

Sample weekend retreat shopping list

Work out how many person-days you are catering for

Work out what will happen to any food left over - who will take it and will they buy it off you?

Consider fair-trade, organic, and food-miles in your purchases - these are Ethical Considerations. If necessary, build the cost into your budget...

Ask for special diets in advance - without inviting a free-for-all!

Breakfast

Porridge oats

Muesli

Cornflakes

Other breakfast cereal

Bread - brown and white, sliced for toasting,
unsliced for snacks

Vegan marger

Marger/butter

Peanut butter

Marmalade

Jam

NB - work out how many jars jam etc will be needed according to the numbers of tables people will be sitting at over breakfast - one set per table

Honey?

Cow's milk

Soya milk

Yoghurt?

Fruit

Bananas

Apples

Oranges

Other...

Tea/Snacks

Tea

Rooibos

Coffee (real or instant or both?)

Coffee filter equipment?

De-caff tea or coffee

Hot chocolate?

Herb teas (selection)

Juice?

Sugar

Biscuits

Oat cakes/Rice cakes

Raisins?

Dinner

Various vegetables depending on menus

Various tins eg tinned tomatoes

Garlic

Oil

Salt - Pepper - Herbs - Tamari -Veg/Vegan
stock - Curry Paste -

Rice or Pasta or Potatoes...

Lunch

often made from last night's leftovers...

Salad?

Cheese

Shrine

Candles

Night-lights

Incense

Drawing pins/Blu Tack?

Equipment

You may or may not need the following -

Your recipes!

Anti-bacterial handwash

Knives?

Peelers?

Scrubbers?

Tea towels?

Toilet paper?

Washing-up liquid?

