|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **source** | **shopper** | **list name** | **to buy kg** | **to buy l** | **to buy qty** | **notes** |
| Chinese Market | Damien | fresh sprouts | **0.000** | **0.00** | **0.00** | about a handful per day? |
| Chinese Market | Damien | tofu | **4.829** | **0.00** | **0.00** | about 300g per block |
| Pak 'n Save | Damien | butter | **0.990** | **0.00** | **0.00** |  |
| Pak 'n Save | Damien | cheese | **1.485** | **0.00** | **0.00** |  |
| Pak 'n Save | Damien | frozen green beans | **0.750** | **0.00** | **0.00** |  |
| Pak 'n Save | Damien | milk | **0.000** | **7.73** | **0.00** | + 4l extra in aseptic packaging |
| Pak 'n Save | Damien | olivani | **0.690** | **0.00** | **0.00** |  |
| Pak 'n Save | Damien | slices gluten free bread | **0.000** | **0.00** | **65.00** | vogels DF. 16 slices per loaf |
| Pak 'n Save | Damien | slices regular bread | **0.000** | **0.00** | **145.00** | vogels DF. 16 slices per loaf |
| Home | Frances | tinned pasta sauce | **0.000** | **0.95** | **0.00** |  |
| Taste Nature | Frances | nutritional yeast | **0.000** | **0.06** | **0.00** |  |
| Taste Nature | Frances | vegetable stock | **0.000** | **10.17** | **0.00** |  |
| Veggie Boys | Heidi | apples | **0.000** | **0.00** | **57.75** | includes qty for snacking |
| Veggie Boys | Heidi | bananas | **0.000** | **0.00** | **18.75** |  |
| Veggie Boys | Heidi | broccoli | **2.791** | **0.00** | **0.00** |  |
| Veggie Boys | Heidi | carrots | **8.233** | **0.00** | **0.00** |  |
| Veggie Boys | Heidi | cauliflowers | **2.527** | **0.00** | **0.00** |  |
| Veggie Boys | Heidi | celery stalks | **4.219** | **0.00** | **0.00** | 10 stalks per bunch |
| Veggie Boys | Heidi | cucumbers | **0.000** | **0.00** | **3.90** |  |
| Veggie Boys | Heidi | fresh coriander | **0.000** | **0.10** | **0.00** | + extra for garnish |
| Veggie Boys | Heidi | garlic cloves | **0.000** | **0.00** | **27.50** | +2 heads extra. 15 cloves per head |
| Veggie Boys | Heidi | ginger | **0.368** | **0.00** | **0.00** |  |
| Veggie Boys | Heidi | grapes | **0.000** | **0.00** | **0.00** | if not too expensive |
| Veggie Boys | Heidi | green capsicums | **0.598** | **0.00** | **0.00** |  |
| Veggie Boys | Heidi | kumara | **5.554** | **0.00** | **0.00** |  |
| Veggie Boys | Heidi | lemons | **0.000** | **0.00** | **4.25** |  |
| Veggie Boys | Heidi | lettuces | **0.000** | **0.00** | **7.80** |  |
| Veggie Boys | Heidi | onions | **1.641** | **0.00** | **0.00** |  |
| Veggie Boys | Heidi | pears | **0.000** | **0.00** | **18.75** |  |
| Veggie Boys | Heidi | potatoes | **5.167** | **0.00** | **0.00** |  |
| Veggie Boys | Heidi | red capsicums | **2.409** | **0.00** | **0.00** |  |
| Veggie Boys | Heidi | silverbeet leaves | **3.060** | **0.00** | **0.00** | 10 leaves per bunch |
| Veggie Boys | Heidi | spinach | **0.422** | **0.00** | **0.00** |  |
| Veggie Boys | Heidi | tomatoes | **0.000** | **0.00** | **31.20** |  |
| Veggie Boys | Heidi | white cabbage leaves | **0.981** | **0.00** | **0.00** | 11 per cabbage |
| Veggie Boys | Heidi | yellow capsicums | **0.598** | **0.00** | **0.00** |  |
| Veggie Boys | Heidi | zucchini | **1.739** | **0.00** | **0.00** |  |
| Chinese Market | Leonard | package wakame | **0.000** | **0.00** | **1.00** | 50g, 2 left over from last year |
| Indian Market | Leonard | bay leaves | **0.000** | **0.00** | **5.00** |  |
| Indian Market | Leonard | black mustard seeds | **0.021** | **0.00** | **0.00** |  |
| Indian Market | Leonard | cinnamon | **0.010** | **0.00** | **0.00** |  |
| Indian Market | Leonard | cumin seeds | **0.031** | **0.00** | **0.00** |  |
| Indian Market | Leonard | curry powder | **0.050** | **0.00** | **0.00** |  |
| Indian Market | Leonard | *dates* |  |  |  | 400g |
| Indian Market | Leonard | *dried apricots* |  |  |  | 600g |
| Indian Market | Leonard | dried basil | **0.002** | **0.00** | **0.00** |  |
| Indian Market | Leonard | dried brown lentils | **0.402** | **0.00** | **0.00** |  |
| Indian Market | Leonard | dried chickpeas | **0.381** | **0.00** | **0.00** |  |
| Indian Market | Leonard | dried red lentils | **0.858** | **0.00** | **0.00** |  |
| Indian Market | Leonard | dried sage | **0.002** | **0.00** | **0.00** |  |
| Indian Market | Leonard | dried split peas | **1.165** | **0.00** | **0.00** |  |
| Indian Market | Leonard | garam masala | **0.028** | **0.00** | **0.00** |  |
| Indian Market | Leonard | ground coriander | **0.041** | **0.00** | **0.00** |  |
| Indian Market | Leonard | ground cumin | **0.027** | **0.00** | **0.00** |  |
| Indian Market | Leonard | ground turmeric | **0.075** | **0.00** | **0.00** |  |
| Indian Market | Leonard | paprika | **0.009** | **0.00** | **0.00** |  |
| Indian Market | Leonard | *sultanas* |  |  |  | 400g |
| Indian Market | Leonard | *sunflower seeds* |  |  |  | 500g |
| Pak 'n Save | Leonard | brown rice | **7.926** | **0.00** | **0.00** |  |
| Pak 'n Save | Leonard | cashew nuts | **0.000** | **0.47** | **0.00** |  |
| Pak 'n Save | Leonard | *chocolate* |  |  |  | Whittakers milk & vegan dark, for Friday feast |
| Pak 'n Save | Leonard | cider vinegar | **0.000** | **0.06** | **0.00** |  |
| Pak 'n Save | Leonard | *dcc rubbish bags* |  |  |  | 65l, 1 pack |
| Pak 'n Save | Leonard | dijon mustard | **0.000** | **0.09** | **0.00** |  |
| Pak 'n Save | Leonard | *dishwashing liquid* |  |  |  | 1 bottle, septic safe |
| Pak 'n Save | Leonard | *glad wrap* |  |  |  | 20m |
| Pak 'n Save | Leonard | gluten free soy sauce | **0.000** | **0.77** | **0.00** | + condiment qty |
| Pak 'n Save | Leonard | ground black pepper | **0.000** | **0.00** | **0.00** |  |
| Pak 'n Save | Leonard | *hand sanitizer* |  |  |  | 2x |
| Pak 'n Save | Leonard | *hand soap* |  |  |  | 8 cakes |
| Pak 'n Save | Leonard | *healthy snack* |  |  |  | 1 bag |
| Pak 'n Save | Leonard | *instant coffee* |  |  |  | large jar |
| Pak 'n Save | Leonard | jasmine rice | **0.000** | **3.31** | **0.00** |  |
| Pak 'n Save | Leonard | *lighter* |  |  |  |  |
| Pak 'n Save | Leonard | *matches* |  |  |  |  |
| Pak 'n Save | Leonard | *milo* |  |  |  | small |
| Pak 'n Save | Leonard | miso | **0.000** | **0.05** | **0.00** |  |
| Pak 'n Save | Leonard | *mixed nuts* |  |  |  | 1/2 kg |
| Pak 'n Save | Leonard | oil | **0.000** | **0.58** | **0.00** | buy 2L just to be safe |
| Pak 'n Save | Leonard | olive oil | **0.000** | **0.06** | **0.00** |  |
| Pak 'n Save | Leonard | peanut butter | **0.000** | **0.71** | **0.00** |  |
| Pak 'n Save | Leonard | peanuts | **0.000** | **0.24** | **0.00** | + snacking qty |
| Pak 'n Save | Leonard | *pens* |  |  |  |  |
| Pak 'n Save | Leonard | regular porridge | **0.000** | **7.33** | **0.00** |  |
| Pak 'n Save | Leonard | *rubber gloves* |  |  |  | 3 pair large, 3 pair medium |
| Pak 'n Save | Leonard | salt | **0.064** | **0.00** | **0.00** |  |
| Pak 'n Save | Leonard | sesame oil | **0.000** | **0.09** | **0.00** |  |
| Pak 'n Save | Leonard | soy sauce | **0.000** | **0.06** | **0.00** | + condiment qty |
| Pak 'n Save | Leonard | soymilk | **0.000** | **5.86** | **0.00** | + 4 extra |
| Pak 'n Save | Leonard | *stickers* |  |  |  | sub masking tape? |
| Pak 'n Save | Leonard | *string* |  |  |  | STRING |
| Pak 'n Save | Leonard | sweet chili sauce | **0.000** | **0.03** | **0.00** |  |
| Pak 'n Save | Leonard | tamari | **0.000** | **0.04** | **0.00** |  |
| Pak 'n Save | Leonard | *tea* |  |  |  | 300 bags total of green, black, herbal |
| Pak 'n Save | Leonard | thai green curry | **0.000** | **0.04** | **0.00** |  |
| Pak 'n Save | Leonard | tinned bamboo | **0.000** | **0.00** | **3.75** | 200g |
| Pak 'n Save | Leonard | tinned black beans | **0.000** | **0.00** | **2.00** |  |
| Pak 'n Save | Leonard | tinned chickpeas | **0.000** | **0.00** | **4.00** | 18x 380g tins left over from last year |
| Pak 'n Save | Leonard | tinned chopped tomatoes | **0.000** | **0.00** | **4.50** | 7x 400g tins left over from last year |
| Pak 'n Save | Leonard | tinned coconut cream | **0.000** | **0.00** | **4.75** | low fat |
| Pak 'n Save | Leonard | tinned coconut milk | **0.000** | **2.07** | **0.00** | low fat |
| Pak 'n Save | Leonard | tinned creamed corn | **0.000** | **0.00** | **2.00** |  |
| Pak 'n Save | Leonard | tinned fruit salad | **6.150** | **0.00** | **0.00** | 820g |
| Pak 'n Save | Leonard | *toilet rolls* |  |  |  | 30x |
| Pak 'n Save | Leonard | *turkish delight* |  |  |  | vegan |
| Pak 'n Save | Leonard | *xmas cake* |  |  |  | vegan if possible |
| Pak 'n Save | Leonard | *ziplock bags* |  |  |  | 20x |
| Home |  | fresh chives | **0.000** | **0.00** | **0.00** | + extra for garnish |
| 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** |  |