

# STANDARD 300 ITEM LIST

List subject to change All brand names remain the property of manufacturers.

## FRUITS

- 1 Apples
- 2 Oranges
- 3 Banana
- 4 Strawberry
- 5 Watermelon
- 6 Mango
- 7 Lemon
- 8 Kiwifruit
- 9 Grapes
- 10 Peaches
- 11 Pears
- 12 Mandarines
- 13 Pineapple
- 14 Passionfruit
- 15 Cherries
- 16 Plums
- 17 Pawpaw
- 18 Apricot
- 19 Sultanas
- 20 Raisins
- 21 Grapefruit
- 22 Rockmelon
- 23 Honey Dew Melon
- 24 Prunes
- 25 Dates
- 26 Lychee
- 27 Nectarines
- 28 Limes

## SEAFOOD

- 29 Fish
- 30 Shellfish
- 31 Calamari
- 32 Salmon (tinned)
- 33 Tuna (tinned)

## DRINKS

- 34 Beer
- 35 Wine
- 36 Port
- 37 Vodka
- 38 Whiskey
- 39 Bourbon
- 40 Rum
- 41 Gin
- 42 Brandy
- 43 Tea
- 44 Coffee
- 45 Ovaltine
- 46 Milo
- 47 Choc Quik
- 48 Cocoa (Cadbury)
- 49 Ginger Ale
- 50 Coke
- 51 Diet Coke
- 52 Pepsi Max
- 53 Sprite-Lemonade
- 54 Fanta (Orange)
- 55 Dandelion Tea
- 56 Chamomile Tea
- 57 Peppermint Tea
- 58 Green Tea
- 59 Ribeena
- 60 Red Cordial
- 61 Cranberry Juice

## CONDIMENTS

- 62 Apple Cider Vinegar
- 63 Malt Vinegar
- 64 Salt (refined table)
- 65 Celtic Salt (sea salt)
- 66 Rock Salt (McCormick)
- 67 Herbemare Vege Salt
- 68 Pepper (black and white)
- 69 Cayenne Pepper
- 70 Tomato Sauce (Fountain)
- 71 Tomato Paste (Leggo's)
- 72 B.B.Q. Sauce (Eta)
- 73 Soy sauce
- 74 Worcester sauce
- 75 Horseradish sauce
- 76 Mustard
- 77 Praise Mayo
- 78 Gravox
- 79 Vegemite
- 80 Promite
- 81 Nutella
- 82 Beef Stock (Magi)
- 83 Chicken Stock (Magi)
- 84 Chicken Stock (Massel)
- 85 Beef Stock (Massel)
- 86 Vegetable Stock (Massel)
- 87 Vanilla (pure)
- 88 Curry Powder
- 89 Mint Sauce
- 90 Ginger
- 91 Chilli
- 92 Garlic
- 93 Mixed Spice
- 94 Cinnamon
- 95 Nutmeg

## DAIRY FOODS

- 96 Butter
- 97 Margarine (Flora)
- 98 Margarine (Soya)
- 99 Nuttalex Margarine
- 100 Cream
- 101 Cows Yoghurt
- 102 Soy Yoghurt
- 103 Cows Cheese
- 104 Goats Cheese
- 105 Soy Cheese
- 106 So-Good
- 107 Vitasoy
- 108 Aussie Soy
- 109 So Natural
- 110 Tofu
- 111 Goats Milk
- 112 Rice Milk (Rice Dream)
- 113 Rice Milk (So-Natural)
- 114 Carnation Milk
- 115 Condensed Milk
- 116 Skim Milk
- 117 Full Cream Milk
- 118 Ice Cream (Pauls Vanilla)
- 119 Eggs

## SEEDS

- 120 Sesame
- 121 Sunflower
- 122 Pumpkin
- 123 Linseed (flax seed oil)

## VEGETABLES

- 124 Potato
- 125 Tomato
- 126 Capsicum
- 127 Eggplant
- 128 Cabbage
- 129 Cauliflower
- 130 Brussell Sprouts
- 131 Mushroom
- 132 Broccoli
- 133 Silverbeet
- 134 Zucchini
- 135 Celery
- 136 Lettuce
- 137 Rocket
- 138 Pumpkin
- 139 Peas
- 140 Carrot
- 141 Onion
- 142 Beetroot
- 143 Cucumber
- 144 Turnip
- 145 Button Squash
- 146 Snow Peas
- 147 Mung Beans
- 148 Beans
- 149 Asparagus
- 150 Alfalfa sprouts
- 151 Sweet Potato
- 152 Avocado
- 153 Corn
- 154 Shallots
- 155 Parsley
- 156 Buckchoy
- 157 Choysum
- 158 Wombok
- 159 Leeks
- 160 Olives

## MEATS / FATS

- 161 Beef
- 162 Pork
- 163 Lamb
- 164 Chicken
- 165 Bacon
- 166 Ham
- 167 Turkey
- 168 Canola Oil
- 169 Olive Oil
- 170 Grape Seed Oil
- 171 Sunflower (Crisco)

## FOOD COLOURINGS

- 172 Red
- 173 Blue
- 174 Green
- 175 Yellow

## NUTS

- 176 Almonds
- 177 Cashews
- 178 Hazel
- 179 Brazil
- 180 Pistachio
- 181 Macadamia
- 182 Walnut
- 183 Pecans
- 184 Pine Nuts

## DRIED HERBS

- (McCORMICK)
- 185 Mixed Herbs
  - 186 Rosemary
  - 187 Basil
  - 188 Chives
  - 189 Coriander
  - 190 Oregano
  - 191 Season-All

## GRAINS / CEREALS

- 192 White Bread
- 193 Wholemeal Bread
- 194 Multigrain Bread
- 195 Rye Flour
- 196 White Flour
- 197 Wholemeal Flour
- 198 Cornflour
- 199 Buckwheat Flour
- 200 Mountain Bread Rice
- 201 Bi Carb Soda
- 202 Corn Thins
- 203 Rice Thins
- 204 Lavash Bread
- 205 White Rice
- 206 Brown Rice
- 207 Lentils
- 208 Chick Peas
- 209 Kidney Beans
- 210 Split Peas
- 211 Rolled Oats
- 212 Oat Bran
- 213 Coconut
- 214 Baked Beans (Heinz)
- 215 Spaghetti (Heinz)
- 216 Pasta (Durham Wheat)
- 217 Hokkien Noodles
- 218 Rice Noodles
- 219 Cornflakes (Kellogs)
- 220 Rice Bubbles
- 221 Coco Pops
- 222 Sultana Bran
- 223 Vita Brits
- 224 Weet Bix
- 225 Nutrigrain
- 226 Special K
- 227 Just Right

## SUGARS

- 228 White Sugar
- 229 Raw Sugar
- 230 Brown Sugar
- 231 Manuka Honey
- 232 Stevia
- 233 Splenda
- 234 Honey
- 235 Maple Syrup
- 236 Golden Syrup
- 237 Carob
- 238 Chocolate (Darrell Lea)
- 239 Chocolate (Lindt)
- 240 Chocolate (Nestle)
- 241 Chocolate (Cadbury)
- 242 Chocolate (Dove)
- 243 Liquorice

## CHEMICALS

- 244 Fly Spray
- 245 Aeroguard
- 246 Newspaper Ink
- 247 Bleach
- 248 Sard Wonder Soaker
- 249 Nappisan
- 250 Talcum Powder
- 251 Morning Fresh
- 252 Palmolive Dish Liquid
- 253 Dawn Dish Liquid
- 254 Pine-O-Cleen
- 255 Domestos
- 256 Omo
- 257 Dynamo
- 258 Bio Zet
- 259 Cold Power
- 260 Radiant
- 261 Cuddly Fabric Softener
- 262 Softly Fabric Softener

## BATHROOM CHEMICALS

- 263 Baby Shampoo (Johnsons)
- 264 Head and Shoulders
- 265 Pantene
- 266 Wella Balsam
- 267 Palmolive Shower Milk
- 268 Lux Body Wash
- 269 Mum Deodorant
- 270 Dove Deodorant
- 271 Rexona Sport Deodorant
- 272 Crystal Stick Deodorant
- 273 Body Choice Natural Deod
- 274 Dove Soap
- 275 Sunlight Personal Soap
- 276 Palmolive Gold Soap
- 277 McLeans (Triple stripe)
- 278 Colgate (Standard)
- 279 Sensodyne
- 280 Gillette Shaving Foam
- 281 Nivea Shaving Gel
- 282 UV Tripplegard Sunscreen
- 283 Banana Boat Sunscreen

## METALS

- 284 Mercury
- 285 Silver
- 286 Aluminium
- 287 Gold

## HAIR/FIBRES

- 288 Mixed Feathers
- 289 Wool
- 290 Cotton
- 291 Polyester
- 292 Linen

## OTHERS

- 293 Panadol
- 294 Herron
- 295 Panamax
- 296 Aspro
- 297 Nurofen
- 298 Codral (cold & flu)
- 299 Methylated Spirits
- 300 Cigarette Smoke