

Mums Make Lists

HOUSEHOLD ESSENTIALS SHOPPING LIST

1. DISHWASHING

Washing up liquid
Dishwasher tablets
Dishwasher salt
Dishwasher cleaner
Washing up gloves
Washing up brush
Scourer
Microfibre cloth

2. CLEANING

Multipurpose cleaner
Antibacterial spray
Stainless steel cleaner
Glass cleaner
Lime scale remover
Oven cleaner
White wine vinegar
Microfibre cleaning cloths
Kitchen roll

3. DUSTING & POLISHING

Microfibre duster cloths
Microfibre window cloths
Microfibre polishing cloths
Feather duster
Wood polish spray
Dusting spray
Silver polish

4. LAUNDRY

Washing detergent
Fabric conditioner
Laundry bleach
Stain remover
Lint roller

5. FLOORS

Wooden floor cleaner
General floor cleaner
eCloth floor mop

6. WINDOWS

Cleaning cloth
Polishing cloth
Glass cleaner

7. TRASH

Trash bags - large
Trash bags - small
Food recycling bags

8. BATHROOM

Cleaning gloves
Toilet brush
Toilet paper
Antibacterial spray cleaner
Shower cleaner
Toilet bleach
Limescale remover

Drain cleaner

9. HYGIENE

Liquid hand soap
Hand sanitizer
Toilet paper

10. FOOD CARE

Saran Wrap / Cling Film
Tin foil
Greaseproof paper
Baking parchment
Freezer bags

11. SUNDRIES

Long matches
AA batteries
AAA batteries
Lightbulbs

GROCERY SHOPPING LIST *Mums Make Lists*

1. DAIRY

Milk

Eggs

Butter

Cheese

Yogurt

2. MEAT/PROTEIN

Chicken/poultry

Red meat

White fish

Oily fish

Charcuterie

Tofu

3. PRODUCE

Potatoes

Carrots

Onions

Garlic

4. CANNED & DRIED

PRODUCE

Chopped tomatoes

Soup

Pulses

Fruit, nuts, and seeds

5. BAKING

Sugar

Flour: self-raising & plain

Baking powder

Vanilla extract

6. CONDIMENTS/PRESERVES

Salt

Pepper

Cooking oil

Vinegar

Honey

Stock cubes

Herbs:

Mixed herbs

Basil

Oregano

Coriander

Spices:

Chilli powder

Paprika

Cumin

Cinnamon

Ginger

Nutmeg

7. FREEZER

Peas

Mixed vegetables

Fish fingers

8. BREAD/PASTA/GRAINS

Pasta

Rice

Bread

Breakfast cereal