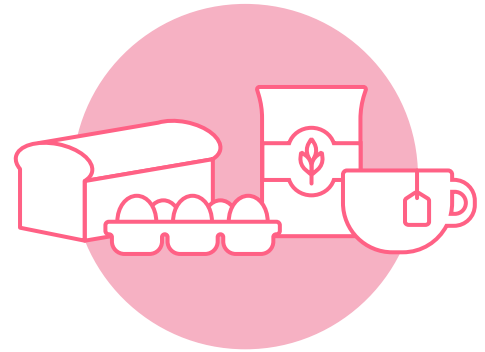


Foods to Keep Stocked Grocery List



- Oatmeal
- Eggs
- Yogurt
- Hummus
- Cottage Cheese
- Bananas
- Avocado
- Apple Sauce
- Broths and Soups
- [Smoothie Ingredients](#)
- Nuts and Seeds
- Bread or Crackers
- Jello or Gelatin
- Popsicles
- Ginger, Chamomile, or Peppermint Tea