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Israel Shopping List

Dairy

- Cheese
- Cottage cheese
- Milk
- Yogurt

Meat

- Chicken -white, dark, frozen schnitzel
- Hamburgers
- Hot dogs
- Steak

Dry goods

- Bagels
- Breads
- Flour
- Grains
- Oatmeal
- Pasta
- Quinoa
- Soups
- Sugar
- Sweetner

Fruits (fresh/frozen/canned)

- Apples
- Oranges
- Melon
- In season recommendations

Vegetables (fresh/frozen/canned)

- Broccoli
- Carrots
- Cauliflower
- Celery
- Cucumber
- Green beans
- Lettuce
- Peas
- Potatoes
- Sweet Potatoes
- Tomatoes

Eggs/Fish

- Eggs
- Frozen salmon
- Frozen White Fish

Condiments/Oils

- Canola Oil
- Cooking Spray
- Ketchup
- Mayonnaise
- Mustard
- Olive oil
- Pasta sauce
- Salad Dressing

Drinks

- Coffee
- Hot chocolate
- Iced tea
- Juice
- Seltzer
- Soda
- Tea
- Water

Paper goods/Miscellaneous

- Aluminum foil
- Detergent/dryer sheets
- Dish soap
- Food containers
- Hand soap
- Havdalah candle
- Matches
- Paper towels
- Saran wrap
- Shabbat candles
- Sponges
- Toilet paper/Tissues