

HOUSEHOLD

washing up liquid
 laundry liquid
 toilet cleaner
 cream cleaner
 laundry bleach
 disinfectant
 toilet tissue
 kitchen roll
 freezer bags
 compost bags
 greaseproof paper
 aluminium foil
 bin bags (large or pedal bin)
 FSC rolling pin
 clothes pegs
 olive oil soap

CONVENIENCE FOODS

baked beans
 canned tomatoes
 carrots & green peas in a jar
 hotpot (organic?)
 curry sauce (korma, jalfrezi, tikka)
 pasta sauce (tomato & herb)
 coconut milk
 tomato ketchup
 instant soup in a mug
 instant mash
 tomato & veg soup in big jars

CHILLED GOODS

mature cheddar cheese
 butter (salted or unsalted)
 crème fraîche
 Yeo Valley Natural yoghurt
 small strawb/raspberry yogs
 Rachel's low fat set yoghurt

OIL

olive oil cold pressed extra virgin
 sunflower oil
 toasted sesame oil

STORE CUPBOARD

light brown sugar
 rapadura sugar
 granulated sugar
 jumbo oats
 porridge oats
 pine kernels
 cous cous
 uinoa
 fusilli
 penne
 spaghetti
 brown basmati rice
 arborio rice
 vegetable stock cubes
 red split lentils
 canned tomatoes
 tomato purée
 red wine vinegar
 cider vinegar
 vegetable suet
 Nairns oatcakes
 artichoke hearts
 fire-roasted red peppers
 sun-dried tomato paste
 rice cakes (no salt)
 rice cakes (sesame & salt)
 savoury rice cakes (marmite)
 Dr Karg biscuits
 wholegrain mustard
 horseradish sauce
 mint sauce
 mayonnaise
 Thai dipping sauce
 soy sauce
 Clearspring noodles
 soup mix
 light tahini
 breadcrumbs

HERBAL TEA
 Clippervild berry
 Hambleden chammomile
 Hambleden peppermint
 Eleven o'clock rooibosch

BREAKFAST

homemade muesli
 millet rice flakes
 whole earth cornflakes
 biobiz (like weetabix)
 breakfast teabags
 everyday teabags (Clipper)
 earl grey teabags
 UHT semi-skimmed milk
 fresh whole unpasteurised milk
 natural yoghurt
 butter
 jumbo oats
 porridge oats
 medium oatmeal
 Yannah (zero caf. ersatz coffee)
 fairtrade org ground coffee
 Clipper instant coffee

TREATS

dark chocolate (organic?)
 milk chocolate (organic?)
 maya gold
 milk choc with almonds
 giant choc buttons
 digestive biscuits
 village bakery choc brownies
 banana chips
 grizzly bars (banana & sultana)

CRISPS & SNACKS

Tyrrells lightly salted
 amaizin' paprika corn chips
 whole roasted salted cashews
 roasted salted pistachios
 mixed root vegetables

DRINKS

sparkling spring water (in glass)
 Bath Ales Lager (330ml)
 Westons strong cider (500ml)
 luscombe scilian lemonade
 whole earth cola (cans)
 belvoir elderflower pressé
 rock's organic cordials & squash
 eco-mil almond milk

SPREADS

vitam-r yeast extract
 sugar free strawberry jam
 sugar free raspberry jam
 honey
 pear and apple spread
 crunchy peanut butter (salt?)
 smooth peanut butter (salt?)

FRUIT JUICE**Concentrated**

apple
 apple & blackcurrant

Fresh

orange
 tomato
 apple
 apple & cranberry
 grove fresh grapefruit
 lunchbox size apple

BAKING

plain flour
 self-raising flour
 wholemeal self-raising
 strong white flour
 strong wholemeal flour
 wholemeal spelt flour
 white spelt flour
 ground almonds
 agave syrup
 granulated sugar
 caster sugar
 bicarbonate of soda
 dried yeast
 dark choc chips

MISCELLANEOUS

birthday cards (no message)
 gift wrap (recycled paper)
 A4 recycled printer paper
 envelope reuse labels
 nightlight (moonlight)
 ethletic fairtrade trainers
 FSC colouring pencils

NUTS & DRIED FRUIT

raisins
 thompsons raisins (fat)
 dried apricots
 dried mango slices
 sultanas
 figs
 cranberries
 dried mixed fruit
 pitted dates
 whole almonds
 walnut pieces
 sunflower seeds
 pumpkin seeds
 sesame seeds

HERBS & SPICES

whole cloves
 black peppercorns
 cardamom pods
 mustard seeds
 mixed spice
 ground cinnamon
 dried basil
 herbes de provence
 coriander seeds
 juniper berries
 ground ginger
 fine sea salt

BABY/CHILDREN

nappies (junior)
 beaming baby wipes
 natracare wipes
 hipp banana porridge
 bread sticks
 goodies (tomato or cheese)
 mini boxes of raisins
 children's tooth gel (weleda)
 nit comb
 biodegradable nappy sacks

TOILETRIES

essential oils
 cotton buds
 natracare tampons, pads etc
 mooncup (size A or B)

Witham Wholefood Co-op

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