

# Suggestions for stocking up in Panajachel

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- Fresh fruits and vegetables (wide variety)
- Fresh herbs (cilantro, basil, mint)
- Rice, Pasta
- Breakfast cereal, oatmeal, etc
- Bread (*Pan Integral* is whole grain, quite good)
- Milk (Fresh in bags, or Long-life milk in boxes)
- Juice, soda, etc.
- Coffee, Tea
- Beer, wine, alcohol
- Eggs Cheese
- Meat Tofu Beans
- Canned tomatoes, beans, sauce
- Peanut butter, Jelly
- Pancake mix, syrup
- Butter
- *Crema* (like liquid sour cream—good on beans, pie)
- Snacks
- Sweets and desserts
- Vegetable soaking solution for sterilizing raw veggies (e.g. Sani-Vida—comes in small bottle)
- Firestarter twigs (come in small bundles) or save your newspapers for this
- CLARO phone card (25-50Q should be enough unless you plan to make a lot of calls or international calls)

## May be some at the house, or may be not...

- Candles
- Condiments
- Paper products (paper towels, napkins)
- (There should be toilet paper at the house, but you can buy some just in case.)