

Shopping Checklist

* means that the parent company is from the USA

✓	Category	Item	USA Brand Example	Non-USA Alternative
<input type="checkbox"/>	Fresh produce	Fruit, veg	Dole	Fyffes or local produce
<input type="checkbox"/>	Bakery	Bread	Wonder Bread	Warburtons
<input type="checkbox"/>	Breakfast	Cereal	Weetabix*	Kellogg's, Dorset Cereals
<input type="checkbox"/>	Breakfast	Porridge oats	Quaker Oats	Flahavan's
<input type="checkbox"/>	Dairy	Milk	Horizon Organic	Arla
<input type="checkbox"/>	Dairy	Butter	Land O'Lakes	Lurpak
<input type="checkbox"/>	Dairy	Cheese	Kraft	Cathedral City
<input type="checkbox"/>	Protein	Sausages	Jimmy Dean	Richmond
<input type="checkbox"/>	Tinned	Baked beans	Heinz*	Branston
<input type="checkbox"/>	Tinned	Tuna	StarKist	Princes
<input type="checkbox"/>	Cupboard	Pasta	Barilla USA	De Cecco
<input type="checkbox"/>	Cupboard	Rice	Uncle Ben's	Tilda
<input type="checkbox"/>	Snacks	Crisps, crackers	Walkers*, Doritos, Pringles	Golden Wonder, Jacob's
<input type="checkbox"/>	Snacks	Chocolate	Cadbury(s)*, Mars,	Ritter, Kinder, Milka
<input type="checkbox"/>	Drinks	Soft drinks	Coca-Cola, Pepsi, Monster	Fentiman's, A.G. Barr, Lucozade
<input type="checkbox"/>	Drinks	Fruit juice, smoothies	Innocent*, Naked	Supermarket's own brand
<input type="checkbox"/>	Frozen	Pizza	DiGiorno	Dr. Oetker
<input type="checkbox"/>	Household	Laundry	Tide	Persil
<input type="checkbox"/>	Household	Cleaning spray	Lysol	Dettol
<input type="checkbox"/>	Toiletries	Dental care	Colgate, Listerine, Oral-B,	Sensodyne
<input type="checkbox"/>	Toiletries	Shaving	Gillette, Wilkinson's*	BiC