## **BASIC SHOPPING LIST**

Sainsbury's delivery - for approximately 50 (organic where possible) Revised 02/02/2020

Items needed for each month February	In stock
5 Oat milk	
5 Rice milk	
20 almond milk (for Golden Temple	
Milk)	
20 tubs Hummus	
20 tubs olives	
Large green cabbage	
8 Naturili margarine blocks	
Large white cabbage x3	
20 kg Carrots	
3 Jars of Vegan mayonnaise	
20 bunches spring onions	
25 fresh beetroots	
1.5kg ginger	
15 kg white onions	
5 large bags frozen peas	
8 large bags spinach	
3 bunches fresh mint	
15 kg sweet potatoes	
8 celeriac	
Celery x10	
5 kg parsnips	
15 bulbs garlic	
5 bags kale	
15kg pears	
15 kg apples	
15 crusty bread	
10 wholemeal bread plus gluten	
free	
50 baked apples1 per person	

Stock cupboard items to always buy	In stock
2 Pure dairy Free Spread	
10kg Rice, large bag	
4 kg Raisins	
2 kg walnuts	
1kg sunflower seeds	
1kg pumpkin seeds	
2 large tub hot curry powder	
2 tubs basil	
2 tubs ground cumin	
2 tubs garam masala	
3 tubs turmeric	
1 box bay leaves	
Cayenne pepper	
Crushed chilli flakes	
Dried coriander powder	
1 coarse ground black pepper	
Cinnamon sticks x2	
Black peppercorns x1	
Cardamom pods x2	
Ground cumin	
2 bottles Almond oil	
cloves	
Sea salt	
Cinnamon	
Nutmeg	
1 bag Desiccated coconut	
2 tub vegan bouillon (Marigold salt	
reduced, vegan friendly)	
500g marmite	
3L tin of olive oil x2	
12 tins tomatoes	
4 kg mung beans	
4 kg lentils (red)	
8 kg porridge oats, gluten free	
12 packets rice cakes	
Oatcakes	
12 Agave nectar or carob syrup.	
3 large tubs Meridian peanut butter	
Jacket potatoes, enough for 1 per	
person	
Foil	
Scourers	
Rooiboos tea for yogi tea	