



My grocery shopping list

In these hard times, more than ever, we must support and take care of one another. If you are a person that is considered to be of high risk during this epidemic i.e. You have a medical sickness or you're in the senior-aged range (65+). For the good preservation of your health and your safety, we ask you to please remain isolated in your home. If you need any type of assistance, just print and write your needs on this sheet and stick it on your front door. A good neighbor will take it, then will contact you, and then will do his best to deliver your requested items in front of your door.

Try your best to not go over 25 euros of budget to respect the weight of the shopping bags your volunteer will carry to your home.

MY CONTACT INFORMATION

First name: _____ **Last name:** _____ **Phone:** _____

Address: _____

Date and Time of delivery: _____

Your needs (list): _____

VOLUNTEER

First name: _____ **Last name:** _____ **Phone:** _____

Date and time of delivery: _____ **Total cost:** _____

Bank account number (for reimbursement): _____

Comments: _____

We strongly ask you to respect strict hygiene rules 🙏

Please join the movement on www.covid-solidarity.org and also join us on Facebook.