

Week 1: Shopping List

Items in **bold** may be available from your local community fridge, community garden, or food club.

Items:

- 750g Gammon
- X8 Sausages fresh/frozen
- **Large bag of potatoes**
- Cheddar Cheese
- **Fresh parsley/ herb (tarragon, basil, sage) or dried**
- **Salad, pre bagged or fresh**
- **1kg Onions**
- Cream cheese
- Tinned pineapple
- x2 Tinned fish, tuna, mackerel
- Tinned or frozen sweet corn
- Mayonnaise
- Gravy granules
- Puff pastry
- **Apples**
- Yorkshire pudding mixture
- Frozen or fresh whole chicken
- 500g Minced beef (fresh or frozen dependant on price)
- Tinned tomatoes
- Tinned or frozen peas and carrots
- Plain Flour
- Milk
- Mushrooms-optional