Quarantine Shopping List

While this is not the be-all, end-all list of needs during quarantine, these are some ideas to jog your memory for things you'll need while staying home—from soup to nuts (literally!)

Household Supplies

- ☐ Soap
- ☐ Laundry and dish detergents
- ☐ Diapers
- ☐ Toilet paper
- ☐ Tissues
- ☐ Bleach

Personal care supplies

- ☐ A 30-day supply of your prescription medications
- ☐ Over-the-counter medications as desired, such as cold medicine and pain relievers
- ☐ Thermometers
- ☐ Toothpaste and toiletries
- ☐ First aid products like bandages and antibiotic ointment
- ☐ Medical supplies as needed like contact lens solution or syringes, if applicable
- ☐ Feminine care items, if applicable
- ☐ Diapers, if applicable
- ☐ Pet needs, if applicable
- ☐ Something fun to do, like board games, card games, or kids' activities—that's personal care!
- ☐ Chargers for electronics

Notes

Somerville tap water is safe and great to drink!

Don't forget to throw out cooked meats after 4 days, and [see more food safety tips here](#).

While not the most environmentally-friendly option, consider single or small serving packages—some foods (cans and perishables) don't last as long after opening.

Grocery delivery is available if you find yourself out of options. If you're in quarantine and order a grocery delivery, make a note when you order that the delivery person should knock or ring the doorbell to let you know they've arrived and then leave the order outside the door.

If you're having financial challenges getting the food you need, call 311.

Food

Dry goods
- ☐ Whole grains like rice, oats, quinoa, or barley
- ☐ Lentils
- ☐ Corn tortillas
- ☐ Bread
- ☐ Nuts
- ☐ Dried herbs and spices
- ☐ Tea, coffee, or other items you enjoy

Canned goods (low sodium preferred)
- ☐ Beans
- ☐ Tomatoes
- ☐ Tuna or salmon
- ☐ Fruits (in juice, not syrup)
- ☐ Vegetables
- ☐ Can opener

Perishables
- ☐ Fresh produce (eat first while fresh!)
- ☐ Frozen produce (just as healthy as fresh!)
- ☐ Garlic, onions, and other basics that last well at room temperature
- ☐ Dairy products, if applicable
- ☐ Frozen meats, if applicable
- ☐ Vegetarian proteins like tofu, if applicable

Condiments and miscellany
- ☐ Broth
- ☐ Olive oil
- ☐ Salt
- ☐ Vinegar
- ☐ Peanut butter
- ☐ Something you enjoy and makes you happy!
- ☐ Baby food, if applicable
- ☐ Pet food, if applicable

Recipes
Black bean soup: try canned black beans, salsa, cumin, and garlic
[Great warm recipes to try](#) from Bon Appetit
[Crowd-sourced sick day recipes](#)
[Chicken soup](#) to simmer as long as you'd like.
[Soup is a sick-day favorite](#) because it offers so much hydration and comfort