

# Cold & Flu Season Grocery List

## Vitamin C-Rich Foods

- Bell Peppers
- Kale
- Broccoli
- Strawberries

## Flu-Friendly Comfort Foods

- Chicken broth
- BRAT diet foods:
- Bananas
- Rice
- Applesauce
- Toast
- Electrolyte popsicles
- Peppermint Tea

## Essential Sick Supplies

- Disinfecting wipes
- Hand Sanitizer
- Tissues
- Genexa Cold Crush®
- Genexa Flu Fix™
- Genexa Cold Crush® for Kids