

## **Grocery Shopping**

### **\*Milk\***

Buy LaLa an ultra pasteurized milk... the regular milk is usually sour due to refrigeration issues in transport.

### **\*Expiration Dates\***

Check them!

### **\*Eggs\***

Eggs are refrigerated at the Beach Basket (like we're used to in the states).

### **\*Bread\***

Buy at Pan Dulce Bakery South of Bridge (Closed Sunday). Large blue building.

### **\*Fruit\***

Don't be hesitant to stop at fruit/vegetable stands and select best available... they will help you pick the best pineapple etc.

### **\*Bananas\***

Some look like plantains... you might need to ask

### **\*Marie Sharps\***

The hot sauce Belize is famous for... buy and take home!

### **\*Conch\***

Conch season is open from October 1st - June 30th

### **\*Lobster\***

Lobster season is open from June 15th - February 14th