|  |  |  |  |
| --- | --- | --- | --- |
| Stock level | Needed | Item | Specials |
|  |  | Fruit & Veges |  |
|  |  | Eggs |  |
|  |  | Pears |  |
|  |  | Bananas |  |
|  |  | Lettuce |  |
|  |  | Cabbage |  |
|  |  | Spring onions |  |
|  |  | Celery |  |
|  |  | Onions |  |
|  |  | Garlic |  |
|  |  | Potatoes – 10kg |  |
|  |  | Leeks |  |
|  |  | Apples |  |
|  |  | Carrots |  |
|  |  | Zucchini |  |
|  |  | Cucumbers |  |
|  |  | Cauliflower/Broccoli |  |
|  |  | Kumara |  |
|  |  | Cabbage/Brussel Sprouts |  |
|  |  | Baking Supplies |  |
|  |  | Baking soda |  |
|  |  | Baking Powder – Gluten free |  |
|  |  | Egg white replacer |  |
|  |  | Sea salt |  |
|  |  | Stevia blend |  |
|  |  | Coconut flakes |  |
|  |  | Arrowroot flour |  |
|  |  | Yeast  |  |
|  |  | Carob powder |  |
|  |  | Cocoa |  |
|  |  |  |  |
|  |  | Pure Vanilla essence (sugar free) |  |
| Stock level | **Needed** | **Item** | **Specials** |
|  |  | Soups, Grains, Beans, Pasta |  |
|  |  |  |  |
|  |  | Rice – brown |  |
|  |  | Rice – white |  |
|  |  | Lentils |  |
|  |  | Chick peas |  |
|  |  | Red kidney beans |  |
|  |  | Haricot beans |  |
|  |  | Pinto beans |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  | Frozen foods |  |
|  |  | Frozen beans |  |
|  |  | Frozen peas |  |
|  |  | Whole chicken |  |
|  |  | Chicken pieces |  |
|  |  | Blueberries |  |
|  |  | Stir fry veges |  |
|  |  | Frozen cauli |  |
|  |  | Meat, Fish & Chicken |  |
|  |  | Stewing steak |  |
|  |  | Beef for stir fry |  |
|  |  | Fresh fish |  |
|  |  | Lamb |  |
|  |  | Canned tuna |  |
|  |  | Raw salmon |  |
|  |  | Mince |  |
|  |  | Chirizo sausage (1 pp) |  |
|  |  |  |  |
|  |  |  |  |
| Stock level | **Needed** | **Item** | **Specials** |
|  |  | Bathroom & Laundry |  |
|  |  | San pads – ultrathin all nights |  |
|  |  | San pads – ultrathin regulars |  |
|  |  | San pads – Libra regular |  |
|  |  | San pads - Super |  |
|  |  | San pads – regular |  |
|  |  | Pantie liners |  |
|  |  | Handsoap – budget refill |  |
|  |  | Bodywash |  |
|  |  | Deodorant |  |
|  |  | Shampoo |  |
|  |  | Conditioner |  |
|  |  | Toilet paper |  |
|  |  | Razors |  |
|  |  | Shaving foam |  |
|  |  | Toothpaste |  |
|  |  | Dental floss |  |
|  |  | Soap |  |
|  |  | Moisturizers |  |
|  |  |  |  |
|  |  |  |  |
|  |  | Pet Supplies |  |
|  |  |  |  |
|  |  | Dog biscuits |  |
|  |  | Pet mince |  |
|  |  | Cat food cans |  |
|  |  | Cat biscuits |  |
|  |  | Rabbit food |  |
|  |  | Chicken pellets |  |
|  |  | Duck food |  |
|  |  | Flea treatment |  |
|  |  |  |  |
| Stock level | **Needed** | **Item** | **Specials** |
|  |  | First Aid & other supplies |  |
|  |  | Panadol |  |
|  |  | Nurofen |  |
|  |  | Sticking plasters |  |
|  |  | First aid supplies |  |
|  |  | Tissues |  |
|  |  | Paper towels |  |
|  |  | Toilet duck |  |
|  |  | White vinegar |  |
|  |  | Balsamic vinegar |  |
|  |  | Apple cider vinegar |  |
|  |  | Chux cloths |  |
|  |  | Palmolive classic gr dishwash |  |
|  |  | Auto dishwash  |  |
|  |  | Pot scrubbers |  |
|  |  | Gladwrap |  |
|  |  | Foil |  |
|  |  | Baking paper |  |
|  |  | Rubbish bags – council |  |
|  |  | Bin liners |  |
|  |  | Black trash bags |  |
|  |  | Ziplock bags – large |  |
|  |  | Ziplock bags – sandwich |  |
|  |  | Ziplock bags – snack |  |
|  |  | Mop |  |
|  |  | Mop refill |  |
|  |  | Light bulbs |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| Stock level | **Needed** | **Item** | **Specials** |
|  |  | Dairy |  |
|  |  | Plain unsweetened yoghurt |  |
|  |  | Milk |  |
|  |  | Butter  |  |
|  |  | Cream cheese |  |
|  |  | Cottage cheese |  |
|  |  | Cheese |  |
|  |  | Parmesan/Feta cheese |  |
|  |  | Sour cream |  |
|  |  |  |  |
|  |  | Bread, spreads & other |  |
|  |  | Rice wafers |  |
|  |  | Unsweetened tomato sauce |  |
|  |  |  |  |
|  |  | Rolled oats – whole |  |
|  |  |  |  |
|  |  |  |  |
|  |  | Peanut butter – sugar free |  |
|  |  |  |  |
|  |  | Tea – black/decaf/herbal |  |
|  |  | Coffee |  |
|  |  |  |  |
|  |  | Miso |  |
|  |  | Shiro miso |  |
|  |  | Tamari |  |
|  |  | GF, SF Soy sauce (Kikkoman) |  |
|  |  | Tomato paste |  |
|  |  | Mustard (SF,GF) |  |
|  |  |  |  |
|  |  | Canned baby corn |  |
|  |  |  |  |
|  |  |  |  |
| Stock level | **Needed** | **Item** | **Specials** |
|  |  | Other items  |  |
|  |  |  |  |
|  |  | Cashew nuts |  |
|  |  | Slivered almonds |  |
|  |  | Raisins |  |
|  |  | Pecans |  |
|  |  | Dried apricots |  |
|  |  | Linseed |  |
|  |  | Golden flax seed |  |
|  |  | Pumpkin seeds |  |
|  |  | Sunflower seeds |  |
|  |  | Seseme seeds |  |
|  |  | Poppy seeds |  |
|  |  | Buckwheat |  |
|  |  | Olive oil |  |
|  |  | Whole almonds |  |
|  |  | Glucomannan |  |
|  |  | Xanthan gum |  |
|  |  | Quinoa |  |
|  |  | Chia seeds |  |
|  |  | Coconut oil |  |
|  |  | Walnuts |  |
|  |  | Psyllium husk |  |
|  |  | Chana dahl |  |
|  |  | Herbs & Spices |  |
|  |  | Cinnamon |  |
|  |  | Cumin |  |
|  |  | Coriander |  |
|  |  | Chives |  |
|  |  | Oregano |  |
|  |  | Allspice/Nutmeg |  |
|  |  |  |  |