



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 ( <i>Marigold salt reduced, vegan friendly</i> )	
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	