



# My Grocery Shopping List

Try your best to not go over 25 euros of budget to respect the weight of the shopping bags your volunteer will carry to your home.

## MY CONTACT INFORMATION

First name: \_\_\_\_\_ Last name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Date and Time of delivery: \_\_\_\_\_

- | <b>Fruits</b>                       | <b>Vegetables</b>                 | <b>Bakery</b>                        | <b>Dairy</b>                           |
|-------------------------------------|-----------------------------------|--------------------------------------|--|
| <input type="checkbox"/> Apple      | <input type="checkbox"/> Potato   | <input type="checkbox"/> WhiteBread  | <input type="checkbox"/> 1L Milk       |
| <input type="checkbox"/> Pear       | <input type="checkbox"/> Cabbage  | <input type="checkbox"/> Mushroom    | <input type="checkbox"/> 1L Soja Milk  |
| <input type="checkbox"/> Banana     | <input type="checkbox"/> Onion    | <input type="checkbox"/> GreenBean   | <input type="checkbox"/> BrownBread    |
| <input type="checkbox"/> Kiwi       | <input type="checkbox"/> Salad    | <input type="checkbox"/> CerealBread | <input type="checkbox"/> Butter        |
| <input type="checkbox"/> Orange     | <input type="checkbox"/> Tomato   | <input type="checkbox"/> Pepper      | <input type="checkbox"/> Sliced Cheese |
| <input type="checkbox"/> GrapeFruit | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Baguette    | <input type="checkbox"/> Yogurt Nature |
| <input type="checkbox"/> Mandarine  | <input type="checkbox"/> Spinach  | <input type="checkbox"/> Croissant   | <input type="checkbox"/> Yogurt Fruits |
| <input type="checkbox"/> Pineapple  | <input type="checkbox"/> Avocado  |                                      |  |
| <input type="checkbox"/> Lemons     | <input type="checkbox"/> Broccoli |                                      |  |
| <input type="checkbox"/> Berries    | <input type="checkbox"/> Carrots  |                                      |  |
| <input type="checkbox"/> Garlic     |                                   |                                      |  |

### Hygiene / Other

- ToiletPaper  ToothPaste  BodySoap  Shampoo  Kitchen Liquid Soap  Disinfectant gel/soap
- Prepared meals ready for cooking  Cat Food  Dog Food

**More / Allergy / Diet?** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## VOLUNTEER

First name: \_\_\_\_\_ Last name: \_\_\_\_\_ Phone: \_\_\_\_\_

Date and Time of delivery: \_\_\_\_\_ Total Cost: \_\_\_\_\_

Bank account number (for reimbursement): \_\_\_\_\_

Comments:

We strongly ask you to respect strict hygiene rules 🙏

Please join the movement on [www.covid-solidarity.org](http://www.covid-solidarity.org) and also join us on Facebook.

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