

# COVID-19 UPDATE

## ITEMS TO STOCK UP ON:

### DRY INGREDIENTS:

- CANNED GOODS
- PASTA, RICE, OATS, BARLEY
- STOCK OR BROTH
- BREAD

### REFRIGERATED FOODS:

- MILK
- EGGS
- BUTTER/MARGARINE
- SANDWICH MEAT
- HARD CHEESES

### CONDIMENTS:

- MUSTARD
- KETCHUP
- MAYONNAISE
- COOKING OIL

### FROZEN FOODS:

- BEEF
- CHICKEN
- PORK
- FROZEN FRUIT
- FROZEN VEGGIES

### FRUITS & VEGETABLES:

- APPLES
- ORANGES
- ONIONS
- POTATOES
- CARROTS
- LEAFY GREENS

### BAKING ESSENTIALS:

- YEAST
- FLOUR
- SUGAR
- SALT
- BAKING POWDER
- BAKING SODA

### CLEANING SUPPLIES

- MULTI-PURPOSE CLEANER
- BLEACH
- LAUNDRY DETERGENT
- DISH SOAP
- PAPER TOWEL/RAGS
- GLOVES

### HYGIENE:

- HAND SOAP
- HAND SANITIZER
- BODY WASH
- SHAMPOO/CONDITIONER
- TOOTHBRUSH/ TOOTHPASTE
- DEODORANT
- TOILET PAPER

### OTHER:

- FACE MASKS
- BABY SUPPLIES (DIAPERS, FORMULA, ETC.)
- FEMININE HYGIENE PRODUCTS
- MEDICATIONS (TYLENOL/ADVIL, COUGH SYRUP, ETC.)



**Piapot  
First Nation**