

SHOPPING LIST FOR VENEZUELA BOXES

Baby Products, Vitamins, OTC Medicines

*Adult Vitamins (C, D3, Zinc) – (**greatly needed**)

Baby formula

Baby wipes

Children's vitamins (not gummies)

Ensure

Nestum (carried by some Walmarts)

Pain Relievers

Pediasure

Baking Products and Staples

Baking powder

Baking soda

Brown sugar

Bullion (beef and chicken)

Buttermilk pancake mix

Cocoa

Coffee

Cornmeal (plain)

Flour (5 lb. bags best)

Honey

Jello

Jelly

Onion flakes

Peanut butter

Powdered milk (**very needed**)

Sugar (2, 4 or 5 lb. bags best)

Syrup

Tea

Vegetable Oil

Candies and Snacks

Hard candy

Peanut butter snack crackers

Popcorn

Canned Meats

Canned beef

Canned chicken

Canned sardines

Canned tuna

Spaghetti Sauce

Canned Vegetables

Canned corn

Canned green beans

Canned tomatoes

Pastas

Macaroni pasta

Ramen noodles

Spaghetti pasta

Rice and Beans

Black beans (dry beans preferred)

Lentils

Rice (1 lb., 2 lb. or 5 lb. bags)

Small red beans

Split peas

Plastic Bags

Ziploc or Walmart bags (freezer, if possible)

-Snack

-Sandwich

-Quart

-Gallon

-2 1/2 gallon

Toiletries

Bar soap

Dental floss

Ladies' and men's deodorants

Razors

Toothbrushes and Toothpaste

Only plastic containers, boxes and cans – NO GLASS JARS!!

Children's Items

Shoes & Clothes for ages 5 to 12

Supplies for Children's Bible Classes (including paper, crayons and craft items)