

# Porridge for Parkinson's

## What You Will Need/Shopping List

### Food for the big kids

- Steel cut oats
- Brown sugar
- 1% milk
- Fruit compote ingredients
- Juice
- Coffee
- Tea
- Muffins
- Raisins
- Jam

### Food for the little kids

- Brown sugar
- Milk
- Marshmallows
- Sprinkles
- Raisins
- Chocolate chips
- Juice

### Hardware

- Chinette bowls
- Plastic spoons
- Paper napkins
- Big pots (14 litre is ideal)
- Spurtles
- Ladles
- Flowers
- Tablecloths
- Warming Tray
- Crock Pot (excellent for the compote)
- Big Coffee Pot
- Trays