

Get Ready for Omicron Food & other Supplies



With Omicron in the community, it is important to be as prepared as possible. Make sure you have plenty of food and other supplies. Consider also:

- Who can do my shopping for me/us?
 - Who can pick up my shopping?
- Who is my back-up shopper or collector?

Food suggestions:

- Extra milk – can be frozen
- Milk powder
- Jelly
- Fruit in syrup – carton of 4
- Powder instant desserts
- Frozen vegetables
- Frozen meals (cook double portion & freeze)
- Dried mashed potatoes
- Pasta, noodles & sauces
- Rolled oats
- Bulghur wheat (from local fruit shop)
- Packet/tins of soups
- Cans of beans
- tuna
- Peanut butter
- Energy bars
- Foods you/your family likes when sick
- Pet food
- Almond milk
- Custard
- Extra ice cream
- Rice
- Cereals
- Couscous
- cup of soups
- Cans of tomatoes
- Marmite
- Lentils
- Nuts & seeds
- Plain biscuits

Enough staples? Flour Sugar Salt
 Oil/butter/margarine Tea/coffee
 Bread Eggs Cordial/ fruit juice
 Water drops - different fruit flavours, add few drops to glass of water (From Countdown)

Hygiene products

- Toilet paper
- Tissues
- Soap
- Shampoo/conditioner
- Toothpaste
- Laundry detergent
- Cleaning products
- Menstrual products: pads, tampons

Other things to think about:

Medical Supplies

- Regular prescription medication
- Medication for your pet(s)
- Throat lozenges
- Paracetamol
- Electrolyte (or make your own electrolytes:
1 ½ c water, ½ lemon, ¼ tsp salt)
- Basic first aid: plasters, bandages, scissors
- Alcohol-based hand sanitiser containing at least 60% alcohol
- Masks
- Gloves
- Thermometer

Communication

- Phones, tablets, radios, power bank charging
- Hearing aids – charging
- Glasses and contact lens solution
- Spare batteries
- Make other plans of how to check in with each other
- Who can be your prayer partner?

Entertainment

- Puzzles
- Books and magazines
- Cards and games
- Craft activities

Support is available via the COVID-19 support line 0800 512 337 for finance and food, the Healthline 0800 358 5453 if you feel unwell and from your home group leader or Heather Millais on 0274 655 083 or 07 827 0446 if you need prayer or other support.