



COULD YOU SURVIVE ON

FIVE?

SHOPPING
LIST

This list is not exhaustive
it should only be used as a guide...
part of the challenge is calculating
exact costs of items you buy;
be creative and make your shopping
and your €5 go further each day...



FRUIT AND VEG



	Quantity	Approx Cost
Banana	1 med	0.25c
Apple	1 reg	0.25c
Orange	1 reg	0.33c
Potatoes	1 large (200g)	0.19c
Carrots	1 med (100g)	0.10c
Broccoli	100g	0.30c
Tomato	1 reg	0.15c
Mushroom	4 reg (80g)	0.21c
Peppers	1/3 piece	0.22c
Onions	100g	0.16c
Lettuce	1/4 head	0.22c
Spinach Frozen	80g	0.10c
Frozen Veg	100g	0.07c
Frozen Fruit	80g	0.36c

DAIRY



	Quantity	Approx Cost
Milk	250ml	0.19c
Cheese slice easi single	2 slices	0.32c
Cheese Triangle	2 triangles	0.14c
Cheddar Cheese	40g	0.40c
Butter	10g	.05c
Dairy Spread	10g	0.02c
Yogurt	125g	0.30c
Eggs	1	0.17c



MEAT

	Quantity	Approx Cost
Chicken Fillet	125g	€1.07
Whole Chicken.....	1/4 chicken	€1.05
Turkey Mince	125g	€1.25
Beef Mince		
Lean 5% fat	125g	0.95c
10% fat	125g	0.90c
Diced Beef	125g	€1.41
Sausage	1 reg	0.10c
Rashers	1 reg	0.22c
Pork Chops	125g	0.75c
Lamb Chunks	125g	€1.22
Ham Fillet	125g	0.62c
Sliced Ham	20g/ 1 slice	0.23c



FISH

	Quantity	Approx Cost
Salmon Fillet	100g	€1.85
Cod Fillet	125g	€1.82
Hake Fillet	125g	0.14c
Fish Fingers.....	Each10c
Breaded Fish	1 Portion.....	0.43c
Tin Tuna	145g	0.62c

STORE CUPBOARD



	Quantity	Approx Cost
Pasta	75g dry	0.07c
Rice	75g dry	0.07c
Cous Cous	75g dry	0.18c
Noodles	75g dry	0.50c
Peas	1/2 Tin	0.16c
Baked Beans	1/2 Tin	0.19c
Chickpeas	1/2 Tin	0.16c
Kidney Beans	1/2 Tin	0.12c
Lentils	50g dry	0.10c
Porridge Oats	40g	0.03c
Wheat Biscuits	2 pce dry	0.15c
Rice Snaps	40g	0.13c
Tea	1 Cup Black	0.02c
Coffee instant	1 Cup Black	0.02c

BAKERY



	Quantity	Approx Cost
Brennans Bread	2 slices	0.15c
Sliced Pan	2 slices	0.10c
Baguette	Small	0.33c
Bagel	1 reg	0.10c
Wrap	1 reg	0.22c
Pitta Bread	1 reg (60g)	0.08c

CONDIMENTS



	Quantity	Approx Cost
Salt	Pinch	0.01c
Pepper	Pinch	0.01c
Sugar	Teasp	0.01c
Jam	10g	0.02c
Peanut Butter	20g	0.06c
Ketchup	20g	0.03c
Mayonnaise	20g	0.07c
Hot Sauce	20ml	0.17c
Soy Sauce	20ml	0.11c
Relish	20g	0.11c
Pickle	20g	0.07c
Mustard	10g	0.03c

***all calculated using store brand products eg Tesco / Lidl own brand unless otherwise stated. Prices sourced from various locations including online sites.**

All shops stock different brands and charge different prices so please do take some time to calculate how much your shopping costs where you shop. You might find some of these items are better value / more expensive depending where you buy them and what brand you buy.

Waste is a huge issue for many households in Ireland, we are told that the average family will throw out up to €700 worth of food per year. Try to avoid having any waste to save yourself money and ensure that all items you buy are used. This is especially relevant for perishable goods e.g. a loaf of bread will only last a few days, so if you buy one use it in as many meals as you can – eg toast for breakfast and sandwiches for lunch.

