

How to organise a shopping list

Groceries

Meat

Fish

Dairy

Cans

Pasta/Rice/Potatoes

Frozen Foods

Vegetables

Fruit

Snacks & Confectionary

Toiletries & Bathroom Supplies

Shampoo & Conditioner

Toilet Rolls

Shower Gel/Bath foam

Soap/Face Wash

Toothpaste/Toothbrush

Moisturiser

Razors

Sun cream

Household Supplies

Bleach/polish & other cleaning supplies

Kitchen utensils

Light bulbs

Replacing broken items