



Basic checklist for a back-up kit Coronavirus

0 – 4 years:	
1.	Baby food / milk powder
2.	Medicines (Paracetamol/nose drops/ etc.)
3.	Toiletries (Toothpaste, etc.)
4.	Diapers/ wipers/tissue papers

5 years and above:	
5.	<u>Indian items:</u> a. Rice (Basmati, Kolum etc.,) b. Flour c. Red chili powder, Sambhar/Rasam powder d. Masalas (Garam, Dal fry, mix veg, etc.) e. Rice mixes (Puliogare, Pudhina etc.) f. Dry fruits and nuts g. Maggi h. Rajma, Channa, Dal varieties etc.
6.	Dairy products (Eggs, Butter, Ghee, milk etc.)
7.	Salt, sugar, tea, hot chocolate and coffee.
8.	Vegetables (potatoes, onions, ginger)
9.	Spreads (Nutella, Jam, ketchup, hagelslag etc.)
10.	Products with long shelf life (Houdbare melk, oven bread)
11.	Canned items (soups, tomatoes, sausages, spinach, veggies etc.)
12.	Crackers and cookies
13.	Band aids and medicines (eye drops, vitamins, calcium, Paracetmol)
14.	Toiletries (Soap, handwash, toothpaste etc.)
15.	Toilet papers and cleaning liquids
16.	Frozen items (Pizzas, veggies etc.,)