

FRIDGE STOCK

Supplies

Eggs
Milk
Stock cubes
Carrots
Hummus
Tomatoes
Salad
Cucumber
Yoghurts

Meats

Bacon
Sausage
Ham
Cooked chicken

Misc

Suet
Fresh Pasta
Pasta sauces
Pesto

Sauces and jams

Tomato sauce
Mayonaise
Salad cream
Soy sauce
Jam
Butter

Remember
to clean out the
fridge, before you go
shopping. Throw
away all out of date
food!