



COOKING & SHOPPING in the Netherlands

Supermarkets

Albert Heijn

www.ah.nl/winkels

Offers delivery and pick up points
Online Shopping available
Releases upcoming sale on Saturday

Aldi

www.aldi.nl

Jumbo

www.jumbo.com/winkels

Offers delivery and pick up points
Jumbo advertise lowest prices guarantee -
will match prices from competitors

Dirk

www.dirk.nl/winkels

Valk Versmarkt

<http://www.valkversmarkt.nl/>

Specialty market with quality meats, and prepared meals
Veurseweg 214, Voorschoten
071 561 2258

Wholesale/Membership

Sligro

<https://www.sligro.nl/>

Wholesale market available to ASH Parents.
Present ASH ID at door. Children under 12 not allowed.

Hanos

<https://www.hanos.nl/>

Wholesale market available to ASH Parents.
Present ASH ID at door. Children under 12 not allowed.

Makro

<https://www.makro.nl/>

Monday-Friday 9-10, Saturday 9-6

Membership warehouse similar to Sam's Club, BJ's, or Costco. Must obtain a membership card (check with employer).

Local Markets

Many cities in the west have local markets where fresh produce and a variety of items can be purchased open-air style.

Wassenaar--General Market on Tuesdays in a parking lot opposite Duinrell

Voorschoten--General Market on Fridays from 9 a.m. to 4 p.m. in the Voorstraat

Leiden--General Market on Wednesdays and Saturdays from 7 a.m. to 6 p.m. located behind the Stadhuis (City Hall) and surrounding streets.

The Hague--The Haagsche Markt on the Hobbemapplein is the largest open air market in The Netherlands, but beware of pickpockets. It is open Monday, Wednesday, Friday and Saturday. It offers fish, poultry, dairy products, inexpensive clothing and jewelry, shoes, household supplies, flowers, sewing needs, and second-hand articles.

Amsterdam--General Market locations in Nieuwe Markt, open Monday through Saturday

Delft--General Market on Thursdays from 9 a.m. to 4 p.m. in the central market square.

Leidschendam--General Market on Tuesdays from 9 a.m. to 4 p.m. in the parking lot of the Leidsenhage shopping center.

Utrecht--Large fabric market on Saturdays from 8AM-1PM on Breedstraat. On Wednesdays, Fridays and Saturdays there is a large open air market on the Vredenburg square. On Saturdays you can find a plant market on the Janskerkhof and a flower market on the Oudegracht.

Gouda--General Market on Thursdays and Saturdays from 8:30AM.

Rotterdam--Markthal Rotterdam is an indoor market open Monday through Saturday 10 a.m. to 8 p.m. Sunday open 12:00 p.m to 6 p.m.

Shopping Tips

- Remember to bring your own shopping bags with you. You can also purchase shopping bags at the store. In The Netherlands, you bag your own groceries.
- Shopping hours are based on location, type, and day of the week. Ranges are from 8am – 10pm (8.00-22.00)
- Grocery Stores frequently have longer hours compared to other stores in The Netherlands. In Wassenaar, Jumbo, Aldi, Dirk and Albert Heijn are open 8AM - 9PM, Monday-Saturday; Albert Heijn and Jumbo are also open half-days on Sundays. Most stores are closed on Sundays, but there are a few stores in Wassenaar that are open. Also note that many smaller shops and businesses are not open until noon on Mondays.

- Bring a 0.50-cent coin with you to unlock the grocery cart. You will get the coin back when you return the cart. There are also key-ring coin tokens available – ask at customer service. (An American quarter works great and you won't spend it by accident).
- It is customary to weigh your own fruit and vegetables on the scales at grocery stores. First select the food item you are weighing from the pictures, and then press the "BON" button to get a price sticker. This will be scanned at checkout. If you are buying items per piece, such as a head of lettuce, you don't have to weigh them.
- At first when shopping, write your grocery list with the Dutch word written next to the English until you become familiar with the language.
- Be sure to get an Albert Heijn Bonus Card at the front counter. This allows you to get the sale prices advertised, otherwise you pay the full price. Plus you need one if you want to use the handheld self-scanners, which allow you to scan your items as you put them in the cart, and pay at a separate counter. Jumbo now has a Bonus Card too but you don't need it to use the self-scanners.
- Many supermarkets have spaarzegels (free stamps) and koopzegels (purchased stamps) which may be offered at the check-out counter. The stamps are placed on a card or booklet, and when full, can be redeemed for free items or lower priced items, or for cash. Ask for more information from the store personnel.
- Recycling at Supermarkets:
 - Extra fee (statiegeld) when purchasing drinks that are in plastic or glass bottles
 - Often with large soft drink bottles and beer bottles
 - Once bottles are empty you can return them and the extra fee will be reimbursed in the form of a receipt that can either be donated right next to the machine or you can use for your groceries.

Organic = Biologisch /BIO

Biologisch is used to label fresh products at the grocery store, butcher, bakery, farmers market, flower market etc.

EKO – Is the Dutch logo which identifies organic products in The Netherlands.



EURO LEAF - Is the EU organic logo

EkoPlaza (PIN and Cash)

<https://www.ekoplaza.nl/>

Langstraat 63, Wassenaar

Monday 10-6:30, Tuesday-Friday 8:30-6:30, Saturday 8:30-6, Sunday (closed)

Knowledgeable staff, large selection of fresh and pre-packaged organic products, meats, dairy, bakery, gluten-free products, cosmetics, toiletries, cleaning products, supplements, bio wines. Specialty items will be ordered upon request. Customer incentive cards (the more you buy, the greater the discount)

Natuurdrogist Anneke (PIN and cash)

Gravenstraat 4, Wassenaar

(Tuesday – Saturday 8-5:30)

Natural supplements, remedies, vitamins, toiletries, make-up (Consultations on Monday by appointment)

MARQT (also organic products) (PIN – No cash)

www.marqt.com

- Theresiastraat 97, 2593 AC Den Haag, 070 218 1392
(M-Sat 8:30-8/ Sunday 12-6)

Selection of bakery, organic meats, frozen food, gluten-free products, fish-monger, organic produce, cheese wine and beer.

Wassenaar Farmers Market – FIRST Saturday of the month (runs from May through October ONLY). Fruit and veg, flowers, bakery items, wines, FRESH organic/free range rotisserie chicken from Brittany.

Zaailing Natuurvoedings Hooigracht 41 Leiden 071 514 6917

Gaia Natuurvoeding Laan van Meerdervoort 205 Den Haag 070-3452210

Food Allergies: Allergenen



EI



GLUTEN



LUPINE



MELK



MOSTERD



NOTEN



PINDA'S



SCHAALDIEREN



SELDERIJ



VIS



SOJA



SESAMZAAD



WEEKDIEREN



ZWAVELDIOXIDE

Contains = Bevat

Gluten Free = Glutenvrij

Example of an allergy warning: This product can contain traces of hazelnut and almond = Kan sporen van hazelnoot en amandel bevatten.

Vegetarian Foods: Vegetarisch eten

De Vegetarische Slager /Vegetarian Butcher

www.devegetarischeslager.nl

Spui 167A, Den Haag (opposite Town Hall)

(PIN Only, no cash)

They make their own version of a soy "meat alternative" using lupine. THIS IS AVAILABLE IN THE FROZEN SECTION OF ALBERT HEIJN AND EKOPLAZA. Similar to **Morningstar Farms brand**.

Vegetarian catering, fresh bread, organic wines and take-away sandwiches are available.

Monday (closed), Tuesday, Wednesday and Friday 11-6, Thursday 11-9, Saturday 11-5, Sunday (closed)

Veggie 4-U

<https://veggie4u.nl/>

Weimarstraat 76, 2562 HA Den Haag

Monday (closed), Tuesday-Friday 10-7, Saturday 10-6, Sunday 12-5

Vegetarian and vegan supermarket with an online store as well.

Specialty Food Sources

AMERICAN FOOD

Kellys Expat shopping	Luifelbaan 50	Wassenaar	070 511 8729
	Zoutmanstraat 22a	Den Haag	070 3469753
	www.kellys-expat-shopping.nl		
Coop Van Dijk	Ursulaland 80	Den Haag	070 385 6465
Eichholtz Delicatessen	Leidsestraat 48	Amsterdam	020 622 0305
Graré	Prins Boudewijnlaan 175	Antwerp, BE	+323 449 4118

ENGLISH

Valk Versmarkt	Veurseweg 214	Voorschoten	071 561 2258
Kellys	Luifelbaan 50	Wassenaar	070 511 8729
	Zoutmanstraat 22a	Den Haag	070 3469753

ASIAN, CHINESE, JAPANESE, INDONESIAN

Toko Ming Kee, markthof	Gedempte Gracht	Den Haag	070 363 8963
Toko Cheung Kong	West-Kruiskade 51-53	Rotterdam	010-4049722
Amazing Oriental	Laan van Haamstede 36	Den Haag	070 762 288

INDIAN, PAKISTANI

Toko Tropicana	Vondelstraat 46-48,	Alkmaar,	072 511 1204
Indian market	Wagenstraat 63	Den Haag	070 364 5340

ISLAMIC BUTCHERS

Zam Zam	Churchilllaan 1	Leiden	071 576 6625
Tanger	Hoefkade 303	Den Haag	070 389 2231

ITALIAN

Italy	Piet Heinstraat 20	Den Haag	070 363 9652
Pino	Hooigracht 106	Leiden	071 512 7573

SOUTH AFRICAN

Vrijenhoek	Herenstraat 59	Rijswijk	070 399 2409
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ON-LINE INTERNATIONAL FOOD SHOPPING:
www.fabulousfood.nl;

Alternative Shopping/Cooking Options

Hello Fresh (recipe/food box)

<https://www.hellofresh.nl/>

Marley Spoon (recipe/food box)

<https://marleyspoon.nl/>

Thuisbezorgd (takeout delivery from various local restaurants)

<http://www.thuisbezorgd.nl/en/>

Need restaurant advice other than Trip Advisor? Here is a blog from an expat with great tips

<https://clogandblog.wordpress.com/>

Grocery Dutch/English Translations

<http://www.heardutchhere.net/dufoodwords.html>

baking powder	bakpoeder	Dairy:	
baking soda	maagzout/"Natron"	milk	melk
barley	gerst*	whole milk	volle melk
bread crumbs	paneermeel	2%	half volle
cinnamon	kaneel	skim	0% vet
coconut	kokos, kokosnoten	lean	magere
corn meal	maismeel	cheese	kaas (numbers=fat content)
corn oil	maisolie	young	jong
corn starch	maizena	ripe	belegen
flour	bloem, meel	aged	oud
karo syrup	stroop siroop	cream cheese	"mon chou"
MSG	vetsin	cottage cheese	kwark, Hüttenkäse
oil	olie	butter	(room)boter
olive oil	olijfolie	salted	gezouten
potato	aardappel	unsalted	ongezouten
rice	rijst	margarine	margarine
quick cooking	snelkook	kwark	fresh cottage
instant rice	toverrijst	Alpro brand	soy based
oatmeal	havermout/havervlokken	buttermilk	karnemelk
soy sauce	ketjap	yogurt	yogurt
sugar	suiker	soft pudding	vla
large crystals	kristal	sour cream	zuur room
fine crystals	fijne	cream	room
powdered sugar	poeder suiker	whipping cream	slagroom
brown sugar	bruine bastard	sweetened cream	geklopte
sunflower oil	zonnebloemolie	cool whip sub.	Klop Klop

Spices:

Cinnamon	kaneel	frying fats	smelt jus
Nutmeg	nootmuskaat		
Basil	basilicum		
Parsley	peterselie		
Paprika	paprikapoeder		
Onion	ui		
Salt	zout		
Pepper	peper		

Other:

Coarse Grind (coffee)	grovemaling
Fast Filter (for drip)	snelfiltermaling
Molasses	keukenstroop
White cake flour	patent bloem *for baking cookies with US recipe, add ¼ C flour per 2C in recipe
Whole wheat flour	volkoren
Pound cake mix	cake meel (although the word "cake" in English-speaking countries is a collective name for "pastry," in the Netherlands there is only one type under this name).

Meat	Vlees	Sausage	worst	Poultry	pluimvee
Veal	kalfsvlees	Duck	eend	Lamb	lam
Goose	gans	Beef	rundvlees	Chicken	kip
Ham	ham	Turkey	kalkoen	Pork	varkensvlees
Fish	vis	Bacon	bacon		

COOKING HELPS

Cooking Measures

1 tsp.	5 ml
1 Tbs.	15 ml
1 fl. oz.	30 ml
¼ cup (2 fl oz.)	60 ml
⅓ cup	80 ml
½ cup (4 fl oz.)	120 ml
⅔ cup	160 ml
¾ cup (6 fl oz.)	180 ml
1 cup (8 fl oz.)	240ml

Volume

1 pint/2 cups (US)	0.4731 liters
1 quart/4 cups	0.95 liters
1 gallon	3.785 liters
1 gallon (UK)	4.546 liters
1 deciliter	1/10 liter

Weight

¼ lb.	113 g
⅓ lb.	150 g
½ lb.	230 g
⅔ lb.	300 g
¾ lb.	340 g
1 lb.	450 g
2 lb.	900 g

Cooking Terms

aan toevoegen	add to
beslag	batter/dough
beboter	butter
+/- (circa)	about
druk	press
garneer	garnish
gesneden	slice
gesnipperde	cut-up, diced
hak fijn	cut fine
meng	mix
licht gekleurd	light colored
romige massa	creamy mix
snijd	slice
voeg	add to
een voor een	one at a time
aan de kook brengen	bring to a boil
laten doorkoken	cook through

Linear Measure

1 inch	2.54 ml
1 foot	0.31 meter
1 mile	1.61 km
1 meter	39.27 inches
1 kilometer	0.62 mile
1 kilometer	0.62 mile
1 yard	91.5 cm

Cooking Temperatures

F	C
180	80
212	100
250	130
300	150
325	165
350	177
375	190
400	200
425	220
450	230
475	245
500	260

al roerende	while stirring
bestrooi	sprinkle
bewaar	reserve
deeg	dough
giet	pour
gaar	done
voorverwarmde	pre warm
goed kneden	knead well
kom	bowl
mengsel	mixture
roer	stir
smelt	melt
vul	fill
laat afkoelen	let cool

Cleaning: Schoonmaak

CLEANING TRANSLATIONS

Bleek middel	Bleach for clothes
Wittewas	detergent for whites
Bonte was	detergent for colorful
Zwart	detergent for black
Schoonmaakazijn	cleaning vinegar
Gedistilleerd water	demineralized water for irons
Onthardings zout	softening salt
Glansspoelmiddel	rinsing for dishwashers

- Garbage (trash) disposals are not used in the Dutch sinks. If clog occurs: use drain cleaners. HG Duo ontstopper for extremely clogged drains works well.
- Large packs of detergents are available at the supermarkets like AH XL and also often go on sale at stores like Kruidvat or Sligro.
- There is a special type of water used during ironing to prevent hard water stains on clothes and on the iron: strijkwater.
- Many people use the color catchers or clothing specific washing products.
- H&G has a large and good working variety of cleaning products.
- Anti Kalk products remove the hard water stains from glass and tiles.
- Items with a green label are more natural, earth-friendly.
- Dishwasher salt is optional but can help eliminate film/spots on glassware.
- Recycling your green items can be easier if you purchase bags that go straight in the bin. These are near the regular trash bags, but are marked BIO.
- To clean the internal workings of a washing machine, you can purchase machine cleaner (liquid or tabs) or set a cycle for the hottest temperature with an empty machine. Repairmen suggest powder over liquid to minimize sludge.
- Take a few moments to look over your washer and dryer. If you see a small door, open it and inspect. Many units have multiple filters or drains that need to be cleaned periodically.

Shopping in the Area*

Department Stores:

- De Bijenkorf (Den Haag, Amsterdam, Rotterdam) – best quality, <https://www.debijenkorf.nl/>
- C & A - family clothing store, <https://www.c-and-a.com/>
- Primark - inexpensive clothing store, www.primark.com/nl
- H&M - clothing for all ages and home goods, <http://www2.hm.com>
- Hema - inexpensive good quality chain store, <https://www.hema.nl/>

Home Improvement Stores: Gamma, Karwei, Praxis, Hornbach, KlusWijs

Clothing for the little ones: Prenatal, Zeeman

Kitchen Supplies: Blokker, Marskamer, Kijkshop, DOK (Passage 19, 2511 AB Den Haag)

Small Household Appliances: Media Markt, Kijkshop, Radio Modern, Blokker

Drugstores – sell toiletries & cosmetics: Etos, Kruidvat, Trekpleister, DA Drogisterij, Hema

Apotheek (pharmacy) – prescriptions & other items:

Look-up online by typing Apotheek and the name of the town or area

Furniture/Household: IKEA, MegaStores, Loods5, Kwantum, Villa Arena Mall (see below)

Sewing & Craft Needs: Singer, Korteland, Toetenel

Toy Stores: Bart Smit, Intertoys, Speel-o-theek, Wigman

Outdoor and Garden Stores: DeBosrand in Wassenaar, Life and Garden

Discount Stores: Action, Big Bazaar, So Low

Shopping Malls

Mall of the Netherlands: partly covered – general stores (free parking)
Heuvelweg, Leidschendam <https://nl.westfield.com/mallofthenetherlands>

In de Bogaard: partly indoor – general stores
Bogaardplein, Rijswijk www.indebogaard.nl

Megastores: indoor - furniture, interior decoration, electrical equipment
Located within walking distance from Station Hollands Spoor in The Hague
Waldorpstraat, Laakhave www.megastores.nl

Alexandrium: partly indoor—general stores
<https://alexandrium-shopping-center.klepierre.nl/>
Korte Poolsterstraat 2, 3067 LZ Rotterdam

Batavia Stad Outlet Shopping: top brands at discount prices, especially clothes
Bataviaplein 60, 8242 PN Lelystad www.bataviastad.nl

Villa Arena

Arena Boulevard 98, Amsterdam www.villaarena.nl

*This is a limited list...there are many more

Bookstores

The Little Bookshop NL

Kerkstraat 4B 2242 HG Wassenaar
Tel. 070.737.0822
www.the-little-bookshop.nl

The American Book Center (ABC)

Lange Poten 23, 2511 CM Den Haag
Tel. 070.364.2742
& Mall of the Netherlands
www.abc.nl

De Kler Wassenaar - Books in English, and can order them too.

Langstraat 148
2242 JZ Wassenaar
Tel 070-5170275
Fax 070-5120276
Email: wassenaar@dekler.nl

ANWB - Auto club of The Netherlands. Similar to AAA in the US or RAC in Australia with maps & travel info.

Located at Leidsenhage Mall, Leidschendam; Leiden or The Hague
www.anwb.nl

Other sources of English language books:

- American Women's Club Library
- ASH Library
- The Library in The Hague has an English section
- Waterstones in Amsterdam (on the corner of the Kalverstraat and the Spui)
- www.bol.nl
- www.amazon.de
- www.amazon.nl
- Bruna.nl

Trash Collection and Disposal

Garbage is separated as much as possible in The Netherlands, so it can be treated in an environmentally-friendly way. However, some of the items you may have recycled in other countries may not be separated out here. Avalex, the company contracted by the gemeente (Municipality), will provide you with bins for regular household waste (the grey bin), organic waste (the green bin), and paper (the blue bin), and you must only use those provided. If your home does not have these bins you may request them from Avalex. The pick-ups of the various cans can take place, weekly, bi-weekly or monthly. For more information visit: <https://www.avalex.nl/>

Guidelines for putting out your bins

- Place the bins near the edge of the curb, with handles/wheels pointing to the street, or the refuse collectors may not pick them up!
- Only use bins provided and do not overfill the bin. Don't put sharp or dangerous items into the bags. You can be fined for improper rubbish placement or handling and it may not be picked up if it is overflowing.
- Do not line your green bin with a plastic bag, no matter how messy it has become. You can use biodegradable liners if you wish, which are available at supermarkets. Do not clean the green bin with detergents.

Chemical waste (“klein chemisch afval”)

Batteries, light bulbs, energy saving bulbs, fluorescent tubes, pesticides, oil, paint, and household chemicals must be disposed separately from your regular waste. Some homes will have a small, grey or red "chemobox" with child-protective latches where you can store these items. You can order these boxes from the Gemeente.

Chemical waste can also be taken to the local Avalex refuse depot. For locations see www.avalex.nl. You will need your Avalex pass which should have been left in your house. If you don't have one you can ask your real estate agent to get one for you, or request one online at <http://www.avalex.nl/voor-inwoners/avalexpas>.

ASH has launched a comprehensive recycling information program and provides small “JEKKO Boxes” for temporary storage of your broken, old/expired light bulbs, batteries, razors, etc. When your JEKKO Box is full, transfer your items to a Wecycle Point, a list of which will be posted on Inside ASH.

Batteries: Most supermarkets have a deposit bin for batteries, usually located near the bottle recycling area. You can also recycle batteries at ASH by the elevator in the Elementary building. Light bulbs can also be recycled at IKEA. Medications can be taken back to a pharmacy.

by MMN, September 2022