

Non-perishable grocery list



Canned Food

- ◯ Canned fruit
- ◯ Canned meat
- ◯ Canned soup
- ◯ Canned vegetables

Dried Food

- ◯ Granola bars
- ◯ Groats
- ◯ Peanut butter
- ◯ Rice
- ◯ Salt
- ◯ Sugar
- ◯ Seasoning

Oil

- ◯ Avocado oil
- ◯ Coconut oil
- ◯ Extra virgin olive
- ◯ Olive oil

Freeze-Dried Goods

- ◯ Freeze-Dried fruit
- ◯ Freeze-Dried meat
- ◯ Freeze-Dried vegetables

Drink

- ◯ Coffee
- ◯ Tea
- ◯ UHT juices
- ◯ UHT milk

Listonic

Download on the App Store

GET IT ON Google Play