
From: Lesley Groff [REDACTED]
Sent: Thursday, January 10, 2013 1:00 PM
To: Epstein Jeffrey
Subject: Groceries for [REDACTED]

[REDACTED] is requesting the below groceries. Is it ok to send [REDACTED] out to f=ct them for her? (Or just some of below?)

- >
- > If its possible to get groceries, I'd love the following:
- >
- > 1 liter penta water bottles - a case?
- > I drink 2 a day, usually
- >
- > Raspberries, blueberries
- > 5 bananas
- > 5-6 avocados
- > Olive oil
- > Sea salt
- > Old fashioned gluten free oatmeal
- > Pure maple syrup
- > - Sardines packed in water/salt (plain) - bar harbor is a great brand, or w=atever you find -4 cans
- > - Chopped or minced canned or frozen clams.
- > 2 packages white rice noodles
- > 3 packages 100% buckwheat noodles
- > - Bonito (dried tuna - often near the dried seaweed at the market)
- > - if easy, good quality coconut water (in bottle, not can)
- >
- > I'm just getting my schedule together, will email about times to see Jeffr=y.
- >
- > 60th birthday year! Is he eating home made cookies anymore or did he give=those up?
- >
- > Thank you!
- >
- > Xo
- >
- >>
- >>

```
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