

Our American “stock” shopping list:

Basics:

1. Peanut Butter
2. Pepperoni
3. Vanilla Extract
4. Almond Extract
5. Peppermint Extract
6. Cream of Tarter
7. Shortening
8. Brown Sugar (you can also make your own with molasses)
9. Corn syrup (light and dark)
10. Children’s Tylenol and Motrin
11. Adult Motrin
12. Immodium
13. Pepto Bismol
14. Pseudoephedrine
15. Crystal Light
16. Ranch dressing packets
17. Children’s vitamins
18. Children’s mouthwash
19. floss
20. nutmeg

Nonessential fun items:

1. Goldfish crackers
2. Cheese Its
3. Oatmeal packets
4. Multi Grain Cheerios
5. Summer sausage
6. Sunmaid raisins
7. Granola Bars
8. Cake sprinkles
9. seasoning packets (taco, guacamole, etc)
10. McCormick’s Italian Seasoning grinder
11. Pickles
12. American Mustard
13. canned pumpkin
14. canned yams
15. blueberries
16. Red beans and rice (for Jack only!) ☺
17. Twizzlers and other fun candy
18. Peppermint patties