

<b>SUGGESTED FOOD STORE FOR A SMALL HOUSEHOLD</b>		
<b>GARDEN HERBS</b>	Mint, sage, oregano, thyme, rosemary, chives, parsley, lemon balm.	Grow your own.
<b>PACKET SPICES</b>	Cumin seed, cumin powder, turmeric, coriander seed, coriander powder, curry powder [various strengths), chilli flakes.	Tesco or Indian supermarket.
	Salt, black pepper. Ginger, mixed spice.	Aldi.
<b>HOMEMADE</b>	Jams, chutneys, canned garden fruits, wild blackberries and pickled beetroot.	
	Blackberry vinegar, elderberry syrup, elderflower cordial	
	Chilli jam, mint jelly, apple & sage jelly. Crab apple jelly for pectin.	
<b>FOOD FLAVOURINGS</b>	Tubes garlic puree, tomato puree, minced onion.	Aldi or Indian supermarket.
	Stock cubes, beef, veg. Chicken & fish. Coconut cream	Aldi.
<b>DRIED FRUITS</b>	Apricots, figs, dates, prunes, cranberries, raisins, sultanas.	Aldi.
<b>DRIED PULSES</b>	SLB JARS: red lentils, split peas, yellow lentils, peas, chick peas, butter beans, black-eyed beans, cannellini beans, broad beans, barley, kidney beans. Long grain rice, quinoa, couscous. Dried mushroom. Dried onions. Rice with dried veg. Pasta. Packets of nuts, brazil, walnut, cashew	Tesco.  Costco. Sainsbury. Weigh your own.
<b>BAKING PRODUCTS</b>	Oats, SR flour, plain flour, cornflour, rice flour, gram flour. Maize ,SR gluten free flour Baking powder, individual pks. yeast	Aldi. Tesco. Sainsbury.
<b>TINNED FOOD</b>	Corned beef. Tuna. Tomato. Cooked onions. Sardines, salmon, crab. Condensed soup, mushroom, chicken, celery, asparagus.	Aldi.  Sainsbury.  Heron.
<b>DRIED PRODUCTS</b>	Potato powder. Soya mince. Soup mixes. Milk powder.	Costco, Macro or Cash & Carry.

<b>DRINKS</b>	Tea, coffee, cocoa, fruit teas, herbal teas, rooibos.	Aldi. Tesco.
	Honey, sugar, sweeteners.	
<b>JARS</b>	Beetroot, roasted peppers, fruit, pesto	Aldi.
<b>OIL</b>	Olive oil, vegetable oil.	
<b>TOILETRIES</b>	Toothbrushes, toothpaste, soap bars. Combs, flannels, shampoo.	Tesco.
<b>LAUNDRY</b>	Powder. Washing liquid. Bleach. Cleaning products. Soda crystals.	Pound shops
<b>MEDICAL</b>	Paracetamol, ibuprofen, aspirin. Elasticated bandages, gauze, micropore tape, aqueous cream, antiseptic spray. Vick, moisture cream. Cotton wool.	Pound shops
	Blood pressure monitor.	Lloyds pharmacy
	Gloves.	Pound shops.
	Toilet roll.	Supermarket.
	Soda water. Bottled water.	
	Book on use of herbs as medicines.	
<b>BEDDING</b>	Sufficient to sleep about 8 extra.	
<b>ANCILIARY LIGHTING</b>	Storm lamp, t-lights, candles, lighters.	
	Battery lamps.	