

Canteen Shopping List

Pantry Basics

- Baked beans (small tins)
- Cheerios
- Crushed pineapple in juice
- Dried fruit - sultanas, apricots, bananas & apples
- Milo
- Penne Pasta
- Pineapple rings in juice
- Popping corn
- Reduced fat whole egg mayonnaise
- Tinned diced tomatoes (no added salt)
- Tinned red kidney beans (no added salt)
- Tomato paste (no added salt)
- Tomato sauce
- Tuna in springwater (small tins)

Baking Basics

- Caster sugar
- Desiccated coconut
- Golden Syrup
- Plain flour (regular/wholemeal)
- Rolled oats
- Self-raising flour (regular/wholemeal)

Cleaning and other non-food essentials

- Aluminium foil
- Baking paper
- Biodegradable dish cloths (Wettex)
- Disposable gloves (suitable for food prep)
- Multi-purpose kitchen cleaning spray
- Paper napkins
- Kitchen paper

