Shopping List

FOOD

Aim to serve a nutritious and balanced diet.

Have a good balance between proteins (e.g. fish &meat), carbs (e.g. pasta, bread), dairy products (e.g. yoghurt, cheese, milk), fruits & vegetables and healthy fats and oils.

HOUSEHOLD & HYGIENE PRODUCTS

Make sure to have all necessities at home.

E.g. soap, toothpaste, shower cream, shampoo, moisturizing, TENA pads, barrier cream, wet wipes, washing fluid, dishwashing fluid, cleaning materials, toilet paper, paper tissues, garbage bags, etc.

MEDICATION

SPECIAL REQUESTS