**Fruit & Vegetables:**

Avocado

bananas

Beans

Broccoli/broccolin

Carrots

Cauliflower

Celery pieces

Chillis

Lemongrass

cabbage

Corn

Cucumber

Garlic/ginger

Grapes

apricots

Green/red apples

Lettuce

Rocket/spinach

coriander

Limes

lemons

Mandarins

oranges

Mangoes

Onions -spring

onions - red

onions - white

pears

Peanuts

Pineapple

Pumpkin

capsicum

Shallots

Snow/sugar peas

Strawberries

Sweet/Potatoes

Tomatoes -baby

Tomatoes - roma

Other f/veges:

mushrooms

thyme

**BAKERY**

Cakes; bread rolls

English Muffins

Sourdough

Lebanese/Turkish

Sliced bread

**DELICATESSEN**

Cold meat /bacon

Chorizo sausage

Olives black/grn

Pancetta/prosciutto

Fresh/frozen fish

prawns/frozen

Milk

Eggs

orange juice

Yoghurt

Butter/margarine

Fettucine/penne

**MEAT**

Chicken: Breasts

Chicken: thighs

Other:

**Cheese:**

Parmesan

Fetta/ricotta

Lt cream cheese

Shredded

250g Cottage

Slices:

Block cheese

Brie

pâtes & dips

sour/cream

**Tinned fruit:**

Pie apple

Mangoes

Pineapple

**Spreads**

Jam; honey

Peanut butter

Vegemite

**Cereals:**

Muesli

Cornflakes

Wheatbix

Oats

**Biscuits:**

Vita wheat

Cream biscuits

Plain biscuits

Water crackers

**Tea/Coffee:**

English breakfast

Green tea

Coffee: Instant

Capsules

Milk LL/ cream

**Soft drinks :**

Diet Tonic water

Mineral water

**Mustards:**

Seeded/Oz/

Dijon/English

**Vinegars:**

Plain white/wine

Balsamic

Mayonnaise

**Sauces:**

Tomato

Apple

Mint

Soy/dark/light

Fish

Oyster

Worcester

Sweet chilli

Hoisin

Sesame oil

**Tinned fish:**

Tuna large/small

Salmon

**Asian foods**

Red/grn curry paste

Coconut milk

Sauce pots

**Canned vegetables**

Tomatoes

Potatoes

Corn

Baked beans

**Oil:**

Peanut/olive oil

Oil spray

**Kitchenware**

**Wraps and foils:**

Alfoil

Cling wrap

Baking paper

Lg/med freezer bags

**Baking**

sultanas

dried fruit

**Flour:**

Cornflour

Gravy flour (Coles)

Plain flour

SR flour

wholemeal

other Baking needs:

**Spices:**

Bouquet garni

paprika

beef/chicken stock

gravy powder

Salt/pepper

Sugar :White/brown

Rice

Pasta

Pasta sauce

Tomato paste

**Soap**/liquid

Toothpaste/floss

Toothbrushes

Combs

Shampoo/conditioner

Hair spray

Panadol;nurofen

metamucil

Ti tree oil

Moisturiser (facial)

Deodorant

Tissues/wet ones

**Stationery**

A4/5 paper

envelopes

Sticky tape

Super glue

glue sticks

Manila folders

Post-it pads

Light globes

Batteries:

Garbage bags:

White/green

picture hooks

Haberdashery :

fabulon

washing powder

Nappisan

Pre-wash spray

Bleach

Toilet paper

Scourers /Steel wool

Fly spray/mos.coils

Paper towels

**Cleaners:**

Window cleaner

Dettol surface

Pino-clean wipes

carpet shampoo

Cerapol hotplate

Spray’n’wipe

Domestos

Gumption

Toilet cleaner

Washing up det

Dishwasher det

**Freezer**

Frozen peas:

Ice Cream