

UK VS AUSTRALIA GROCERY SHOPPING LIST

20/04/2013											
FRUIT	UK	Price in Oz if using exchange rate 1.4	OZ	MEAT / FISH	UK	Price in Oz if using exchange rate 1.4	OZ	CLEANING / DETERGENTS	UK	Price in Oz if using exchange rate 1.4	OZ
Avocado's haas (each)	£1.00	\$1.40	\$2.00	Bacon - 1kg	£7.92	\$11.09	\$6.99	Bleach (2litre)	£3.00	\$4.20	\$2.03
Apples (1kg)	£2.50	\$3.50	\$4.90	Beef burgers 1/4 pounder 1kg	£5.73	\$8.02	\$13.00	Bathroom cleaner (750ml)	£2.00	\$2.80	\$2.19
Bananas (1kg)	£0.68	\$0.95	\$4.00	Beef mince (1kg)	£8.00	\$11.20	\$6.00	Blue cleaning clothes (20)	£1.29	\$1.81	\$4.33
Cherry tomatoes (200g)	£0.65	\$0.91	\$1.70	Beef roast joint (1kg)	£8.00	\$11.20	\$10.82	Cillit bang 750ml	£3.50	\$4.90	\$5.20
Cucumber	£0.80	\$1.12	\$2.33	Chicken breasts (1kg) fresh	£10.00	\$14.00	\$11.90	Cling film (30m)	£1.28	\$1.79	\$1.47
Grapes (1kg)	£4.50	\$6.30	\$12.98	Chicken whole 1.6kg	£7.50	\$10.50	\$9.72	Comfort 2litre	£2.86	\$4.00	\$3.25
Lettuce - iceberg	£1.00	\$1.40	\$2.98	Ham - honey glazed joint (1kg)	£5.39	\$7.55	\$22.48	Daisy d/washer powder (3kg)	£4.60	\$6.44	\$36.00
Melon	£2.00	\$2.80	\$4.98	Ham sliced - no added water (100g)	£1.60	\$2.24	\$0.89	Fairy Dish Liquid (870ml)	£1.50	\$2.10	\$6.81
Oranges each	£0.30	\$0.42	\$0.95	Pork chops (1kg)	£5.00	\$7.00	\$13.00	Finish d/washer powder (1kg)	£3.80	\$5.32	\$15.20
Peppers 3 x mixed	£2.00	\$2.80	\$9.98	Pork loin (1kg)	£6.07	\$8.50	\$13.00	Finishing solution for dishwasher	£1.30	\$1.82	\$3.24
Raspberries (150g)	£2.00	\$2.80	\$9.75	Salami (125g)	£1.00	\$1.40	\$3.00	Furniture spray (300ml)	£1.00	\$1.40	\$4.87
Salad - Mixed leaf 200g	£1.00	\$1.40	\$3.00	Sausages - pork (1kg)	£5.30	\$7.42	\$11.00	Glade toilet spray (300ml)	£1.00	\$1.40	\$5.12
Spinach 500g (Spud shed)	£2.50	\$3.50	\$4.99	Steak - rump (1kg)	£16.00	\$22.40	\$19.00	Hob brite (300ml)	£1.50	\$2.10	\$3.00
Spring onions (bunch)	£1.70	\$2.38	\$2.48	Tuna (4 x 160g)	£4.00	\$5.60	\$6.80	Kitchen Towel x 8	£5.00	\$7.00	\$10.85
Strawberry (400g)	£2.00	\$2.80	\$6.98					Kleenex 18 pack loo rolls	35.61	\$49.85	\$9.00
Tomato's (6 pack)	£1.09	\$1.53	\$3.98	PERSONAL HYGIENE				Oven cleaner (300ml)	£4.00	\$5.60	\$2.81
				Conditioner Elvive (400ml) (val)	£3.99	\$5.59	\$10.30	Persil non-bio (4.25kg)	£12.00	\$16.80	\$26.90
				Face wash (Jono) - Nivea (100ml)	£4.00	\$5.60	\$7.04	Salt for dishwasher (3kg)	£1.60	\$2.24	\$4.00
VEGETABLES				Makeup remover Nivea (150ml)	£3.29	\$4.61	\$10.83	Sponges for cleaning (20)	£1.60	\$2.24	\$3.80
Broccoli fresh (1kg)	£2.50	\$3.50	\$5.98	Oil of Olay	£3.99	\$5.59	\$15.54	Toilet rolls (a) Cushelle 24	£8.50	\$11.90	\$15.73
Broccoli frozen (1kg)	£1.25	\$1.75	\$8.64	Shampoo - girls L'Oreal 250ml	£1.99	\$2.79	\$10.50	Toilet rolls (b) Tesco 4	£2.19	\$3.07	\$2.20
Butternut (1kg)	£1.00	\$1.40	\$2.98	Shampoo - Head & Shoulders (500ml)	£4.99	\$6.99	\$10.30	Windowlene (500ml)	£2.20	\$3.08	\$2.77
Cauliflower (1kg) fresh	£2.95	\$4.13	\$5.98	Shampoo Elvive (400ml) (val)	£3.99	\$5.59	\$10.40	DRY GOODS			
Cauliflower frozen (1kg)	£1.35	\$1.89	\$7.00	Soap - Imperial leather (4x100ml)	£1.50	\$2.10	\$2.60	Fusilli (500g)	0.95	\$1.33	\$2.50
Mushrooms (1kg)	£2.43	\$3.40	\$10.98	toothpaste Acquafresh (100ml)	£1.09	\$1.53	\$3.74	Cheerios Honey 305g	£2.49	\$3.49	\$3.98
Onions (kg)	£0.90	\$1.26	\$1.78	ToothpasteAcquafresh kids (50ml)	£1.20	\$1.68	\$1.99	Cheese sauce packets (40g)	£0.54	\$0.76	\$2.17
Peas petit pois (1kg ) frozen	£1.65	\$2.31	\$4.00	TINNED/BOTTLED GOODS				Cornflakes 500g	£2.09	\$2.93	\$4.00
Potato's (1kg)	£1.00	\$1.40	\$0.99	Baked beans (415g x 4)	£2.00	\$2.80	\$7.60	CROUTONS(150g)	£1.19	\$1.67	\$4.88
Sweet potatoes (1kg)	£1.44	\$2.02	\$4.98	Bovril 125g	£1.64	\$2.30	\$5.97	Flour (1.5kg)	£0.60	\$0.84	\$1.35
Veg - Mixed (1kg) Frozen	£1.10	\$1.54	\$4.88	Carbonara sauce 560g	£2.28	\$3.19	\$3.57	Jelly (135g)	£0.34	\$0.48	\$1.19
BISCUITS / CRISPS / TREATS				Cooking oil (7.50ml)	£1.68	\$2.35	\$2.15	Lasagna (250g)	1.2	\$1.68	\$3.09
Arnottes Cheese biscuits (175g)	£1.09	\$1.53	\$2.60	Dolmio bolog sauce 500g	£1.80	\$2.52	\$2.20	Macaroni (1kg)	£1.40	\$1.96	\$2.00
Choc Digestives 300g	£1.75	\$2.45	\$3.00	Dolmio white sauce 475g	£1.95	\$2.73	\$2.20	Oi El Paso - Enchilado kit	£3.22	\$4.51	\$6.78
Coles crisps 185g	£1.39	\$1.95	\$2.99	French salad dressing (235ml)	£1.49	\$2.09	\$2.00	Oi El Paso Fajita pack	£3.22	\$4.51	\$6.78
Crisps - 160g	£1.89	\$2.65	\$3.19	Hartley Strawberry jam 450g	£1.00	\$1.40	\$2.17	Pasta twirls (1kg)	£1.40	\$1.96	\$5.00
Dorito's 175g	£1.00	\$1.40	\$3.19	Helmans Mayo (600ml)	£2.79	\$3.91	\$10.56	Peppercorns (100g)	£1.10	\$1.54	\$7.90
Jelly Babies 300g	£1.50	\$2.10	\$3.50	Honey 454g	£1.68	\$2.35	\$4.92	Rice (1kg)	£1.39	\$1.95	\$3.19
Pascal Marshmallows 250g	£1.00	\$1.40	\$2.00	Hot chocolate 1kg	£6.00	\$8.40	\$12.70	Salt (1kg)	£0.39	\$0.55	\$1.29
Pringles (\$3.00 on special)	£1.99	\$2.79	\$3.99	Marmite (100g)	£1.20	\$1.68	\$1.03	School Bars	£1.00	\$1.40	
BAKERY				Mrs Bulls chutney	£1.89	\$2.65	\$3.79	Sphaggetti (2kg)	£2.60	\$3.64	\$7.97
Tesco Bread	£1.07	\$1.50	\$2.30	Peanut butter Skippy 375-454g	£2.11	\$2.95	\$3.00	Sugar (1kg)	£0.99	\$1.39	\$2.17
Warburtons Bread / Tip Topp	£1.49	\$2.09	\$3.99	Pineapple 540g	£0.32	\$0.45	\$1.20				
				Soya sauce (150ml)	£1.19	\$1.67	\$2.05				
TEA/COFFEE				Sweet chilli sauce - 380ml	£1.89	\$2.65	\$1.83				
Tea (PG tips) 100 pack	£2.50	\$3.50	\$5.52	Sweet n Sour cook in sauce 575g	£1.00	\$1.40	\$2.33				
Coffee (nescafe original) 500G	£6.70	\$9.38	\$17.00	Sweetcorn 4 x 198g	£3.38	\$4.73	\$2.58				
				tinned tomatoes 4 x 400g	£2.00	\$2.80	\$3.20				

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Other				Tomato ketchup (1.5kg) / Masterfood 500ml \$2.00	£1.50	\$2.10	\$6.00	DAIRY / EGGS			
Antiseptic cream 50g	£1.30	\$1.82	\$9.95	Tomato soup 4 x 400g	£2.00	\$2.80	\$8.38	Butter - 500g	£2.90	\$4.06	\$3.26
Baby wipes (coles)	£1.09	\$1.53	\$3.00	Worcester sauce (290ml)	£2.21	\$3.09	\$2.95	Cheddar Cheese mild - 1kg	£5.82	\$8.15	\$11.50
Deep heat (100g)	£4.48	\$6.27	\$6.69					Cheese - Gouda 500g	£4.00	\$5.60	\$6.00
DRINKS								Dip 200g	£1.00	\$1.40	\$3.80
Coca-Cola (2l)	£1.89	\$2.65	\$4.11					Eggs - 12 Tesco	£1.79	\$2.51	\$3.60
Pepsi Max (2l)	£0.99	\$1.39	\$2.95					Feta (200g)	£1.50	\$2.10	\$4.00
Apple Juice (1 litre)	£0.69	\$0.97	\$1.75					Marg - 500g	£1.80	\$2.52	\$3.00
Cokes 24 x 300m cans	9.98	\$13.97	\$24.89					Milk - 2.27l / 2l Coles \$2.00	£1.29	\$1.81	\$2.27
Gatorade 600ml	1.5	\$2.10	\$2.49					Sour cream (300ml)	£1.05	\$1.47	\$1.57
Apple Juice (3 litre)	£1.86	\$2.60	\$3.03					Yoghurts - Jono 175g	£0.65	\$0.91	\$1.63
Mixer juice - 1litre	£1.49	\$2.09	\$3.59					Yoghurts - kids (18x45g)	£1.99	\$2.79	\$6.67
Water 6 x 500ml	£1.40	\$1.96	\$3.29								
Mixer Juice (1 litre)	£1.39	\$1.95	\$2.34								
	£67.96	\$95.14	£209.08		£166.54	\$233.15	£321.65		£151.23	\$211.72	£284.32
	UK	UK(converted to \$'s)	Australia		UK	UK(converted to \$'s)	Australia		UK	UK(converted to \$'s)	Australia

Notes:  
1. Exchange rate used £1 / \$1.40  
2. Australian shopping done at Coles / Woolworths