

Grocery and household restock sheet

Use this companion to “A grocery and household supply list that avoids duplicate buying”. Tick the preparation steps, then fill in only the details you need. This is a household record, not a medical assessment.

1. Before you start

Tick an item only when you have checked it. A tick records preparation, not a safety or health result.

☐ Check supplies safely.

☐ Ask what is wanted.

☐ Record size and quantity.

☐ Agree substitutions.

☐ Set a spending limit.

☐ Confirm delivery help.

☐ Check delivered items.

☐ Keep receipts and note gaps.

2. Details to keep

Grocery and household restock sheet · Date _____

Item / already available

Size / quantity wanted

Accepted substitutes

Budget / delivery charge

Buyer / delivery / putting away

Received / missing / receipt
