## **BASIC SHOPPING LIST**

Sainsbury's delivery - for approximately 20 (organic where possible)

Items needed for each month April	In stock	To buy
2 Oat milk		
2 Rice milk		
8 almond milk (for Golden Temple		
Milk)		
12 tubs Hummus		
6 tubs olives		
10 bunches spring onions		
7 large bags spinach		
10 large leeks		
3 packets fine green beans		
2 kgs green lentils		
3 limes		
10 kg new potatoes		
Rocket 4 bags		
26 bunches watercress		
10 beetroots		
I large white cabbage		
6 kg carrots		
5 kg white potatoes		
6kg white onions		
6 loaves crusty bread		
2 seeded loaves		
2 Bergen loaves		
2 bulbs garlic		
4 green chillies		
500g fresh ginger		
2 large bottles or tubs passata		
10 punnets strawberries		
Bananas 10kg		
Cooking apples 6kg		
Apricots 10 punnets		
Conference pears 6kg		

Stock cupboard items to always buy	In stock	To buy
2 Pure dairy Free Spread		
5kg Rice, large bag		
2 kg Raisins		
1 kg walnuts		
500g sunflower seeds		
500g pumpkin seeds		
1 large tub hot curry powder		
1 tub basil		
1 tubs ground cumin		
1 tubs garam masala		
1 tub turmeric		
1 box bay leaves		
Cayenne pepper		
Crushed chilli flakes		
Dried coriander powder		
1 coarse ground black pepper		
Cinnamon sticks		
Black peppercorns		
Cardamom pods		
Ground cumin		
1 bottle Almond oil		
Sea salt		
Cinnamon		
Nutmeg		
1 bag Desiccated coconut		
1 tub vegan bouillon ( <i>Marigold salt</i>		
reduced, vegan friendly)		
500g marmite		
3L tin of olive oil		
6 tins tomatoes		
2 kg mung beans		
2 kg lentils (red)		
4 kg porridge oats, gluten free		
12 packets rice cakes		
6 Agave nectar or carob syrup.		
2 large tubs Meridian peanut		
butter		
Jacket potatoes, enough for 1 per		

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