# SHOPPING LIST CHECKLIST (1 person)

## FRESH FRUIT
- 4 Bananas
- 4 Apples
- 4 Oranges
- 2 Tomatoes

## FRIDGE & DAIRY
- 1 carton of Milk
- 4 Yoghurt
- 1 Margarine or butter
- 1 block of cheese slices

## DELICATESSEN
- 200 g of cold meat
- Devon, ham chicken loaf

## PANTRY ITEMS
- 2 tins of Tomatoes
- 2 tins of Soup
- 2 packets of Noodles
- Tomato Sauce
- Biscuits
- Pasta
- Rice
- Flour- Plain and Self Raising
- Vanilla Essence
- Eggs
- Salt & Pepper Shakers Herbs

## TOILETRIES & PERSONAL ITEMS
- Shampoo
- Conditioner
- Soap
- Razors
- Shaving Cream
- Toothpaste
- Toothbrush
- Feminine Hygiene Products

## FRESH VEGETABLES
- 1 Lettuce
- 2 Carrots
- 6 Potatoes
- 1 Capsicum

## FROZEN VEGETABLES & ITEMS
- 1 bag frozen Peas
- 1 bag frozen Carrots
- 1 x 2 litre container Ice Cream
- 1 packet of frozen Pizzas
- 1 packet frozen Pies
- 1 packet of oven Fries

## FRESH MEAT SECTION
- depends upon what you like

## CLEANERS
- Ajax
- Disinfectant
- Toilet Cleaner
- Toilet Air Freshener
- Toilet Paper
- Sponges
- Dishwashing Detergent
- Washing Machine Powder
- Duster
- Garbage bin and bags
- Cling Wrap and Foil
- Gloves