

PURCHASING

**Requirements:**

For Bhané, there are certain health conditions that need to be complied with in purchasing groceries. The following list has been created to suit these conditions. These include:

- Kidney friendly food
- Gout friendly food
- Lower cholesterol food
- Few other requirements

Therefore you need to purchase only the provisions that are included in the list.

**How this procedure works:**

1. You will receive a text from Bhané indicating your days of Groceries to Centre Dates for the next 3 months. If you can't make these dates, please inform Bhané within two days of receiving the text.
2. Look at the list below and purchase the items, quantities and brand that is available at the vendor, that is listed.
3. Bring it with you on Sundays (or Saturdays) when your class is scheduled for meditation. (Use the cushion area door to enter the pantry and leave it on the Pantry area top. Do not put it into the refrigerator or cupboards. It's best that you bring it in a cardboard box. On top of the box write the total amounts that you spent).
4. On the following week there will be an envelope with your name and the amount on Bhané's teaching table where you can pick up, as the reimbursement. For example: If it is on the second Sunday that you brought the items, then on the third Sunday you will have the reimbursement.
5. If it is on Wednesdays, give a time when the groceries will be brought to the Centre. A male will have to be present. The groceries must be placed on or in the plastic box. You will also have to close the gate when leaving.

	Item	Quantity	Brand	Vendor	Other
1	Cherry Tomatoes	1 pack		Jagro Spar	
2	Greek Yoghurt	1 carton	Fruity Greek Yoghurt	Spar Foodcity Super Keells	
3	Cauliflower (organic) Watermelon (organic) Papaya (organic)	1 each		Kenko First (on Rosemead Place) Nature's Organic at Kimbulawala Junction	
4	Eggs	1 carton	Happy Hen	Spar Foodcity Super Keells	
5	Sweet Potato Noodles	1 pack		Asian Market on Alfred House Avenue	
6	Blackberries Strawberries Blueberries	1 carton each		Berrymuch at Aitken Spencer Tower or can be ordered online	
7	Bok choy	1 packet		Kenko First (on Rosemead Place)	
8	English Cucumber	1 nos		Kenko First (on Rosemead Place)	
9	Rocket Leaves	1 packet		Spar Foodcity	
10	Mixed salad leaves	1 packet		Spar Foodcity	
11	Onion	10 nos		Nature's Organic at Kimbulawala Junction	
12	Garlic	2 large		Spar Foodcity	
13	Local narang	15 nos		Spar Foodcity	
14	Red grapes (seedless preferred)	100g		Spar Foodcity	
15	Soya Milk (unsweetened)	2 nos	YoHarvest	Spar	

