



Example of a weekly shopping list

CLEANING		CANNED FOOD		VEGETABLES	
• Oven cleaner		• Baked beans		• Potatoes	
• Furniture polish		• Creamed corn		• Pumpkin	
• Washing powder		• Tomatoes		• Cabbage	
• Janola		• Fruit salad		• Kumara	
• Jif		• Peaches		• Carrots	
• Dishwash Liquid		• Tuna		• Cauliflower	
• Disinfectant		• Beetroot		• Parsnip	
• Pot scourers		• Pet food		• Swede	
• Sink sponge				• Onions	
• Dishcloth		DRINKS		• Leeks	
• Pegs		• Coffee		• Asparagus	
		• Tea		• Silverbeet	
PERSONAL NEEDS		• Milo		• Broccoli	
• Toilet soap				• Courgettes	
• Shampoo		CONDIMENTS		• Garlic	
• Conditioner		• Tomato sauce		• Celery	
• Toothpaste		• Salt		• Lettuce	
• Toilet paper		• Pepper		• Tomatoes	
• Sanitary items		• Mustard		• Cucumber	
• Shaving items		• Vinegar			
• Deodorant		• Pickle		FRUIT	
		• Gravy mix		• Bananas	
DAIRY		• Curry powder		• Apples	
• Margarine		• Cooking oil		• Oranges	
• Butter		• Sauce mixes		• Pears	
• Cheese				• Apricots	
• Eggs		SPREADS		• Plums	
• Milk		• Jam		• Peaches	
• Yoghurt		• Honey		• Kiwi fruit	
		• Peanut butter			
BAKING		• Vegemite		MEAT/FISH	
• Cornflour		• Marmite		• Bacon	
• Baking powder				• Sausages	
• Baking soda		BREAKFAST		• Mince	
• Cocoa		• Weet-Bix		• Stewing steak	
• Coconut		• Porridge		• Luncheon	
• Icing sugar		• Cornflakes		• Ham	
• Flour		• Bread		• Chicken	
		• Muesli		• Fish	
WRAPS				• Silverside	
• Tin foil		SNACKS			
• Glad wrap		• Packet soup		FROZEN FOOD	
• Lunch wrap		• Biscuits		• Vegetables	



• Plastic bags		• Muesli bars		• Ice cream	Te Kaporeihana Āwhina Hunga Whara
		• Noodles		• Chicken pieces	
OTHER		• Potato chips		• Pizza	
• Rice				• Pies	
• Pasta				• Fish pieces	
				• Schnitzel	