

Grocery List for the Shiva Week or Mourning Period

For the family member or friend in charge of organizing the shiva or sympathy meals, here is a grocery list of items you will want to stock up on for the shiva week.

Disposable Items

- Paper towels
- Trash bags
- Disposable utensils
- Disposable plates
- Napkins
- Hot and cold cups
- Ziploc bags, tin foil, plastic wrap for storing leftovers.
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Pantry Items

- Regular and decaf coffee
- Coffee filters
- Non-dairy creamer, milk
- Sugar, sweetener
- Cold drinks
- Tea bags (caffeine and decaffeinated)
- Cases of bottled water
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*Be Kind. Be Meaningful.
Take care of your community.*