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

