

SUGGESTED FOOD STORE FOR A SMALL HOUSEHOLD		
GARDEN HERBS	Mint, sage, oregano, thyme, rosemary, chives, parsley, lemon balm.	Grow your own.
PACKET SPICES	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.
HOMEMADE	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.	
FOOD FLAVOURINGS	Tubes garlic puree, tomato puree, minced ginger.	Aldi or Indian supermarket.
	Stock cubes, beef, veg. Chicken & fish. Coconut cream	Aldi.
DRIED FRUITS	Apricots, figs, dates, prunes, cranberries, raisins, sultanas.	Aldi.
DRIED PULSES	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.
BAKING PRODUCTS	Oats, SR flour, plain flour, cornflour, rice flour, gram flour. Maize ,SR gluten free flour Baking powder, individual pks. yeast	Aldi. Tesco. Sainsbury.
TINNED FOOD	Corned beef. Tuna. Tomato. Cooked onions. Sardines, salmon, crab. Condensed soup, mushroom, chicken, celery, asparagus.	Aldi. Sainsbury. Heron.
DRIED PRODUCTS	Potato powder. Soya mince. Soup mixes. Milk powder.	Costco, Macro or Cash & Carry.

DRINKS	Tea, coffee, cocoa, fruit teas, herbal teas, rooibos.	Aldi. Tesco.
	Honey, sugar, sweeteners.	
JARS	Beetroot, roasted peppers, fruit, pesto	Aldi.
OIL	Rapeseed	
TOILETRIES	Toothbrushes, toothpaste, soap bars. Combs, flannels, shampoo.	Tesco.
LAUNDRY	Powder. Washing liquid. Bleach. Cleaning products. Soda crystals.	Pound shops
MEDICAL	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.	
BEDDING	Sufficient to sleep about 8 extra.	
ANCILIARY LIGHTING	Storm lamp, t-lights, candles, lighters.	
	Battery lamps.	