



Grocery List

- Peanut butter
- Canned soup
- Canned fruit
- Canned vegetables
- Canned stew
- Canned fish
- Canned beans
- Pasta (most prefer whole grain)
- Rice (most prefer brown rice)
- Boxed Cereal
- Oatmeal



Personal Hygiene

- toothpaste
- men and women's razors
- deodorant
- soap
- shampoo/conditioner
- mouthwash