

SHOPPING LIST FOR VENEZUELA BOXES

Baby Products and Vitamins

Adult Vitamins and pain relievers
Baby formula
Baby wipes
Children's vitamins (not gummies)
Ensure
Nestum (carried by some Walmarts)
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. Bag is best)
Honey
Jello
Jelly
***Oats or other grains– (Very Needed)**
Onion flakes
Peanut butter
***Powdered milk (very needed)**
Sugar (4 or 5 lb. Bag is best)
Syrup
Tea
Vegetable Oil (48 oz. best)

Candies and Snacks

Hard candy
Peanut butter snack crackers
Popcorn
Tootsie Rolls

Canned Meats

Canned chicken
Canned hams (non-refrigerated)
Canned sardines
Canned tuna

Canned Vegetables

Canned corn
Canned green beans
Canned tomatoes
Spaghetti sauce

Pastas

Macaroni pasta
Ramen noodles
Spaghetti pasta

Rice and Beans

Black beans
Lentils
Rice (1 lb., 2 lb., or 5 lb bags are best, brown or white)
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!!**

**Shoes, especially for children and young
people, are greatly needed.**

Clothes (not winter) also needed!