

Eritrean / Ethiopian Shopping List				BAND 1	
Food item	Total Price (\$)	Amount to be purchased	Brand	Notes	Tick upon purchase
COCO'S					
Lebanese bread	2.55	1200g			
Macaroni	1.77	3x 500g	Black'n'Gold		
Rice	2.89	2kg			
Milk powder	4.89	1 kg	Black'n'Gold		
Canned tomatoes	0.70	1 can			
Jam	1.69	450g			
Vegetable Oil	1.85	750ml			
Sugar	1.11	1kg			
Salt	1.28	125g			
Stock cubes	0.71	1 pkt	Continental		
Tea	3.69	100pkt	Bushells		
Coffee	3.33	100g	Bushells		
Peanuts	3.79	750g			
Bananas	4.84	1.8kg			
Orange	8.37	2.8kg			
Lemon	0.80	0.30kg			
Eggplant	3.60	1.2kg			
Zucchini	2.40	1.2kg			
Tomato	2.69	0.9kg			
Carrot	0.84	0.84kg			
Celery	1.49	bunch			
Cabbage	0.89	1.5kg			
Lettuce	1.99	1			
Spinach	3.98	600g	bunch=300g		
Parsley	1.99	1 bunch			
Chilli whole	0.12	12g			
Eggs	0.99	12			
Onion	1.20	1.2kg			
Garlic	0.91	160g			
Ginger	0.42	60g			
Shallots	0.99	1 bunch			
Potato	1.70	0.9			
Frozen corn	1.38	500g	Black'n'Gold		
Frozen peas	1.74	500g	Bird's eye Black'n'Gold		
Butter	0.81	250g			
Natural yoghurt	1.78	2x200g tubs			
Milk	1.89	2L			
Crusty bread (French stick / pasta dura / ciabatta)	3.50	1 loaf		Deli Oz (Coco's)	
COCO'S BUTCHER					
Beef mince	1.53	170g		\$9.00/kg	
Beef	1.87	170g	diced lean	\$10.00/kg	
Chicken	2.00	200g	thighs	\$10.00/kg	

PERSIAN BAZAAR					
Plain Flour	0.79	1kg	Black'n'Gold and Persian Bazaar	Can also be found in Coco's	
Molokhia	1.76	80g			
Okra	2.75	800g			
Lima beans	0.74	200g			
Berlotti	0.54	200g			
Black eyed beans	0.54	200g			
Red kidney beans	0.60	200g			
Chickpeas	0.90	200g			
Tuna (in oil)	2.50	185g			
Pepper	1.80	100g			
Chilli powder	1.30	100g			
Tomato paste	2.00	1kg			
Turmeric dry	1.20	100g			
Cinnamon dry	1.20	100g			
Coriander dry	0.65	100g			
ALL INDIAN FOODS					
Maize flour	2.00	1kg		Only avail Fridays	
Sorghum flour	2.00	1kg			
Total	\$ 110.23				

Eritrean / Ethiopian Shopping List				BAND 2	
Food item	Total Price (\$)	Amount to be purchased	Brand	Notes	Tick upon purchase
All Indian Foods					
Sorghum flour	2.00	1kg			
Maize flour	2.00	1kg			
Coco's					
Lebanese bread	7.92	3200g			
Rice	7.65	5kg			
Bananas	14.53	5.4kg			
Orange	25.12	8.4kg			
Lemon	2.42	0.9kg			
Eggplant	10.76	3.6 kg			
Zucchini	7.16	3.6kg			
Onion	3.56	3.6kg			
Carrot	2.67	2.7kg			
Tomato	8.07	2.7kg			
Canned tomatoes	2.10	3 cans			
Potato	3.99	4kg			
Frozen corn	1.38	500g	Black'n'Gold		
Frozen peas	1.74	500g	Bird's eye Black'n'Gold		
Spinach	9.95	5 bunches	bunch=300g		
Celery	4.47	3 bunches			
Cabbage	0.89	1/2cabbage			
Lettuce	3.98	2 lettuces			
Peanuts	3.79	750g			
Milk	5.67	6 L			
Milk powder	4.89	1 kg	Black'n'Gold		
Natural yoghurt	5.14	1200g			
Garlic	1.82	320g			
Salt	1.28	125g			
Vegetable Oil	3.95	2L			
Chilli whole	0.36	36g			
Ginger	0.84	120g			
Parsley	1.99	1 bunch			
Shallots	1.98	2 bunches			
Sugar	1.11	1 kg			
Butter	1.62	500g			
Jam	1.69	450g			
Stock cubes	1.42	2 pkt	Continental		
Tea	3.69	100 pkt	Bushells		
Coffee	3.33	100g	Bushells		
Macaroni	4.72	8x 500g	Black'n Gold		
Beef mince	4.58	510g			
Beef	5.60	510g	diced lean		
Chicken	5.99	600g	thighs		

Eritrean / Ethiopian Shopping List				BAND 2	
Food item	Total Price (\$)	Amount to be purchased	Brand	Notes	Tick upon purchase
Crusty bread (French stick/pasta dura/ciabatta)	14.00	4 loaves			
Eggs	1.98	2 dozen			
Persian Bazaar					
Plain Flour	1.53	2kg	Black'n Gold and Persian Bazaar		
Molokhia	5.28	240g			
Okra	2.75	800g			
Lima beans	2.22	600g			
Berlotti	1.62	600g			
Black eyed beans	2.40	600g			
Red kidney beans	1.80	600g			
Chickpeas	2.70	600g			
Tuna (in oil)	7.50	3 cans			
Pepper	1.80	100g			
Chilli powder	1.30	100g			
Tomato paste	2.00	1kg			
Turmeric dry	1.20	100g			
Cinnamon dry	1.20	100g			
Coriander dry	0.65	100g			
Total	239.75				

Eritrean / Ethiopian Shopping List				BAND 3	
Food item	Total Price (\$)	Amount to be purchased	Brand	Notes	Tick upon purchase
All Indian Foods					
Sorghum flour	2.00	1kg			
Maize flour	2.00	1 kg			
Coco's					
Lebanese bread	12.87	5200g			
Rice	10.99	10kg			
Bananas	24.21	9kg			
Orange	41.86	14kg			
Lemon	4.04	1.5kg			
Eggplant	17.94	6kg			
Zucchini	11.94	6kg			
Onion	5.94	6kg			
Carrot	4.45	4.5kg			
Tomato	13.46	4.5kg			
Canned tomatoes	3.50	5 cans			
Potato	3.99	4kg			
Frozen corn	1.38	500g	Black'n Gold		
Frozen peas	1.74	500g			
Spinach	15.92	8 bunches	bunch=300g		
Celery	7.45	5 bunches			
Cabbage	0.89	1/2 cab			
Lettuce	7.96	4 lettuces			
Peanuts	3.79	750g			
Milk	9.45	10L			
Milk powder	9.78	2kg	Black'n Gold		
Natural yoghurt	8.50	2x 1kg			
Garlic	2.73	480g			
Salt	1.28	125g			
Vegetable Oil	3.95	2L			
Chilli whole	0.60	60g			
Ginger	1.26	180g			
Parsley	1.99	1 bunch			
Shallots	4.95	5 bunches			
Sugar	1.11	1kg			
Butter	3.24	2x 500g			
Jam	1.69	450g			
Stock cubes	3.55	5 pkts	Continental		
Tea	3.69	100 pkts	Bushells		
Coffee	3.33	100g	Bushells		
Macaroni	7.08	12x 500g	Black'n Gold		
Eggs	3.96	4 dozen			
Plain Flour	3.06	4kg			

Eritrean / Ethiopian Shopping List				BAND 3	
Food item	Total Price (\$)	Amount to be purchased	Brand	Notes	Tick upon purchase
Beef mince	7.64	935g			
Beef	9.34	935g	diced lean		
Chicken	9.99	1.1kg	thighs		
Crusty bread (French stick/pasta dura/ciabatta)	21.00	6 loaves			
Persian Bazaar					
Molokhia	8.80	400g			
Okra	5.50	1600g			
Lima beans	3.70	1.1kg			
Berlotti	2.70	1.1kg			
Black eyed beans	4.00	1.1kg			
Red kidney beans	3.00	1.1kg			
Chickpeas	4.50	1.1kg			
Tuna (in oil)	10.00	4 cans			
Pepper	1.80	100g			
Chilli powder	1.30	100g			
Tomato paste	2.00	1 kg			
Turmeric dry	1.20	100g			
Cinnamon dry	1.20	100g			
Coriander dry	0.65	100g			
Total	371.84				