

Venezuela food list

UPDATED 9/13/17

- Rice and Beans (1 or 2 lb. per bags)
- Canned vegetables:
- Canned beans
- Canned fruit
- Sugar
- Flour
- Coffee (bag or vacuumed packed)
- Tea
- Pasta
- Powder milk
- Cooking oil
- Soap
- Toothpaste
- Toothbrush
- Toilet paper
- Feminine products
- Over the counter medicine (Advil, Tylenol, etc...)
- Deodorant
- Dishwashing liquid

