



# CORONAVIRUS

## GROCERY LIST OF ESSENTIAL ITEMS FOR WORKERS

**This information is relevant for Pacific island and Timor-Leste workers who may not be able to return home right now due to the coronavirus (COVID-19) outbreak, or for employers whose workers are in self-isolation.**

A number of Pacific island and Timor-Leste workers may not be able to return to their home countries at the moment because of coronavirus travel restrictions. Some workers may also be in self-isolation if they have had close contact with someone else who has the virus, or if they become unwell.

For anyone in this situation, a weekly budgeted grocery list is a good idea. That way, workers can afford to buy the essential grocery items they might need each week, and maintain a simple, healthy diet during this time.

### WHAT BASIC GROCERY ITEMS MIGHT WORKERS NEED?

Please note: this list is a guide only, and the prices of the items are approximate. The price and availability of groceries may change depending on where you live. **Remember, do not go shopping in groups and go as little as possible (only once a week if you can). If you are a worker in self-isolation, you will need to ask someone else who is not in isolation to get groceries for you.**

<p><b>Item:</b> Milk <b>Cost:</b> \$1.25 <b>Description:</b> Woolworths UHT full cream milk 1L</p>		<p><b>Item:</b> Eggs <b>Cost:</b> \$4.10 <b>Description:</b> Woolworths 12 large free range eggs 600g</p>	
<p><b>Item:</b> Apples <b>Cost:</b> \$4.90 <b>Description:</b> Apple Red Delicious punnet 1kg</p>		<p><b>Item:</b> Cherry tomatoes <b>Cost:</b> \$3.00 <b>Description:</b> Solanato tomatoes 200g</p>	
<p><b>Item:</b> Crackers <b>Cost:</b> \$0.99 <b>Description:</b> Woolworths water crackers 125g</p>		<p><b>Item:</b> Breakfast crackers <b>Cost:</b> \$4.00 <b>Description:</b> Belvita breakfast crackers</p>	
<p><b>Item:</b> Chicken breast slices (cooked) <b>Cost:</b> \$3.25 <b>Description:</b> Primo chicken breast thinly sliced 80g</p>		<p><b>Item:</b> Bread <b>Cost:</b> \$1.30 <b>Description:</b> Essentials white sandwich bread 700g</p>	
<p><b>Item:</b> Microwave rice <b>Cost:</b> \$1.50 <b>Description:</b> Woolworths microwave white rice 250g</p>		<p><b>Item:</b> Canned beans <b>Cost:</b> \$1.50 <b>Description:</b> Macro Organic four bean mix 420g</p>	

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<p><b>Item:</b> Canned tuna <b>Cost:</b> \$0.90 <b>Description:</b> Woolworths tuna 95g</p>		<p><b>Item:</b> Butter <b>Cost:</b> \$3.80 <b>Description:</b> Woolworths Soft &amp; Spreadable 500g</p>	
<p><b>Item:</b> Jam <b>Cost:</b> \$2.40 <b>Description:</b> Woolworths strawberry jam 500g</p>		<p><b>Item:</b> Juice <b>Cost:</b> \$2.00 <b>Description:</b> Golden Circle tropical fruit juice 2L</p>	
<p><b>Item:</b> Body soap <b>Cost:</b> \$1.80 <b>Description:</b> Ecostore soap bar 80g</p>		<p><b>Item:</b> Shampoo <b>Cost:</b> \$1.90 <b>Description:</b> Natures Organic shampoo 500ml</p>	
<p><b>Item:</b> Instant oats <b>Cost:</b> \$6.00 <b>Description:</b> Uncle Toby's Oats quick sachets</p>		<p><b>Item:</b> Tea <b>Cost:</b> \$2.00 <b>Description:</b> Bushells Blue Label tea 50 pack</p>	
<p><b>Item:</b> Instant noodles <b>Cost:</b> \$1.00 <b>Description:</b> Choice chicken instant noodles five pack</p>		<p><b>Item:</b> Toothpaste <b>Cost:</b> \$3.00 <b>Description:</b> Macleans toothpaste 170g</p>	
<p><b>Item:</b> Deodorant <b>Cost:</b> \$4.50 <b>Description:</b> Nivea 250ml</p>		<p><b>Item:</b> Frozen vegetables <b>Cost:</b> \$2.35 <b>Description:</b> Woolworths frozen peas and corn 500g</p>	
<p><b>Item:</b> Hand soap <b>Cost:</b> \$1.99 <b>Description:</b> Dettol pump hand wash 250ml</p>		<p><b>Item:</b> Disinfectant spray <b>Cost:</b> \$4.50 <b>Description:</b> Dettol multipurpose spray 500ml</p>	

### WANT TO KNOW MORE?

- For more advice about COVID-19, please visit: <https://www.pacificlabourmobility.com.au/coronavirus>.
- Follow our Facebook page for video messages from our worker welfare team and to connect with others: <https://www.facebook.com/pacificlabourmobility1/>.
- If you are worried about your health, call a doctor.
- Call the National Coronavirus Help Line on 1800 020 080. It operates 24 hours a day, seven days a week.
- Contact your state or territory public health agency: <https://www.health.gov.au/state-territory-contacts>.
- For more information on self-isolation, visit: <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/how-to-protect-yourself-and-others-from-coronavirus-covid-19/self-isolation-self-quarantine-for-coronavirus-covid-19>.
- Call the Pacific Labour Facility 24-hour hotline: 1800 51 51 31, or email us at: [welfare@pacificlabourfacility.com.au](mailto:welfare@pacificlabourfacility.com.au).