



**Weekly Shopping list**  
*Bag Yourself a Better Environment!*



**Remember to take your reusable bags & remember to recycle unwanted bags**

<b>Beverages</b>	<b>Coffee, Tea, biscuits, snacks</b>	<b>Herbs, spices and pickles</b>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
<b>Breads, cereals and spreads</b>	<b>Dairy</b>	<b>General cooking needs</b>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
<b>Fresh and canned meat and fish</b>	<b>Fresh fruit and vegetables</b>	<b>Personal care items</b>
_____	_____	_____
_____	_____	_____
_____	_____	_____
<b>Canned fruit and vegetables</b>	_____	_____
_____	_____	<b>Miscellaneous</b>
_____	_____	_____
_____	<b>Frozen Foods</b>	_____
<b>Cleaning products</b>	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



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