

---

**From:** Karyna Shuliak [REDACTED] >  
**Sent:** Wednesday, November 5, 2014 3:55 AM  
**To:** Ann Rodriquez; [REDACTED]  
**Subject:** IMPORTANT! Food for JE on LSJ.

Hello everyone,

Mr. Epstein has been very disappointed with the condition of the refrigerator on LSJ. He finds it being disrespectful to him if we keep it in such way. He does not ask for many food items and the least we can do is to keep it clean and fresh for him!

There are a few points, that we and THE MAIDS! should keep in mind:

-only keep things that Mr. E and you (if you are there!) use, NOTHING EXTRA! (this is in regards to refrigerator items and fruits outside, not stocked items obviously) -keep it in reasonable amounts, otherwise it looks cluttered and also gets spoiled -keep things fresh ( this is probably the worst part: there are SO MANY items that I had to throw away because they were too old or spoiled! Please keep only fresh groceries! Anna, please make sure the maids check that things are fresh!).

-Note: for all foods - please buy ORGANIC when possible, if not -we can buy it in NY

Here is a list of items Mr.E would like to have:

1. Main kitchen refrigerator list:

- Water: Voss still

-Yogurts: -faje full fat  
              - BioK strawberry flavor

-Muffins

-Butterspray

-Organic Alfalfa

-Lactaid whole milk (red package)

-Organic eggs (or our own from LSJ, but gain-fresh!) -Ham -Muenster cheese -Romaine lettuce -Large tomatoes, heirloom when possible -Carrots, -Parsnips -Dill -Prune juice -Beef jerky -Hellmann's mayonnaise

-Berries: -strawberries 1 pack  
              - blueberries 2 packs

-Kerrygold unsalted butter

-Things that Anna cooked for JE, as long as they are fresh

Other things for main kitchen (not for the fridge):

-granola: homemade or good granola from NYC -bananas -prunes -white bread

Ingredients to have for homemade granola:

-old fashioned rolled oats

-raw beans

- raw sliced almonds
- organic maple syrup
- dark brown sugar
- salt
- extra virgin olive oil (fresh, good quality), grapeseed oil -Sun-Maid raisins

3. Flag pole refrigerator list:

- Voss still water
- Faje yogurt full fat
- Organic half&half
- BioK yogurt strawberry flavor

Other things for flag pole kitchen (not for the fridge):

- granola: homemade or good granola from NYC -prunes -Illy coffee -beans

If you are traveling to LSJ, please send a list of additional foods you need in advance to Anna.

Anna, when you know that Mr. E is coming to LSJ, please check the list above to see what you have and what you don't, and let us know in advance what do you need us to bring from NY, or if there is anything else you need, that is not on the list. And Anna, PLEASE have a conversation with the maids to make sure they follow the instructions above!

I know we don't have a proper list of stocked items that we keep in the kitchen cabinets and closet, will be working on that.

Here are some visual examples of what NOT to have:

too many berries

too many cheeses, most of them are not fresh

5 cans of soups, sauces we don't use, sodas

No need for that many oranges and lemons

Remember, the items on the list may change with time, so please don't forget to update it if you are aware of any changes.

Thank you all and let me know if you have any questions or suggestions.

Karyna.

"