

CRUNCHY STOCK-UP LIST

| X | NECESSITIES |
|---|----------------------------------|
| | Baking Soda (aluminum free) |
| | Sea Salt (finely ground) |
| | Cornstarch |
| | Olive Oil (extra-virgin) |
| | Coconut Oil (cold pressed) |
| | White Vinegar |
| | Apple Cider Vinegar (unfiltered) |
| | Honey |
| | Organic Whole Oats |
| | Raw Almonds |
| | Cocoa Powder |
| | Chamomile (dried / tea bags) |
| | Washing Soda |
| | Borax |
| | Lavender Essential Oil |
| | Peppermint Essential Oil |

| Nice to Have |
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| Shea Butter |
| Coco Butter |
| Aloe Vera Gel |
| Sweet Almond, Grapeseed |
| Avocado, Apricot Kernel Oil |
| Tea Tree Oil |
| Other Essential Oils |

| Nice to Have |
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| Dried Herbs (Peppermint, Rosebuds, Lavender, Calendula) |
| Castor Oil |
| Beeswax |
| Vitamin E Oil |
| Clay (Rhassoul, Bentonite, Fuller's Earth, French Green) |
| Raw Sunflower Seeds |