

Sample Grocery List for Ukrainians:

Shopping List:

Bread

Milk

Juice (any kind)

Eggs

Cheese

Yogurt and/or sour cream

Pasta

Rice

Lentils

Dried beans (any kind)

Tomato sauce

Canned vegetables

Peanut butter

Honey

Sugar

Flour

Cereal

Black tea

Fruit: some selection of apples, bananas, grapes, berries, oranges

Vegetables: lettuce, tomatoes, cucumbers, bell peppers, parsley, potatoes, onions, garlic, cabbage, mushrooms, beets, carrots, celery

Meat: Chicken breasts, ground beef

Plus any sweets or spices that you think would be welcome/familiar to Ukrainians