

Final food shopping list, taking into account that you will bring ALL Maartens' left over food stuffs with you.

#### Breakfast stuffs:

Enough milk powder for 30L (you can order 'real' milk if you like, but then you have to keep it cold!) Remember that people use MORE milk powder than they do 'real' milk – I remember how much milk powder you and Ali went through!

10 boxes assorted cereals (muesli, wheatbix etc)

10 loaves Toast bread

4x 500g jars of Jam (including marmalade!), 1 large peanut butter, 1 large honey

2 Trays of 30 eggs

Fruit (2Kg apples, 40 oranges, 3 bunches of banana and 2Kg apricots)

1 large bag of Haroways Oats

500g sultanas

Small bag brown sugar

500ml cream (for porridge!)

1 tub soft spreadable butter, and 1 large tub of margarine (for lunches as well)

#### Lunch

16 loaves of sandwich Bread

2Kg Cheese

500g Smoked Ham (from the deli),

500g cold beef (from the deli),

3 Salami's (the long ones that are not yet sliced, this is the cheaper option!)

6 Iceberg lettuce

34 loose Tomatoes, (best if some are quite firm!)

4 Telegraph Cucumbers

5 jars of crebos Tomato (or other) relish

1 large jars of Mayonnaise

1 Tray of 30 eggs (these can be boiled and mashed, mixed with mayonnaise this makes a good filling for sandwiches)

2 pottles of cottage cheese

2 blocks of philadelphia cream cheese

(Maarten left 1 box falafel mix, you could make this for a veg option at lunch)

Optional: Crackers and cheeses and dips? (If you want to add this, I'm not sure how the budget looks, but here are some suggestions)

Assorted cheeses on special: look for brie and camembert cheeses,

3 cheeses per day (12 ppl) and 2 per day (8 ppl). Serve with a box of 'snax' crackers (small ones), rice crackers or mealmates. 2 packs crackers per day with 12 ppl, 1 pack when 8 people.

Also suggest Lisa's Hummus (different flavors, sundried tomatoe and the red pepper one are good!) are nice for variety. 3 tubs of dip per day (12 people) and 2 when there are only 8 people.

Suggest cheese and crackers for 4 days and dips and crackers for the rest. If there is lots of

tomato left near the end, cut this up and put it out with the crackers and cheese/dips.

Ie.

10 cheeses

8 packs of crackers

7 large tubs of dip

7 bags of assorted biscuits. Choose from the Farmbake range (you get lots of biscuits per bag, it should go round the group) and add a couple of packs of gingernuts for good measure!

Hot drinks

2 small boxes of herbal type tea (lemon or raspberry or something like that. Black tea is already in Maarten's food stuffs)

Coffee (I have no idea about this, maybe ask Jack the field station manager if there is a plunger up at Caas? Otherwise it will just be instant coffee, yuck!),

1 large container of Cadbury hot chocolate.

Small bag of white sugar (Maarten left one box of sugar cubes, but I don't know if it is enough)

Dinner

3 large boxes lasagna pasta sheets (these are dried flat pasta sheets, ready to cook!)

3 cans Mexican chili beans

1 Kg (or 750g) block of Edam cheese

4kg watties Chinese wok stir-fry vegetables

1 large (I think it comes in 5Kg) of rice

1 large pumpkin

3 purple kumara

2 orange kumara

8 carrots

4 onions

15kg potatoes

1 pack mixed herbs

5 broccoli

3.5kg frozen peas

5 brown gravy sachets

1 large jar of Apple sauce

2 cauliflowers

3 cans chickpeas

4 onions

1L plain yoghurt

2 jars pataks Tika masala curry paste (note the PASTE, not the simmer sauce!)

3 green peppers

1 small root ginger

2 large (size 24) frozen Tegal chickens

To reimburse me for what I am using already and pre-preparing for you:

(maybe order this to be packaged separately and leave it in my garage? Please stick the Yoghurt and frozen veggies in the freezer though, as it will go off otherwise! The rest of it will be fine there!)

2kg premium white Flour  
1L unsweetened Yoghurt  
6 Onions  
1 jar Moroccan spice (small)  
Milk powder (just give me the left over powder from the trip)  
500g butter  
4x maggi Lasagna flavoring sachets  
2kg Watties Mixed frozen vegetables  
1 pack bamboo skewers  
2 cans coconut cream  
1 can watties tomato sauce  
3 large cans crushed pineapple  
1 large roll of tinfoil

Hope this is ok, ring me if you want to know anything, or have any questions

Mailee