kW to Weekly Shops | Basket Breakdowns

Contents

Household Items 2
Household Food 3
Treats 4
Christmas Basket 5

Household Items

Items	Amount	Price
Pain relief - tablets or capsules	per pack of 16 - 24	2.86
Deodorant or antiperspirant	each (50 - 250ml)	3.06
Hair conditioner	per bottle (200 - 400ml)	4.33
Manual toothbrush	each	1.89
Sanitary towels	per pack of 10 - 20	1.96
Shampoo	per bottle (250 - 400ml)	5.23
Shower gel	per bottle (150 - 250ml)	2.19
Soap/hand wash - liquid	per bottle (200 - 300ml)	1.83
Tissues - box	each	1.49
Toilet rolls	per pack of 4	2.32
Toothpaste	each	2.98
Bin liners	per pack	2.47
Bleach	per bottle (750ml)	1.14
Fabric conditioner	per bottle (500ml - 1.5 litres)	2.62
Household cleaner - liquid or cream	per bottle (450 - 500ml)	1.59
Kitchen roll	per pack of 2 - 4	2.87
Surface wipes	per pack	2.19
Washing liquid or gel	per bottle (800ml - 1.5 litres)	6.19
Washing-up liquid	per bottle (320 - 900ml)	1.28
Aluminium cooking foil	each (300mm width)	2.31

Household Food

Item	Amount	Price
Bread - sliced white	800 g	1.33
Butter - dairy (block or tub)	250 g	2.25
Cheese - Cheddar	350 g	3
Eggs - free-range	12 pack	3.95
Milk - cow's (semi-skimmed, fresh)	2272 ml	2.28
Yoghurt - flavoured	150 g	0.77
Apples - not cooking	1000 g	2.26
Bananas	1000 g	1.13
Broccoli	500 g	1.37
Carrots	1000 g	0.89
Onions	1000 g	1.14
Peppers	each	1.65
Beef - minced or diced	1000 g	10.87
Potatoes - baking (excl. frozen)	1000 g	1.12
Coffee - instant	100 g	3.51
Tea - unflavoured, bags	240 g	2.53
Baked beans	425 g	0.88
Cereal - non-sugary	500 g	2.2
Pasta - dry	500 g	0.99
Rice - microwave	250 g	0.95

Treats

Item	Amount	Price
Cake - individual snacks and bars	200 g	2.02
Biscuits - sweet (excl. cookies)	250 g	1.27
Chocolate - plain or flavoured	150 g	2.47
Crisps - potato, sharing or multipacks	150 g	1.84
Cheese - parmesan and similar products	200 g	4.67
Ice cream - bars, lollies, and cones	100 ml	0.85
Deli meats - continental (e.g. cured meats, salami, prosciutto)	70 g	2.3
Cola - full sugar, bottles	1500 ml	2.37

Christmas Basket

Item	Amount	Price
Cheese - Cheddar	500 g	4.29
Broccoli	400 g	1.1
Cabbage	each	1.01
Carrots	1000 g	0.89
Cauliflower	each	1.4
Peas - frozen	900 g	2.07
Chicken - whole	1300 g	5.86
Pork - bacon (e.g. joint, rasher)	300 g	2.57
Pork sausages	400 g	2.78
Potatoes - white	2000 g	1.98
Yorkshire puddings	200 g	1.86