

Food Checklist

Item	Size	Qty	Item	Size	Qty
<u>Meat & Eggs</u>					
Bacon	pkt		<u>Cooked Meals</u>		
Sausages	pack		Spaghetti Bolognaise	cont	
Steak	single				
Lamb chops	single		<u>Condiments, etc</u>		
Chicken (use first)	500g		Sugar	jar	
Mince	500g		Salt & Pepper	cont	
Ham/Salami (4 pack)	pack		Herbs selection	cont	
Eggs (leave in original pkt)	single		Sauce (tomato & steak)	btl	
<u>Breads & Cereals</u>					
Bread	pkt		Vegemite	jar	
Cruskits	pkt		Peanut Butter	jar	
Bread Rolls/Wraps	pkt		Pickles	jar	
Cereal	pkt		Mayonnaise	jar	
Pasta	pkt		Honey/Jam	jar	
Breakfast Bar/Up & Go	box		Coffee	jar	
			Biscuits	pkt	
<u>Salad/Veg/Fruit</u>					
Salad Bag	pkt		<u>Tins</u>		
Onions	single		Baked Beans	can	
Tomatoes (use first)	single		Tomatoes	can	
Fresh Fruit (use first)	qty		Fish	can	
Fruit (peaches, pears)	jar		Beetroot	can	
			Mixed Veges	can	
<u>Dairy</u>			Potatoes	can	
Butter	tub		Mushrooms	can	
Yoghurt (kids squeezies)	pkt		Rice Pudding	can	
Tasty Cheese (shredded)	pkt		Pasta Sauce	can	
<u>Cooking</u>			<u>Extras</u>		
Foil	pkt		Chips (small pkt)	pkt	
Cling wrap	pkt		Soft Drinks (mini)	can	
Cooking Oil (Olive/coconut)	spray		Alcohol (local limits)	can	