Example grocery list

This template may be used to provide household goods to people sheltering in place, who may be isolated due to an emergency.

This list is indicative only and not exclusive. Consider dietary, cultural, and other requirements e.g. gluten-free options. Also consider storage conditions at receiving household e.g. refrigeration.

Brown text may be deleted.

|  | Total | Name | Name | Name | Name | Name | Name | Name | Name | Name | Name |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Fruit/ vegetables | 0 |  |  |  |  |  |  |  |  |  |  |
| Apples | 0 |  |  |  |  |  |  |  |  |  |  |
| Oranges | 0 |  |  |  |  |  |  |  |  |  |  |
| Cabbage | 0 |  |  |  |  |  |  |  |  |  |  |
| Pumpkin | 0 |  |  |  |  |  |  |  |  |  |  |
| Potatoes 5kg | 0 |  |  |  |  |  |  |  |  |  |  |
| Kumara | 0 |  |  |  |  |  |  |  |  |  |  |
| Carrots | 0 |  |  |  |  |  |  |  |  |  |  |
| Onions | 0 |  |  |  |  |  |  |  |  |  |  |
| Meat | 0 |  |  |  |  |  |  |  |  |  |  |
| BBQ meat pack | 0 |  |  |  |  |  |  |  |  |  |  |
| Bacon 1kg | 0 |  |  |  |  |  |  |  |  |  |  |
| Tinned goods | 0 |  |  |  |  |  |  |  |  |  |  |
| Spaghetti | 0 |  |  |  |  |  |  |  |  |  |  |
| Baked beans | 0 |  |  |  |  |  |  |  |  |  |  |
| Tomatoes | 0 |  |  |  |  |  |  |  |  |  |  |
| Fish | 0 |  |  |  |  |  |  |  |  |  |  |
| Creamed corn | 0 |  |  |  |  |  |  |  |  |  |  |
| Corned beef | 0 |  |  |  |  |  |  |  |  |  |  |
| Fruit | 0 |  |  |  |  |  |  |  |  |  |  |
| Other food items | 0 |  |  |  |  |  |  |  |  |  |  |
| Bread | 0 |  |  |  |  |  |  |  |  |  |  |
| Dried peas | 0 |  |  |  |  |  |  |  |  |  |  |
| Dried mixed veges | 0 |  |  |  |  |  |  |  |  |  |  |
| Sugar | 0 |  |  |  |  |  |  |  |  |  |  |
| Salt | 0 |  |  |  |  |  |  |  |  |  |  |
| Eggs 1 doz | 0 |  |  |  |  |  |  |  |  |  |  |
| Cheese | 0 |  |  |  |  |  |  |  |  |  |  |
| Butter | 0 |  |  |  |  |  |  |  |  |  |  |
| Margarine | 0 |  |  |  |  |  |  |  |  |  |  |
| Dried pasta | 0 |  |  |  |  |  |  |  |  |  |  |
| Rice | 0 |  |  |  |  |  |  |  |  |  |  |
| 2 minute noodles | 0 |  |  |  |  |  |  |  |  |  |  |
| Rice risotto | 0 |  |  |  |  |  |  |  |  |  |  |
| Weet-bix | 0 |  |  |  |  |  |  |  |  |  |  |
| Ricies | 0 |  |  |  |  |  |  |  |  |  |  |
| Cornflakes | 0 |  |  |  |  |  |  |  |  |  |  |
| Jam | 0 |  |  |  |  |  |  |  |  |  |  |
| Peanut butter | 0 |  |  |  |  |  |  |  |  |  |  |
| Cooking oil | 0 |  |  |  |  |  |  |  |  |  |  |
| Flour | 0 |  |  |  |  |  |  |  |  |  |  |
| Muesli bars | 0 |  |  |  |  |  |  |  |  |  |  |
| Baby food | 0 |  |  |  |  |  |  |  |  |  |  |
| Drink | 0 |  |  |  |  |  |  |  |  |  |  |
| Water 4L | 0 |  |  |  |  |  |  |  |  |  |  |
| UHT milk 1L | 0 |  |  |  |  |  |  |  |  |  |  |
| Milk powder | 0 |  |  |  |  |  |  |  |  |  |  |
| Infant formula + feeding equipment | 0 |  |  |  |  |  |  |  |  |  |  |
| Tea bags | 0 |  |  |  |  |  |  |  |  |  |  |
| Instant coffee | 0 |  |  |  |  |  |  |  |  |  |  |
| Milo | 0 |  |  |  |  |  |  |  |  |  |  |
| Raro | 0 |  |  |  |  |  |  |  |  |  |  |
| Toiletries/hygiene | 0 |  |  |  |  |  |  |  |  |  |  |
| Toilet paper 4pk | 0 |  |  |  |  |  |  |  |  |  |  |
| Sanitary pads | 0 |  |  |  |  |  |  |  |  |  |  |
| Tampons | 0 |  |  |  |  |  |  |  |  |  |  |
| Soap | 0 |  |  |  |  |  |  |  |  |  |  |
| Dishwashing liquid | 0 |  |  |  |  |  |  |  |  |  |  |
| Laundry liquid | 0 |  |  |  |  |  |  |  |  |  |  |
| Paracetamol | 0 |  |  |  |  |  |  |  |  |  |  |
| Shampoo | 0 |  |  |  |  |  |  |  |  |  |  |
| Conditioner | 0 |  |  |  |  |  |  |  |  |  |  |
| Toothpaste | 0 |  |  |  |  |  |  |  |  |  |  |
| Wet wipes | 0 |  |  |  |  |  |  |  |  |  |  |
| Miscellaneous | 0 |  |  |  |  |  |  |  |  |  |  |
| Candles | 0 |  |  |  |  |  |  |  |  |  |  |
| Lighter | 0 |  |  |  |  |  |  |  |  |  |  |
| Batteries AA 4pk | 0 |  |  |  |  |  |  |  |  |  |  |
| Batteries AAA 4pk | 0 |  |  |  |  |  |  |  |  |  |  |
| Batteries D 2pk | 0 |  |  |  |  |  |  |  |  |  |  |
| Batteries C 2pk | 0 |  |  |  |  |  |  |  |  |  |  |
| Batteries 9V single | 0 |  |  |  |  |  |  |  |  |  |  |
| Batteries dolphin type | 0 |  |  |  |  |  |  |  |  |  |  |
| Cat food | 0 |  |  |  |  |  |  |  |  |  |  |
| Dog food | 0 |  |  |  |  |  |  |  |  |  |  |
| Tin foil | 0 |  |  |  |  |  |  |  |  |  |  |
| Glad wrap | 0 |  |  |  |  |  |  |  |  |  |  |
| Kerosene | 0 |  |  |  |  |  |  |  |  |  |  |
| Gas bottle | 0 |  |  |  |  |  |  |  |  |  |  |
| Newspaper | 0 |  |  |  |  |  |  |  |  |  |  |