

loadshedding

MUST BUYS:

Canned Food

- Sweetcorn
- Lentils
- Baked beans
- Butter beans
- Chickpeas
- Red kidney beans
- Shredded tuna
- Smoked mussels
- Sardines or pilchards
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Dry Food

- Biltong slices
- UHT milk
- Mayonnaise
- Cooked beetroot
- Olives
- Mustard
- Vinegar
- Capers
- Almonds
- Dried cranberries
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Baked Goods

- Sandwich bread
- Savoury crackers
- Breakfast cereals
- Sweet biscuits
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Fresh foods (optional)

- Avocado
- Green beans
- Tomatoes
- Cucumber
- Baby spinach
- Red onion
- Fresh chillis
- Bell peppers
- Green apples
- Spring onion
- Cheddar cheese
- Feta cheese
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