Cut-out and keep

Grocery List

If you wanted to buy the store cupboard essentials from Sainsbury's I've included what they would cost below.

FRUIT AND VEG

[ ]Bananas - Basics Fairtrade x8	£1.15
[ ]Potatoes - white 2.5kg	£1.95
[ ]Leeks 1kg	£2.59
[ ]Beetroot - Vacuum pack	£0.70
[ ]Celery - untrimmed	£0.90
[ ]Carrots - loose 1kg	£0.90
[ ]Onions - 1kg bag	£1.10
[ ]Apples - Basics bag	£0.82
[ ]Parsnips - loose x2	£0.48
[ ]Savoy Cabbage	£0.80
[ ]Swede (turnip)	£0.90
[ ]Garlic (2x bulbs)	£0.46
[ ]Mushrooms - sliced 1kg	£2.50

FROZEN

[ ]Garden Peas - frozen bag 910g	£1.60
[ ]White fish fillets - Basics 520g	£2.00

TINNED AND DRIED GOODS

[ ]Butterbeans - 400g tin	£0.69
[ ]Kidney beans - Basics 400g tin	£0.27
[ ]Chopped tomatoes - 400g Basics	£0.35
[ ]Condensed milk 379g	£0.99
[ ]Lemon juice 250ml	£0.59
[ ]Creamed coconut 200g	£0.99
[ ]Semolina 500g	£0.89
[ ]Pearl Barley 500g	£0.55
[ ]Porridge Oats 1kg	£1.29
[ ]Popping corn 500g	£1.09
[ ]Rice - Long grain rice 1kg	£1.39
[ ]Plain flour - Basics 1.5kg	£0.65
[ ]Ryvita 250g	£0.99

MEAT, FISH AND DAIRY

[ ]Chicken - whole approx. 1.75kg	£5.00
[ ]Low fat Natural yoghurt - Basics	£0.65
[ ]Eggs - 12 free-range	£2.65
[ ]Double Cream 600ml	£1.68

TOTAL: **£39.95**

YOUR TOTAL: [ ]

STORE CUPBOARD ESSENTIALS

[ ]Worcestershire sauce 150ml	£1.19
[ ]Mustard powder 57g	£1.35
[ ]Olive oil 500ml (offer price)	£2.00
[ ]Smoked paprika 50g	£1.19
[ ]Ground ginger 32g	£0.59
[ ]Bay leaves 10g	£0.60
[ ]Fresh tarragon 20g	£0.80
[ ]Tabasco sauce 57g	£1.69
[ ]Sea Salt 350g	£0.55
[ ]Black peppercorns 100g	£1.78
[ ]Butter - own brand 250g	£1.50

TOTAL: **£12.16**

PREPARED JAN 2013 BY WWW.NORTHSOUTHFOOD.COM

YOUR NOTES HERE:

Eating across the North South divide

North/South Food

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