

How to choose?

If you find the match for an item – great! Just record the price and move on to the next item.

If there is more than one option to choose – follow the guidelines provided (closest size, not the cheapest, packaged over loose).

Sometimes you'll need to think about what the Robinsons would do in this situation – swap for something else? Go without? Go to another shop? This guide explains how the Robinson Family uses and enjoys the Fruits and Vegetables on the list, which may help you decide.

Weekly Recipes: Robinson Family	
Tuna Pasta	onion, pepper, sweetcorn
Chicken Pasta	chopped tomato, onion, pepper, sweetcorn
Mince and Potatoes	carrot, onion, mushrooms, side of broccoli
Spaghetti Bolognese	tomato sauce, onions, carrot, mushrooms, pepper
Fajitas	peppers, onions
Lentil Soup	carrots, leeks
Chicken Roast Dinner	side of mixed veg

Fruit	Needed each week	Family uses these as...
Apples	15	Snacks at home or in packed lunch (all) Bananas in cereal
Bananas	14	
Oranges	2	Snack at home at the weekend (parents)
Strawberries	225g	
Orange juice	2 litres	Drink with breakfast (all)
Smoothies	2 x 150ml each	Easy option for children as part of a 'grazing' lunch or snack at the weekend

Vegetables	Needed each week	Family uses these as...
Carrots	465g	Carrot sticks for snacks or lunch Cooked in recipes: Mince and Potatoes + Spaghetti Bolognese + Lentil Soup
Cucumber	1 whole	Cucumber sticks for snacks or lunch + in sandwiches
Leeks	2 whole (200g)	Cooked in Lentil Soup
Mushrooms	400g	Cooked in recipes: Mince and Potatoes + Spaghetti Bolognese
Onions	1050g	Cooked in recipes: Tuna Pasta / Chicken Pasta + Mince and Potatoes + Spaghetti Bolognese + Fajitas
Peppers	4.5 whole	Cooked in recipes: Tuna Pasta / Chicken Pasta + Spaghetti Bolognese + Fajitas
Broccoli	320g	Served as a side with Mince and Potatoes
Mixed Vegetables	640g	Served as a side with Chicken Roast Dinner
Sweetcorn	200g	1 tin split between Tuna Pasta and Chicken Pasta recipes
Chopped Tomatoes	400g	Small tin used for Chicken Pasta (serves 1 adult, 1 child)
Tomato based Pasta Sauce	500g jar	Base for Spaghetti Bolognese

