

From: Karyna Shuliak <[REDACTED]>
To: [REDACTED] <[REDACTED]>
Subject: Fwd: Snacks
Date: Wed, 12 Oct 2016 15:27:00 +0000

Begin forwarded message:

From: Ann Rodriquez <[REDACTED]>
Date: September 15, 2016 at 6:57:25 PM AST
To: Karyna Shuliak <[REDACTED]>
Subject: Re: Snacks

ok, will do

Ann R.

On Sep 15, 2016, at 6:50 PM, Karyna Shuliak <[REDACTED]> wrote:

Hi Ana,

Here are a few snacks suggestions, that we should keep around:

- flackers (we have them in the main kitchen closet and more in the pantry). Please let me know when we are running out, so we can bring more from NY.
- soft cheese like Saint Andre or another kind of triple cream soft cheese
- raisin bran cereal (Kerrygold brand)
- faje yogurt
- roasted pistachios
- mixed nuts
- cookis: chocolate chip or oatmeal raisin (TATES brand is not bad. Or freshly baked always better)
- Lactaid whole milk
- Haagen dazs chocolate ice cream
- chocolate candies (the ones we have from Lindt brand are ok)
- peanut butter

- preserve (Bonne Maman brand, strawberry or four fruit flavor)
- bread (there are healthy multigrain breads that are frozen at the stores like fruit bowl and gourmet gallery. Such as the one in the picture below)

<IMG_8467.jpeg>