  *Scan QR for interactive instructions*: 

**My Grocery Shopping List**

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: .

**Fruits** **Vegetables** **Bakery** **Dairy**

⬜ Apple ⬜ Pear ⬜ Potato ⬜ Cabbage ⬜ Mushroom ⬜ WhiteBread ⬜ 1L Milk

⬜ Banana ⬜ Kiwi ⬜ Onion ⬜ Salad ⬜ GreenBean ⬜ BrownBread ⬜ 1L Soja Milk

⬜ Orange ⬜ GrapeFruit ⬜ Tomato ⬜ Cucumber ⬜ Pepper ⬜ CerealBread ⬜ Butter

⬜ Mandarine ⬜ Pineapple ⬜ Avocado ⬜ Spinach ⬜ Cauliflower ⬜ Baguette ⬜ Sliced Cheese

⬜ Lemons ⬜ Berries ⬜ Broccoli ⬜ Carrots ⬜ Garlic ⬜ Croissant ⬜ Yogurt Nature

**Hygiene / Other** ⬜ Yogurt Fruits

⬜ ToiletPaper ⬜ ToothPaste ⬜ BodySoap ⬜ Shampoo ⬜ Kitchen Liquid Soap ⬜ Disinfectant gel/soap

⬜ Prepared meals ready for cooking ⬜ Cat Food ⬜ Dog Food

**More / Allergy / Diet?** .

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**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**](http://www.covid-solidarity.org) **and also join us on Facebook.**

Covid-Solidarity.org is in no way responsible and shall have no liability for the behavior of Isolated Persons, deliverers, nor for the services provided in connection with Deliveries concluded via Covid-Solidarity.org (including the possible non-payment of volunteers).