

## Grocery List

### **Dairy**

- Eggs
- Milk
- Butter
- Margarine
- Cream
- Sour Cream
- Yoghurt
- Cheese
- Cream cheese
- Parmesan cheese
- Cottage Cheese
- \_\_\_\_\_
- \_\_\_\_\_

### **Meat, Fish and Poultry**

- Bacon
- Sausages
- Ham
- Roast Beef
- Salami
- Hot Dogs
- Chicken
- Pork
- Veal
- Beef
- Fish
- Other seafood
- \_\_\_\_\_
- \_\_\_\_\_

### **Fruit**

- Apples
- Bananas
- Oranges
- Grapefruit
- Grapes
- Rockmelon
- Watermelon
- Strawberries
- Berries
- Lemons
- Limes
- Pears
- Kiwi fruit
- Passionfruit
- Mango
- \_\_\_\_\_
- \_\_\_\_\_

### **Vegetables**

- Broccoli
- Cabbage
- Cauliflower
- Carrots
- Celery
- Cucumber
- Garlic
- Lettuce
- Tomato
- Mushrooms
- Onions
- Capsicum
- Chilli
- Potatoes
- Spinach
- Leeks
- Bok Choy
- \_\_\_\_\_
- \_\_\_\_\_

### **Breads**

- Bread
- Croissants
- Bread rolls
- Muffins
- Garlic/Herb bread
- Lebanese bread
- \_\_\_\_\_
- \_\_\_\_\_

### **Dry Goods**

- Cereals
- Oats
- Biscuits
- Crackers
- Corn flour
- Pasta noodles
- Lasagne sheets
- Beans/peas /lentils
- Rice
- Dried spices
- Bread crumbs
- Flour
- Sugar
- Brown Sugar
- Cake mix
- Pancake mix
- Potato chips
- Tortilla chips
- \_\_\_\_\_
- \_\_\_\_\_

### **Canned Goods**

- Baby food
- Applesauce
- Pineapple pieces
- Pineapple rings
- Canned fruit
- Soup
- Diced/whole tomatoes
- Tomato paste
- Spaghetti sauce
- Corn
- Peas
- Kidney beans
- Tuna
- \_\_\_\_\_
- \_\_\_\_\_

### **Frozen Food**

- Ice-cream
- Frozen veggies
- Frozen dinners
- Frozen pizza
- Party pies/ sausage rolls
- Frozen Desserts
- \_\_\_\_\_
- \_\_\_\_\_

### **Baking Goods**

- Baking soda
- Baking powder
- Gelatine
- Dry yeast
- Salt
- Golden Syrup
- Chocolate chips
- Nuts
- Sultanas/ raisins
- Cocoa
- Vanilla essence
- Oil
- Cake decorations
- \_\_\_\_\_
- \_\_\_\_\_

### **Condiments**

- Vinegar
- Tomato sauce
- BBQ sauce
- Mayonnaise

- Mustard
- Olives
- Pickles
- Relish
- Salsa
- Salad dressing
- Soy sauce
- Honey
- Jam
- Peanut Butter
- Vegemite
- Nutella
- \_\_\_\_\_
- \_\_\_\_\_

### **Drinks**

- Cocoa
- Milo
- Coffee
- Tea
- Juice
- Soft Drinks
- Cordial
- Mineral Water
- \_\_\_\_\_
- \_\_\_\_\_

### **Paper Products**

- Tissues
- Paper towels
- Serviettes
- Aluminum foil
- Glad Wrap
- Sandwich Bags
- Garbage Bags
- Stationery
- \_\_\_\_\_
- \_\_\_\_\_

### **Laundry**

- Bleach
- Washing Powder
- Fabric Softener
- Stain remover
- Ironing spray
- Scrubbing brushes
- Cleaning wipes
- Gloves

### **Kitchen**

- All purpose cleaner
- Washing Detergent
- Floor cleaner
- Glass cleaner
- Steel wool pads
- Mop refills
- Dish cloths
- Tea towels
- \_\_\_\_\_
- \_\_\_\_\_

### **Bathroom**

- Soap
- Deodorant
- Lotion
- Shavers
- Shaving cream
- Shampoo
- Conditioner
- Toothpaste
- Toothbrushes
- Toilet cleaner
- Toilet paper
- Bathroom cleaners
- Air fresheners
- Disinfectant
- Bandages
- First aid supplies
- Vitamins
- Panadol
- Dettol
- Hand soap refills
- Feminine sanitary needs
- \_\_\_\_\_
- \_\_\_\_\_

### **Miscellaneous**

- batteries
- candles
- light bulbs
- paper plates
- pet food
- \_\_\_\_\_
- \_\_\_\_\_