

SAMPLE GROCERY LIST FOR COVID-19 SHELTER IN PLACE

- ✓ **Grains & dried beans:** will keep well and are easy to incorporate into a wide variety of meals for fiber and protein.
- ✓ **Pasta:** great for quick and versatile meals
- ✓ **Flour:** time to try out bread making! Baking can also be a fun past time with kids (or without!)
- ✓ **Garlic:** necessary for many types of recipes, and an immune system booster!
- ✓ **Lemons:** Lots of applications, including salad dressings, dressing up water, hummus, etc. Peel and dry the zest for other applications.
- ✓ **Vegetables:** cabbage, carrots, celery, broccoli (don't get anything pre-cut, which quickly decreases shelf life).
- ✓ **Fruits:** apples, citrus, dried fruit keep well. You can peel the zest of citrus, dry them on the counter, and add them to hot or cold water for additional flavor.
- ✓ **Dairy:** Yogurt & hard cheeses last longer.
- ✓ **Soy milk:** shelf stable alternative for when cow's milk is finished. Can use as a substitute for dairy milk in recipes.
- ✓ **Peanut butter:** time to get reacquainted with peanut butter!
- ✓ **Sunflower seeds:** inexpensive, versatile, and nutritious. Add to breads, salads, pasta, granola, etc.
- ✓ **Oats:** for homemade granola and oatmeal – nutritious and hearty; great source of fiber.
- ✓ **Olive oil & butter:** Versatile cooking essentials!
- ✓ **Canned tomatoes**
- ✓ **Onions & potatoes**
- ✓ **Apple cider vinegar & white vinegar:** white vinegar doubles as versatile cleaning product
- ✓ **Salt & yeast**
- ✓ **Baking powder:** Ddoubles as versatile cleaning product
- ✓ **Bread:** freeze extra bread. Pita freezes well.
- ✓ **Tofu & tempeh:** great protein sources that last forever in the fridge.
- ✓ **Bleach:** usually I would not have this on the list, but you can make this into a spray for cleaning groceries instead of using disposable wipes.
- ✓ Any **toiletries, medicines, and pet food** you may need over the next 3 weeks.
- ✓ **Toilet paper:** because you might as well look while you are there...