

SHOPPING LIST

Simply Smarter Insurance * Simply Smarter Insurance

FRUIT

- Apples
- Bananas
- Berries
- Grapes
- Lemons
- Oranges
- Naartjies
- Melons
- Peaches
- Pears
- Pineapples
- _____

VEGETABLES

- Baby Marrows
- Broccoli
- Butternut
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Garlic
- Green Beans
- Lettuce
- Onions
- Peppers
- Potatoes
- Pumpkin
- Spinach
- Squash
- Sweet Potatoes
- Tomatoes
- _____

BUTCHERY

- Bacon
- Beef (other)
- Chicken
- Cold Meat
- Fish / Seafood
- Mince
- Sausage
- Viennas
- _____

BAKERY

- Bread
- Donuts
- Muffins
- Rye Bread
- Rolls
- Buns
- _____

DRY ITEMS

- Baby Formula
- Baking Powder
- Beans/Lentils
- Cereal/Muesli
- Coffee
- Curry Powder
- Flour
- Hot Chocolate
- Icing Sugar
- Jelly
- Maize Meal
- Mustard Powder
- Oatmeal
- Pasta/Noodles
- Powder Milk
- Rice
- Salt/Pepper
- Sauces
- Spices/Herbs
- Stock
- Soup Instant
- Sugar
- Tea
- _____

CANNED GOODS

- Baby Food
- Beans
- Corn
- Fruit
- Peas
- Tomato Paste
- Tomato Relish
- Soup
- Tuna
- _____

CONDIMENTS

- Chutney
- Fish Paste
- Jams
- Mustard
- Mayonaise
- Oil
- Olives
- Peanut butter
- Pickles
- Salad Dressing
- Spreads
- Syrup
- Tomato Sauce
- Vinegar
- _____

DAIRY

- Cream
- Cheese
- Eggs
- Margarine/Butter
- Milk
- Sour Cream
- Spreads
- Yoghurt
- _____

FROZEN FOODS

- Burger Patties
- Fish fingers/Cakes
- French Fries
- Ice Cream
- Pies/Pizza
- Vegetables
- _____

SNACKS/SWEETS

- Biscuits
- Cooldrink
- Dry Fruits
- Patato Crisps
- Pudding
- Pop Corn
- Rusks
- _____

TOILETRIES

- Body Lotion
- Conditioner
- Deoderant
- Dental floss
- Diapers
- Razor Blades
- Sanitary pads
- Shampoo
- Shaving Cream
- Soap
- Toothbrush
- Toothpaste
- _____

HOUSEHOLD

- Aluminium Foil
- Bleach
- Cleaners
- Clothing Pegs
- Clothes/Sponges
- Dish Liquid
- Fabric Softner
- Furniture Polish
- Garbage Bags
- Paper Towels
- Plastic Wrap
- Room Freshners
- Toilet Paper
- Washing Powder
- Window Cleaners
- _____

MISCELLANEOUS

- Batteries
- Candles
- Light Bulbs
- Pet Food
- Matches
- Serviettes
- _____

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