

## Shopping list to change your pantry

It is preferred if the healthy alternatives are organic but if money is tight the oils, dirty dozen fruit and vegetables are a starting point. Many of the below ingredients can be purchased from

<https://www.ceres.co.nz/>, <http://chantalorganics.co.nz/> these guys are excellent and do organic vege boxes, [www.countdown.co.nz](http://www.countdown.co.nz)

Present pantry stable	Change to healthy alternative
Refined plant oils such as sunflower oil, canola oil.	Organic Coconut oil use Ceres high heat coconut oil if cooking. Butter Ghee/clarified butter Organic Lard Cold pressed virgin olive oil local <a href="https://www.ceres.co.nz/">https://www.ceres.co.nz/</a> , <a href="http://www.chantalorganics.co.nz/">http://www.chantalorganics.co.nz/</a>
White flour White rice flour	Spelt flour stone ground or zentrofan Brown Rice Flour Almond meal Coconut flour <a href="https://www.ceres.co.nz/">https://www.ceres.co.nz/</a> , <a href="http://www.chantalorganics.co.nz/">http://www.chantalorganics.co.nz/</a>
Coke and other soft drinks	Purified water out the tap using a stainless eco drink bottle for when on the run. Can add a lemon slice to flavour. Home brewed kombucha/water kefir before each meal to add digestion.
White Breads and Buns	Organic Sour doughs think about investing in a bread maker to make your own. More economic. <a href="https://www.purebread.co.nz/">https://www.purebread.co.nz/</a> available here or at your local farmers market.
Soy sauce	Organic soy and tamari <a href="https://www.ceres.co.nz/">https://www.ceres.co.nz/</a> , <a href="http://www.chantalorganics.co.nz/">http://www.chantalorganics.co.nz/</a>
Oats and cereals	Get rid of refined cereals. Organic oats and make homemade muesli check out recipe on website. <a href="https://www.ceres.co.nz/">https://www.ceres.co.nz/</a> , <a href="http://www.chantalorganics.co.nz/">http://www.chantalorganics.co.nz/</a> <a href="http://www.countdown.co.nz">www.countdown.co.nz</a>
White Sugar	Organic coconut sugar Maple syrup the real stuff Date syrup Stevia <a href="https://www.ceres.co.nz/">https://www.ceres.co.nz/</a> , <a href="http://www.chantalorganics.co.nz/">http://www.chantalorganics.co.nz/</a> <a href="http://www.countdown.co.nz">www.countdown.co.nz</a>

<b>Cocoa powder</b>	Cocoa it looks similar but is more nutrient dense. <a href="https://www.ceres.co.nz/">https://www.ceres.co.nz/</a> , <a href="http://www.chantalorganics.co.nz/">http://www.chantalorganics.co.nz/</a>
<b>Nuts</b>	Organic nuts Cashews Almonds Peanut butter <a href="https://www.ceres.co.nz/">https://www.ceres.co.nz/</a> , <a href="http://www.chantalorganics.co.nz/">http://www.chantalorganics.co.nz/</a> <a href="http://www.countdown.co.nz">www.countdown.co.nz</a>
<b>Cornflour</b>	Arrowroot this is not made from corn but tapioca <a href="https://www.ceres.co.nz/">https://www.ceres.co.nz/</a> , <a href="http://www.chantalorganics.co.nz/">http://www.chantalorganics.co.nz/</a> <a href="http://www.countdown.co.nz">www.countdown.co.nz</a>
<b>Tea and Coffee</b>	Organic Tea and coffee available from <a href="http://www.kerikeritea.co.nz">www.kerikeritea.co.nz</a> <a href="http://rushcoffee.co.nz/">http://rushcoffee.co.nz/</a> <a href="http://www.incafe.co.nz/">http://www.incafe.co.nz/</a> <a href="https://www.ceres.co.nz/">https://www.ceres.co.nz/</a> , <a href="http://www.chantalorganics.co.nz/">http://www.chantalorganics.co.nz/</a> <a href="http://www.countdown.co.nz">www.countdown.co.nz</a>
<b>Fruit and Vegetables</b>	Organic Fruit and Vegetables Available from your local farmers market or grow your own <a href="http://www.chantalorganics.co.nz">www.chantalorganics.co.nz</a> <a href="http://www.eco-organics.co.nz/">http://www.eco-organics.co.nz/</a>
<b>Meat and chicken</b>	Organic Meat <a href="https://clarksorganicbutchery.co.nz/">https://clarksorganicbutchery.co.nz/</a> <a href="http://warkworthbutchery.co.nz/">http://warkworthbutchery.co.nz/</a>
<b>Milk and dairy</b>	Organic Milk, cheese and other dairy Available from four square, countdown <a href="https://www.lewisroadcreamery.co.nz/products/fridge/milk">https://www.lewisroadcreamery.co.nz/products/fridge/milk</a> <a href="http://www.clearwaters.co.nz/">http://www.clearwaters.co.nz/</a> <a href="https://www.tastekapiti.co.nz/products/milk">https://www.tastekapiti.co.nz/products/milk</a> <a href="http://puhoivalley.co.nz/our-products/our-milks/non-homogenised-organic-milk/">http://puhoivalley.co.nz/our-products/our-milks/non-homogenised-organic-milk/</a> <a href="http://www.organicgoatcheese.co.nz/html/index.htm">http://www.organicgoatcheese.co.nz/html/index.htm</a> <a href="http://www.thecheesebarn.co.nz/">http://www.thecheesebarn.co.nz/</a>

When changing a pantry throw all the tempting processed foods away. Look at the links in <http://soulerendipity.weebly.com/food-websites-and-blogs.html> to get healthy ideas and recipes.