

# SHOPPING LIST FOR SOLITARY RETREATANTS

## Some guidelines

- This is a general list of the things it is straightforward for us to buy – what is available at our local supermarket (Pack n Save). We can also buy items commonly available at P&S but not on this list.
- Unfortunately we are not able to spend time searching for speciality or exotic items so please bring these with you when you come.
- Please note that some seasonal items may not be available, may be very expensive, or not stocked at Pack n Save, so our shopper will probably substitute a similar item. If you don't want a substitute please indicate in the comments column against that item
- Please be flexible – we will do our best to meet your needs but ....

ITEM	NOTES eg. brand or type preferred	AMOUNT Quantity you require	ITEM	NOTES eg. brand or type preferred	AMOUNT	
					Usual pack size	Quantity you require
<b>Fruit and Veg</b>			<b>Proteins and flavourings</b>			
Onions			Hard cheese		1kg 500g 250g	
Garlic			Fetta cheese		200g	
Ginger			Other cheese			
Potato			Cottage cheese		250g 500g	
Pumpkin			Tofu, plain		275g	
Sweet Potato			Tempeh		250g	
Carrot			Eggs			
Beetroot			Veggie sausage		300g	
Egg plant			Yogurt		Various up to 1L	
Capsicum			Dairy milk		Litre	
Corn cob			Soy milk		Litre	
Zucchini			Easyo dried yog		Litre	
Silverbeet/ greens			Dried pulses		Per cup	
Cabbage			Tinned pulses:		400g	
Broccoli			Nuts:		Per cup	
Cauliflower			Seeds:		Per cup	
Green beans						
Lettuce						
Tomato			Herbs/spices			
Avocado			Tomato Paste		4x50g sachets	
Cucumber			Tin tomato		400g	
Mushrooms			Coconut cream		400ml	
			Baked beans		300g 420g	
Kiwi fruit			Coconut oil		450ml	
Oranges			Other oil		500ml	
Apples			Vinegar		500ml	
Bananas			Shoyu/Tamari		250ml	
Lemons			Stock cubes			
Other fruit:			Sauce/chutney:		Jar/bottle	
			Sugar		500g	

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<b>Carbs &amp; drinks</b>				<b>Spreads</b>			
Breakfast cereal:		Pkt		Butter		250g Easy-spread carton. 500g block	
Porridge Oats		Cups		Non-dairy spread		250g 500g	
Muesli		Cups		Marmalade		500g	
Pasta		500g		Jam		500g	
Pasta – glut. free		500g		Vegemite		220g 380g	
Noodles		Pkt		Peanut butter		375g 500g	
White rice		500g		Tahini		300g	
Brown rice		500g		Honey		250g 500g	
Crackers		Pkt					
Corn Thins		Pkt					
Biscuits		Pkt					
Bread:		Loaf		<b>Non-food items</b>			
Bread – glut. Free:		Loaf		Toilet paper		8 pack 12 pack	
				Matches: Long Short			
				Rubber gloves			
Herb teas:		Bags 25s		Washing up liquid		500ml	
Black tea:		Bags 20s Loose 250g		Cleaning products:		500ml	
Coffee, ground:		200g		Batteries			
Coffee, instant		100g jar		Dish cloths			
Caro		150g jar		Tea lights			
Inca		100g jar					

MESSAGES