | includes qty for snacking |
| Veggie Boys | bananas | **0.000** | **0.00** | **18.00** |  |
| Veggie Boys | broccoli | **2.791** | **0.00** | **0.00** |  |
| Veggie Boys | carrots | **8.233** | **0.00** | **0.00** |  |
| Veggie Boys | cauliflowers | **2.527** | **0.00** | **0.00** |  |
| Veggie Boys | celery stalks | **4.219** | **0.00** | **0.00** | 10 stalks per bunch |
| Veggie Boys | cucumbers | **0.000** | **0.00** | **3.90** |  |
| Veggie Boys | fresh chives | **0.000** | **0.00** | **0.00** |  |
| Veggie Boys | fresh corriander | **0.000** | **0.10** | **0.00** |  |
| Veggie Boys | frozen green beans | **0.750** | **0.00** | **0.00** |  |
| Veggie Boys | garlic cloves | **0.000** | **0.00** | **27.50** | 15 cloves per head |
| Veggie Boys | ginger | **0.368** | **0.00** | **0.00** |  |
| Veggie Boys | grapes | **0.000** | **0.00** | **0.00** | if not too expensive |
| Veggie Boys | green capsicums | **1.593** | **0.00** | **0.00** |  |
| Veggie Boys | kumara | **5.554** | **0.00** | **0.00** |  |
| Veggie Boys | lemons | **0.000** | **0.00** | **4.25** |  |
| Veggie Boys | lettuces | **0.000** | **0.00** | **7.80** |  |
| Veggie Boys | onions | **1.641** | **0.00** | **0.00** |  |
| Veggie Boys | oranges | **0.000** | **0.00** | **18.00** |  |
| Veggie Boys | pears | **0.000** | **0.00** | **18.00** |  |
| Veggie Boys | potatoes | **5.167** | **0.00** | **0.00** |  |
| Veggie Boys | red capsicums | **1.414** | **0.00** | **0.00** |  |
| Veggie Boys | silverbeet leaves | **3.060** | **0.00** | **0.00** | 10 leaves per bunch |
| Veggie Boys | spinach | **0.422** | **0.00** | **0.00** |  |
| Veggie Boys | tomatoes | **0.000** | **0.00** | **31.20** |  |
| Veggie Boys | white cabbage leaves | **0.981** | **0.00** | **0.00** | 11 per cabbage |
| Veggie Boys | yellow capsicums | **0.598** | **0.00** | **0.00** |  |
| Veggie Boys | zucchini | **1.739** | **0.00** | **0.00** |  |