



Food Shopping Essentials

Take a quick look at what you already have to make sure you don't overbuy. Below are some items to use as a starting point for your shopping list, but keep in mind you should be buying foods you would normally eat.

Cupboard	Fridge
Soup	Long-lasting fresh vegetables (potatoes, sweet potatoes, squash, carrots, parsnips, onions, garlic, whole mushrooms)
Baked beans/spaghetti	Long-lasting fresh fruit (apples, oranges, etc)
Tinned vegetables/pulses	Cured meat e.g. bacon (this has a longer shelf life than fresh meat)
Chopped tomatoes	Meat/fish/veggie alternatives (any not used can be frozen)
Tinned Fish	Eggs
Tinned Meals (chilli, curry, etc)	Cheese
Tinned Fruit	Yoghurt
Pasta sauces	Butter/margarine
Ready-made sauces	Mayonnaise
Meal kits	Sandwich fillings
Pasta	Freezer
Rice	Ready meals
Noodles (pot/instant)	Pizza
Tortilla wraps	Pastry snacks e.g. sausage rolls
Breakfast cereal	Potato products (chips, hash browns)
Ready to bake baguettes/rolls (these have a longer life than fresh bread)	Frozen vegetables
Sliced bread (can also be frozen)	Frozen meat
Jam/marmalade/peanut butter/marmite	Frozen fruit
Dried fruit	Toiletries
Porridge oats	Toilet roll
Tea bags	Tissues
Coffee	Shower gel
Hot chocolate	Shampoo
Sugar	Hand sanitiser
Soft drinks	Toothpaste
Long life milk (or you could freeze fresh milk)	Deodorant
Sauces e.g. ketchup	Feminine hygiene products
Cooking oil	
Treats (chocolate/biscuits/crisps)	