

### Aberdeen's Global Shopping Basket

The aim of this list is to help newcomers to Aberdeen to find products they are used to buying in their own country. The list may also help those who are about to move to Aberdeen, as it provides suggestions as to what to bring from home. We hope you will find it useful.

We welcome all contributions and updates to our Global Shopping Basket. Please contact Outpost Aberdeen ([www.outpostuk.com/aberdeen](http://www.outpostuk.com/aberdeen)) if you wish further information, or have any comments on the list.

#### AFRICA

FOOD		NON FOOD	
VARIETY OF FOOD	Soul&Spice/ Kemak Enterprises (Belmont Street)	CLOTHES	Soul&Spice/ Kemak Enterprises (Belmont Street)
VARIETY OF SPICES	AFRIBEST SHOP at 542 George Street, Aberdeen		
RODO (chilly hot pepper)	Asda  Sainsbury's	ARTS&CRAFTS	Soul&Spice/ Kemak Enterprises (Belmont Street)
TATASE (bell pepper)	Almost every greengrocers	HAIR PRODUCTS	AFRIBEST SHOP at 542 George Street, Aberdeen
PLANTAIN	Asda		
YAM,BEANS, GARI	Asian Halal foodstore) (King Street)		
OKRA	Asda, Sainsbury's		
HARD CHICKEN	Sutherland Butcher		

	(Rosemount Place)		

**GOODS WHICH ARE NOT AVAILABLE**

*Ladies' hairproducts* such as cream, conditioner, wigs, weave-on and extensions

*Foodstuffs* – Knorr cubes, palm oil, dry fish, ogbono, ogi/akmu, dried crayfish

*African clothes*

**ARABIA**

<b>FOOD</b>		<b>NON FOOD</b>	
SYRIAN BREAD (= Mediterranean bread or 'khoubz')	Tesco (order in advance) Asda, Costco  The Spice Shop 530 George Street Frazer Place Corner Aberdeen		
TAHINI	Sainsbury's / The Spice Shop		
HOUMMUS	Sainsbury's, Asda, Tesco, Somerfield		
VERMECILE	Asda  Sainsbury's		
VEGETABLES	Most supermarkets  Cheaper:  Asian Halal Food 186 King Street Aberdeen 01224 672967		
SPICES	Asian Halal Food		

	The Spice Shop		
CANNED FOOD (e.g. Foul)	Asian Halal Food The Spice Shop		
HALAL MEAT and Chicken	Asian Halal Food The Spice Shop, Costco, Asda Bridge of Dee		

## AUSTRALIA

FOOD		NON FOOD	
APRICOT DELIGHT CONFECTIONERY	Nature's Larder (Holburn Street)	SUN PROTECTION SWIMWEAR (Small children's sizes only)	John Lewis
TIM TAMS	Sainsbury's Berryden	METHYLATED SPIRITS	Outdoor and DIY shops

### **GOODS WHICH ARE NOT AVAILABLE**

"Copha" – a vegetable shortening

"Legionaire" sun protection hats

"Rid" insect repellent and bite healer

*(Jungle Formula is available but does not heal)*

"Children's Bodyguard" – Echinacea complex herbal preparation

*(Bioforce Echinaforce Tablets are available for children over 6 years)*

*but contains only Echinacea and none of the other resistance building extracts)*

Favourite Australian confectionery e.g. Cherry Ripe, Mint Leaves, Chocolate Bullets

*(British & European confectionery is delicious but it seems more difficult to find specific shapes and colours for cake decorating)*

Sun protection swimwear (rash vests, swim hats)

Kraft Coleslaw dressing

Children's fleecy "skivies" (polo necked sweaters e.g. Target)

## CANADA

FOOD		NON FOOD	
MAPLE SYRUP*	Sainsbury's Asda Costco	COLEMAN FUEL FOR CAMPSTOVES	
FRANKFURTERS + BUNS	Sainsbury's		
PANCAKE MIX	Sainsbury's		
CLUB WHISKY	Sainsbury's		

### GOODS WHICH ARE NOT AVAILABLE

Kraft cheese

Tylenol for infants, children and adults (*Calpol - alternative for infants and children*)

Crest toothpaste

Finesse Hair Products

'Jockey' - ladies underwear

Cake mixes (orange/banana/spice/angel food)

Graham crackers (alternative -- digestive biscuits)

Macaroni Dinners (they taste different here and are often not liked)

Maple Syrup and Aunt Jemima Syrup (\*Maple syrup available in local brand but tastes different)

**Do you feel certain items are so expensive in Aberdeen you would bring them?  
(If you have done so, could you relate your experiences)**

Nationality	Item	Experiences
Canadian	<ul style="list-style-type: none"><li>• Bicycles</li><li>• Cars</li><li>• CD's</li><li>• Clothes</li><li>• Computer software</li><li>• Gas barbecues</li> <li>• Furniture</li> <li>• Outdoor clothing</li><li>• Packaged food</li><li>• Trainers</li></ul>	<ul style="list-style-type: none"><li>• Everything in Aberdeen is more expensive compared to Canada</li> <li>• Bring new tank and different adapters, since propane distributors are scarce</li><li>• North American bed sizes differ from European beds, so bring bed linen as well</li><li>• MEC, Columbia etc. are cheaper</li> <li>• Small household appliances, which would require step up transformers, are not worth bringing.</li><li>• American size washer/dryer can sometimes be a problem due to lack of space to install them. Dual voltage is recommended.</li></ul>

## CHINA

FOOD		NON FOOD	
MOST COMMONLY USED INGREDIENTS	Campbell's Cash&Carry (George Street)  Asian Halal Foods (King St.)  Siam Shop (King St.)  Matthews Foods, Causewayend, Aberdeen  <a href="http://www.matthewsfoods.co.uk">www.matthewsfoods.co.uk</a>		

## GERMANY

FOOD		NON FOOD	
BREAD	Newton Dee bakery	DESTINOX	Sainsbury's
GINGERBREAD STOLLEN + OTHER SEASONAL PRODUCTS	Newton Dee store	CHILDREN'S CLOTHES (Ergee, Kant, Liegelind)	Little Boutique, Esselmont& Mackintosh
BAHLSSEN BISCUITS	Newton Dee Store  Kelly of Cults  Sainsbury's		
ONKES QUARK	Kelly of Cults		
RAPUNTEL OILS, CHEESE, SPREADS.	Newton Dee store  Total Organic		

ALLOS MUESLI	Total Organic		
VOEEKEL JUICES	Total Organic		
HIPP BABYFOOD	Asda Sainsbury's Boots		
SAUSAGE	Lidl (Bucksburn Roundabout, Wellington Road, Lang Stracht)		

**GOODS WHICH ARE NOT AVAILABLE**

Sauerteig Mix - bread mix

Tasty sausages (tin)

Salad dressing powder

Not a wide selection of clothes for children over 11 years

**INDONESIA**

**FOOD**

At the big TESCO in Westhill they sell Indonesian products from the Go-tan brand. (Ketjap Manis, Kroepoek, Sambal Oelek, among other things)

**MALAYSIA**

<b>FOOD</b>		<b>NON FOOD</b>	
VARIETY OF FOOD	Chinese & Indian supermarket  Sainsbury's  Matthews Foods, Causewayend, Aberdeen <a href="http://www.matthewsfoods.co.uk">www.matthewsfoods.co.uk</a>		
MOST COMMONLY USED INGREDIENTS	Campbell's Cash & Carry (George St.)  Asian Halal Foods (King St.)  Siam Shop (King St.)		
Milo	Spice of Asia (John street)		

**GOODS WHICH ARE NOT AVAILABLE**

- Dried anchovies
- Dried chilies
- Nestum cereal (rice or wheat)
- Formula milk powder
- Lactose free formula powder for babies
- Books in Malaysian language

**Do you feel certain items are so expensive in Aberdeen you would bring them?  
(If you have done so, could you relate your experiences)**

<b>Nationality</b>	<b>Item</b>	<b>Experiences</b>
Malaysian	<ul style="list-style-type: none"> <li>• Audio/Video equipment</li> <li>• Asian cds and videos</li> <li>• Baby crib</li> <li>• Bicycle</li> <li>• Chinese herbs &amp;</li> </ul>	<ul style="list-style-type: none"> <li>• Gold is 22+K in Asia</li> </ul>

	<ul style="list-style-type: none"> <li>medication</li> <li>• Cooking utensils e.g. rice cooker, steam boat</li> <li>• Dried Chinese mushrooms</li> <li>• (Oriental) furniture</li> <li>• Jewellery</li> <li>• Musical equipment – piano</li> <li>• Pram</li> <li>• Spices</li> </ul>	
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### The Netherlands

FOOD		NON FOOD	
CONIMEX	Kelly of Cults Sainsbury's (soy sauce)	CHILDREN'S CLOTHES	C&A Adams
DOUWE EGBERTS	Sainsbury's Asda	TUBE SCHEERZEEP VOOR MANNEN	Tesco
GOUDSE KAAS	Sainsbury's (young) Asda (young) Kelly of Cults(young - old) Newton Dee store (young -old)	PALMOLIVE	Tesco and sometimes ASDA
LEERDAMMER	leading supermarkets		
KOMIJNEN KAAS	Newton Dee store		
ONTBIJTKOEK	Newton Dee store		
BESCHUIT	leading supermarkets		
STROOPWAFELS	Newton Dee store		

	Tesco, Lidl		
ZUURKOOL (seasonal)	Asda Sainsbury's		
ROOKWORST	leading supermarkets		
BOERENKOOL	Sainsbury's		
APPELSTROOP	Newton Dee store		
GEMBER ONTBIJTKOEK	Asda		
SPECULAAS	Lidl (in December)		
DUTCH MAYONNAISE	Hellman's Real Mayonnaise is a good substitute		

**GOODS WHICH ARE NOT AVAILABLE**

Drop

Hagelslag, muisjes

Poffertjesmix

Pannenkoek stroop

Dutch mayonnaise (*alternatives are De Vos and Lemmens available at Newton Dee*)

Nasi Goreng mix

Kandijkoek, etc.

Speculaaskruiden, shoarmakruiden

Clothes, coats, shoes etc (different fashions)

Stationery (limited selection)

Dutch books

Suppositories (for children)

Soap for men (*shower gel for men is available*)

**Do you feel certain items are so expensive in Aberdeen you would bring them?  
(If you have done so, could you relate your experiences)**

Nationality	Item	Experiences
Dutch	<ul style="list-style-type: none"> <li>• Furniture</li> <li>• Luxury goods</li> </ul>	

**SOUTH AFRICA**

FOOD		NON FOOD	
WINES	Oddbins  Victoria's Wine Cellar  Wine Racks (Springfield Rd.)		
BUTTERNUT SQUASH	Sainsbury's  Tesco		
FRUIT & VEGETABLES	Sainsbury's  Tesco		
PEPPADEW	Costco		

**GOODS WHICH ARE NOT AVAILABLE**

Biltong

Spices for bobotie

Favourite chocolates e.g. peppermint crisp

**Do you feel certain items are so expensive in Aberdeen you would bring them?  
(If you have done so, could you relate your experiences)**

Nationality	Item	Experiences
South-African	<ul style="list-style-type: none"> <li>• Children's clothes</li> <li>• Wine</li> </ul>	<ul style="list-style-type: none"> <li>• Someone in South Africa needs to order wine and send it over. With customs, duty and postage included, excellent quality wine works out at £6 a bottle.</li> </ul>

**SPAIN**

FOOD		NON FOOD	
OLIVE OIL	Sainsbury's	NEWSPAPERS	Menzies
WINE	Sainsbury's		
OLIVES	Sainsbury's		
CHORIZO	Sainsbury's Mediterraneo (St.Andrew St.)		
SCOCANE HAM	Sainsbury's Mediterraneo		
MANDIEPE CHEESE	Sainsbury's		
VEGETABLES	Sainsbury's		

## UNITED STATES OF AMERICA

### Substitutions/Where to find

Corn syrup	Use Lyle's golden syrup (in a tin or plastic bottle) as a substitute
Molasses	Treacle is the same thing
Children's Tylenol	Calpol is the same thing, acetaminophen=paracetamol
Graham Crackers	Use Digestive biscuits (especially for crushing to make a pie crust)
Tomato sauce (canned)	Called Passata, often sold in a tetrapak or bottle rather than a can
Crisco shortening	Use Trex or other vegetable fat as substitute, found in refrigerated section
Margarine	Stork block is the closest equivalent, otherwise use anything marked "spread" with a label marked "for baking" and a fat content exceeding 59%
Cornmeal	called Polenta, might be in the Caribbean import section
Saltine Crackers	Doria Dorianio Italian crackers sold at Tesco are very similar
Bacon	Sainsbury's sells Oscar Mayer American style bacon, otherwise try asking for "bacon rashers"
Fig Newtons	Fig Rolls are somewhat the same
Moon Pies	Wagon Wheels are somewhat the same
Brisket	Often sold rolled as a small roast at Asda
Popcorn [bulk kernels]	Sometimes listed as Popping Corn in online shopping services. Microwave popcorn is available in very limited varieties.
Waxed paper	Try greaseproof paper
Baking parchment	Unbleached baking paper is a good substitute but doesn't have the metal tearing mechanism on the box
Kraft grated Parmesan cheese	Napolina Italian grated cheese is similar, or buy fresh Parmesan
American cheese slices	Not called American, just called cheese slices. If you can't find Kraft brand, try store brand. DairyLea doesn't seem to be the same and are not orange.
(Dill) Pickles	Used as a generic term for anything pickled in the UK. For dill pickles, look for pickled gherkins or cornichons and then check the ingredients for dill. Sometimes Asda store brand is more like American. Krakus brand, found in the Polish import section of Asda is quite good. Also try an online company such as Skyco
Cheerios	Look for Oat Cheerios as regular UK Cheerios are the US Multi-Grain variety
Kraft Macaroni and Cheese	Called Kraft Cheesy Pasta. Marshall's Macaroni Cheese box mix is similar to a Deluxe Mac & Cheese mix and quite tasty
Canned or frozen okra	Fresh okra can be found

White eggs	All eggs are brown, and they're not refrigerated
Sour Cream	Crème Fraiche is the closest match. "Soured cream" is too runny
Semisweet chocolate chips	Plain chocolate chips are the same thing
Bologna	"Luncheon Meat" is similar, or try Polony, which is often sold this as a Value item in a 1½ inch diameter red chub.
Baked Beans	Might be available at Sainsbury's
Raisins	Often called sultanas. This specifically refers to golden raisins. Sunmaid California raisins can be found.
Oreos	Plain Oreos are widely available in supermarkets. Double stuffs and other fancy varieties don't exist.

### **US foods/items unavailable**

#### **Cans/Jars**

Canned pumpkin	Whole pumpkins available right before Halloween only. Substitute 1¾ cups cooked, mashed pumpkin for a can of pumpkin. You may find it much less work to substitute cooked, mashed sweet potato when making pies.
Canned sweet potatoes	Fresh are readily available
Canned mild green chiles	Fresh chile peppers are available
Pancake syrup	Real maple syrup is available, but taste varies. Sainsbury's organic is comparable. Maple-flavored syrup and maple extract are not generally available
Cocktail sauce [for shrimp cocktail]	UK version "seafood sauce" is mayonnaise based
Grape jelly/jam, and anything else grape flavored [except actual grapes or grape juice]	The ubiquitous flavor in the UK is blackcurrant, so blackcurrant flavored jam, candy, medicine, etc.
Apple cider [non-alcoholic]	UK cider is hard cider
Liquid Smoke	
Hamburger Dill Pickles	Pickled gherkins are closest substitute, but not sliced, sometimes people buy them from a Subway sandwich shop
Marshmallow Fluff/Creme	Sainsbury's sometimes have it, otherwise must be ordered online, e.g. Skyco

#### **Refrigerated/Frozen**

Provolone Cheese	Possibly available from an Italian deli, not sold in grocery stores.
Velveeta	Can be ordered from online companies such as Skyco. Be careful carrying this in luggage as it reportedly looks suspiciously like plastic explosive to airport security.
Refrigerated "whop" biscuit dough	Ready-baked scones (richer than biscuits) are sold in bread aisle. Pillsbury's refrigerated croissant dough may be available.
Cool Whip topping	Dream Whip dry mix available in packets is the closest substitute
Frozen orange juice concentrate	Refrigerated orange juice, including Tropicana is

	available. There are no frozen juice concentrates here.
Corn Dogs	Possibly available at Costco or make your own

Dry food items

Vanilla wafers	To make banana pudding, the closest equivalent is to cut up some “sponge for trifle” found in the baking aisle.
Fritos	Doritos are available in plain, ranch, and nacho cheese flavours (plain works best for chili pie)
Ovaltine	UK Ovaltine is not the same (it’s hard to dissolve). Nestle Quik is available.
Froot Loops, Apple Jacks, Trix, and any colored fruit-flavored cereal or cereal with marshmallows like Lucky Charms	UK children’s cereals are all either plain or chocolate flavoured, with the exception of Cinnamon Toast Crunch, which is labelled as “Curiously Cinnamon”
Any flavor of Pop-Tarts other than strawberry and chocolate	
Large white marshmallows	UK marshmallows are small, drier and often pink and fruit flavoured. It is possible to make homemade marshmallows, otherwise try Costco
Double-acting baking powder	UK baking powder is single-acting and not as effective. Use more, and bake immediately.
Baker’s Unsweetened Baking Chocolate	Not the same as UK plain chocolate, bring over or order from an online supplier
Pancake and Waffle mix	Small boxes of Bisquick are sometimes available (try Tesco), but it seems to be a different formulation from the US version. Box has recipe for “pancakes” (actually crepes), <i>American</i> pancakes (regular pancakes) and scones (this works for biscuits). Waffle makers are rare, waffle mix is nonexistent
Tootsie Rolls and any candy containing peanut butter (Reese’s cups, Butterfinger, etc.)	Buy online or bring from the U.S.
Most American snack crackers and cookies are not available (e.g. you can find plain Ritz and Oreos, but no Triscuits, Wheat Thins, Goldfish, or Nutter Butters)	Bring from U.S. or order from an online supplier e.g. Skyco
Peanut butter/cheese crackers	You can make something similar using peanut butter and McVitie’s Mini Cheddars crackers. Tuc cheese sandwich crackers seem the closest match.
Kool-Aid and other powdered drink mixes	The closest equivalent is squash, a liquid to be diluted to taste. Bring these from the US.
Jello instant pudding mix	Angel Delight is very similar. Any store brand instant pudding mix will be labelled as “delight”
Jello gelatin	A few colors/flavors of instant gelatin are available, with Hartley’s being the name brand. There is no blue variety, so bring it from the US if required.

### Housewares

Heavy duty aluminium foil	UK foil is thinner
Q-tips brand swabs	UK sells different brands, none identical to Q-tips and all have plastic stems
Full-sized paper towels	UK rolls are not as wide and paper is not as thick (Costco sometimes has American-size rolls)
3-ring binders	UK binders are 2-ring or 4-ring (holes in different places)
8 ½" x 11" paper	UK A4 paper is slightly taller and narrower
Bed linens	Bed sizes differ. US Queen is similar to UK King, US King is similar to UK Super-King but not identical. Comforters are sold plain as "duvets" with printed "duvet covers" sold separately. Dust ruffles/bed skirts are called bed valances and are hard to find. Best to bring enough from the US. Flannel sheets are a good idea!
Hanes, Jockey brand undergarments and Gold Toe socks	Bring supplies from the US if you're picky.

### Holidays/Special Occasions

Easter egg dye, Easter baskets, white chicken eggs	Chocolate eggs are the main item sold for Easter. White duck eggs can be found at farmer's markets/farm stores/car boot sales [flea markets] but they are larger than chicken eggs, have a stronger taste, and will need to be boiled longer.
Valentines for school children	Children in UK schools exchange small Christmas cards at Christmas, but no Valentines
Baby shower cards	Baby showers are not common in the UK. It is considered bad luck to have baby items in the house before a birth, so items are kept at a relative's/friend's house until the baby is born.

### Some sources of American products

Sainsbury's	sells Oscar Mayer bacon
Costco	May have Ziploc brand bags, Krusteaz pancake mix, large white marshmallows and large jars of peanut butter
Skyco	<a href="http://www.skyco.uk.com/">http://www.skyco.uk.com/</a>
American Sweets	<a href="http://www.americansweets.co.uk/">http://www.americansweets.co.uk/</a>
Other European Countries	Spain has Oscar Mayer hot dogs and Bugles snacks, Germany has Froot Loops and Easter egg dye, and Denmark has white chicken eggs, so always check the supermarkets for long-lost favorites when you're on vacation.

## GENERAL

List any tips you may have on where to shop for specialized items (not necessarily from your own country).

Item	Where
Middle East and Oriental foods	<ul style="list-style-type: none"><li>• Halal Grocery on King Street (next to Safeway)</li><li>• The Spice Shop which is in 530 George Street , Aberdeen <a href="http://www.ukspiceshop.com">www.ukspiceshop.com</a></li></ul>
Organic produce and health foods	<ul style="list-style-type: none"><li>• Newton Dee store, North Deeside Road</li><li>• Total Organics in Holburn Street</li><li>• All main supermarkets</li><li>• Nature's Larder in Holburn Street</li><li>• Organics Direct, home delivery organic produce supplier (tel. 0171 7292828)</li></ul>
Stringed instruments (all sizes, old en new)	<ul style="list-style-type: none"><li>• Stringers of Edinburgh, 55-57 Causewayside Edinburgh EH9 1QF (tel. 0131 6621862)</li></ul>
Clothing with extra length	<ul style="list-style-type: none"><li>• Long Tall Sally</li><li>• Next (trousers with longer leg)</li></ul>
Clothing, bigger sizes for ladies	<ul style="list-style-type: none"><li>• Evans</li><li>• Elvi</li><li>• Little boutiques in Cults</li><li>• Marks &amp; Spencer</li><li>• Bhs</li></ul>
German/Dutch products	<ul style="list-style-type: none"><li>• Kelly of Cults</li><li>• Newton Dee Store, North Deeside Road</li><li>• Lidl Supermarket (Bucksburn roundabout, Lang Stracht and Wellington Road)</li></ul>
Asian food	<ul style="list-style-type: none"><li>• The Chinese shops in Glasgow and Edinburgh have a better selection of Asian food</li><li>• Campbell Cash and Carry at George Street</li><li>• Asian Halal at King Street</li><li>• Siam Shop at King Street</li></ul>

No-sugar jams	<ul style="list-style-type: none"> <li>• Newton Dee store, North Deeside Road</li> </ul>
Italian pannetone	<ul style="list-style-type: none"> <li>• Newton Dee store, North Deeside Road</li> <li>• Mediterraneo, 40 St Andrew Street</li> </ul>
Chicory	<ul style="list-style-type: none"> <li>• Tesco</li> <li>• Kelly of Cults</li> </ul>
Mediterranean food	<ul style="list-style-type: none"> <li>• Mediterraneo, 40 St Andrew Street</li> </ul>

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