

Canned Goods

- ☐ Applesauce 1 jar

Rice, Cereal & Legumes

- ☐ Couscous 1 package

Dairy

- ☐ Milk 1 liter

Vegetables

- ☐ Carrots 12 units
- ☐ Mushrooms 400g
- ☐ Onion 1 unit
- ☐ Red onion $\frac{1}{4}$ cup
- ☐ Shallots 10 units