supermarket shopping guide

Chinese Food

- bread - brood
- milk - melk
- sugar - suiker
- corn - mais
- fish - vis
- cheese - kaas
- mustard - mosterd
- pork - varkensvlees
- lamb - lam
- cereals - granen
- cucumber - komkommer
- raisins - rozijnen
- butter - boter
- wheat flour - tarwebloem
- sunflower oil - zonnebloemolie
- carrot - wortel
- beans - bonen
- pepper - peper
- onion - ui
- potato - aardappel
- ginger - gember
- garlic - knoflook
- tamarind - tamarinde
- cumin - komijn
- rice - rijst
- soya sauce - sojasaus
- vinegar - azijn
- tofu - tofu
- salt - zout
- peanut paste - pinda pasta
- noodles - pasta
- soya - soja
- chicken - kip
- beef - rundvlees
- eggs - eieren
- cabbage - kool

European Food

Indian Food
opentot.nl voor openingstijden

openingstijden op je...
Longest Opening Hours - Monday to Saturday
- Albert Heijn
- C1000
- Lidl

Longest Opening Hours - Sunday
- Albert Heijn
- C1000
- Lidl

Closest Supermarket to the Survival Cafe
- Albert Heijn
- C1000
- Lidl
Number of Locations in Delft
- Albert Heijn
- C1000
- Lidl

Availability of Known Brands in Supermarket
- Albert Heijn
- C1000
- Lidl

Total Cost of Shopping Basket in Supermarket
- Albert Heijn
- C1000
- Lidl
International Supermarkets

Amazing Oriental - Asian Food
Address: Kleveringweg
Opening Hours: Mo - Tu - Sa 09:00 - 18:00
Fr 09:00 - 21:00
Su Closed

Polat International - Turkish - Indian Food
Address: Papsoowselaan
Opening Hours: Mo - Tu 08:30 - 19:30
W - Th 08:30 - 20:00
Fr 08:00 - 21:00
Sa 08:00 - 19:00
Su 10:00 - 13:00
<table>
<thead>
<tr>
<th>European Food</th>
<th>Indian Food</th>
<th>Chinese Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>bread - broo</td>
<td>butter - boter</td>
<td>rice - rijst</td>
</tr>
<tr>
<td>milk - mel</td>
<td>wheat flour - tarwebloem</td>
<td>soya sauce - sojasau</td>
</tr>
<tr>
<td>sugar - suiker</td>
<td>sunflower oil - zonnebloemolie</td>
<td>vinegar - azijn</td>
</tr>
<tr>
<td>corn - mais</td>
<td>carrot - worte</td>
<td>tofu - tof</td>
</tr>
<tr>
<td>fish - vis</td>
<td>beans - bone</td>
<td>salt - zou</td>
</tr>
<tr>
<td>cheese - kaa</td>
<td>pepper - peper</td>
<td>peanut paste - pinda pasta</td>
</tr>
<tr>
<td>mustard - moster</td>
<td>onion - ui</td>
<td>noodles - past</td>
</tr>
<tr>
<td>pork - varkensvlee</td>
<td>potato - aardappel</td>
<td>soya - soj</td>
</tr>
<tr>
<td>lamb - lam</td>
<td>ginger - gembe</td>
<td>chicken - ki</td>
</tr>
<tr>
<td>cereals - granen</td>
<td>garlic - knofloo</td>
<td>beaf - rundvlees</td>
</tr>
<tr>
<td>cucumber - komkommer</td>
<td>tamarind - tamarinde</td>
<td>eggs - eiere</td>
</tr>
<tr>
<td>raisins - rozijnen</td>
<td>cumin - komijn</td>
<td>cabbage - kool</td>
</tr>
</tbody>
</table>
Nutritional info is displayed on the back of most packages in a list. Eiwit is protein, koolhydraten is carbohydrates and vet is fat. This is usually the amount of each in 100g of the content. Vitamins and other nutritional info is sometimes listed as well, but these are the most basic and important.

Amount per 100g:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eiwit</td>
<td>10g</td>
</tr>
<tr>
<td>Koolhydraten</td>
<td>10g</td>
</tr>
<tr>
<td>Vet</td>
<td>10g</td>
</tr>
</tbody>
</table>

Ingredients: Water, sugar, peanuts, E107, coconuts, sheep,...

Which ingredients are the product is listed on the back of the package. The list is in order so the first ingredient the product has the most of. So having sugar first on the list shows that a product has a lot of it, which would be bad for you and make you really fat. If you are allergic to something you should be looking for it in the list of ingredients.