

## **Food Items**

Bars – sesame, fruit, hemp, flapjacks  
Biscuits  
Canned rinks (Whole Earth)  
Chocolate  
Curry pastes  
Flours  
Herbs  
Honey  
Jams and spreads  
Juices and smoothies  
Lentils – red, brown  
Marmite  
Miso  
Muesli  
Pasta  
Pate  
Peanut butter  
Pesto  
Ricecakes, corncakes, oatcakes  
Sauces – tamari, shoyu, tomato  
Seeds - sunflower, sesame, flax (linseed), pumpkin  
Soya milk, oat milk, rice milk  
Spices  
Stock and bouillon  
Tahini  
Teas – black, green, rooibos, herbal etc  
Tofu  
Vegeburger mix  
Vegesausage mix  
Whole grains – oats, rice, quinoa, kamut, millet etc

## **Ecover household items**

### **Toiletries and Beauty**

Bath gel  
Cleanser  
Day cream  
Deodorants  
Moisturiser  
Night cream  
Shampoo  
Shower gel

Soaps  
Toner  
Toothpaste

**Essential oils**

**Vitamins & Supplements**

Cough & cold remedies  
Herbal remedies  
Throat lozenges  
Vitamins & minerals