



KIDS-FIT

Family Fit Online

LAUGH – PLAY – CONNECT

Oils, Vinegar, Sauces & Spreads

- Extra Virgin Olive Oil
- Extra Virgin Coconut Oil
- Apple Cider Vinegar
- Passata Traditional Tomato Cooking Sauce
- Gluten-free or Other Good Quality Soy Sauce
- Egg Mayonnaise
- Dijon Mustard
- Peanut Butter
- Almond Spread

Noodles, Rice & Pasta

- Rice Noodles (vermicelli etc.)
- Gluten-free or Other Good Quality Pasta
- Brown Rice

Biscuits & Crackers

- Plain Rice Cakes
- Watertable Crackers
- Mountain Bread Wraps

Drinks

- Coconut Water
- Soda Water
- Mineral Water
- Bickfords Cordial
- (whatever flavours suit your family)
- Assorted Herbal Tea

Canned Items

- Canned Tuna
- Canned Salmon
- Canned Kidney Beans
- Canned Chick Peas
- 100% Coconut Cream

Nuts, Grains & Dried Fruit

- Almonds
- Walnuts
- Wholegrain Oats
- Sultanas

Herbs & Spices

- Himalayan Pink Salt
- Cracked Black Pepper
- Mixed Herbs
- Rosemary
- Curry Powder
- Tumeric Powder

Fresh Food

- Sweet Potatoes
- Brown Onions
- Red Onions
- Garlic
- Ginger

Pantry Recommendations