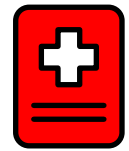


HOME QUARANTINE SHOPPING LIST



basic necessities to have on hand for 2 weeks

thirtyhandmadedays.com

CANNED FOODS

- ___ Meat Products
- ___ Fish
- ___ Beans
- ___ Soups
- ___ Broth
- ___ Stews
- ___ Fruits
- ___ Vegetables
- ___ Canned/powdered milk

SNACKS

- ___ Peanut butter
- ___ Jelly
- ___ Crackers
- ___ Nuts
- ___ Trail Mix
- ___ Dried fruits
- ___ Granola bars

BASICS

- ___ Sugar
- ___ Salt
- ___ Pepper

FLUIDS

- ___ Bottled water (*if you don't drink tap water)
- ___ Electrolytes

HYGIENE

- ___ Anti-bacterial soap
- ___ Tissues
- ___ Toothpaste
- ___ Toilet paper
- ___ Feminine supplies
- ___ Diapers
- ___ Laundry detergent
- ___ Disinfectant

MEDICAL SUPPLIES

- ___ Thermometer
- ___ Acetaminophen (ie, Tylenol)
- ___ Pain relievers
- ___ Cough suppressors
- ___ Antihistamines
- ___ Cough drops
- ___ Imodium
- ___ First Aid Kit

ENTERTAINMENT

- ___ Board games
- ___ Cards
- ___ Books/magazines
- ___ Toys