

Stay-At-Home Shopping Checklist

General Tips

- ☐ Only shop for a two-week supply at most
- ☐ Fruits and vegetables spoil after a few days

Grocery List

- ☐ Produce
 - ✓ Hardy vegetables: broccoli, celery, carrots, potatoes
 - ✓ Hardy fruits: apples, bananas, oranges
- ☐ Meat and Deli
 - ✓ Meat products
 - ✓ Fish
- ☐ Dairy
 - ✓ Butter or margarine
- ☐ Dry goods (canned or boxed)
 - ✓ Beans
 - ✓ Soups
 - ✓ Broths and stews
 - ✓ Canned fruit and fruit juices
 - ✓ Canned vegetables
 - ✓ Canned or powdered milk
 - ✓ Peanut butter
 - ✓ Jam
 - ✓ Crackers
 - ✓ Nuts
 - ✓ Trail mix
 - ✓ Dried fruit
 - ✓ Granola bars
 - ✓ Pasta
 - ✓ Bread
 - ✓ Coffee or tea
- ☐ Frozen
 - ✓ Any preferred frozen goods
- ☐ Others
 - ✓ Bouillon cubes
 - ✓ Sugar
 - ✓ Salt
 - ✓ Pepper
 - ✓ Flour

Hygiene Supplies

- ☐ Hand soap
- ☐ Shampoo and Conditioner
- ☐ Toothpaste
- ☐ Other necessary personal hygiene products
- ☐ Diapers (if needed) and wipes

First Aid Supplies

- ☐ 30-90-day supply of needed medications
- ☐ Common over the counter medications
- ☐ Fever-reducers (acetaminophen, ibuprofen)
- ☐ Thermometer
- ☐ Humidifier (for coughs)
- ☐ Finger pulse oximeter
- ☐ Band-aids
- ☐ Electrolyte replacement drinks such as Gatorade or Pedialyte

Safety Tips:

- **Try to shop at off peak hours (early mornings/late nights)**
- **Be sure to wash your hands immediately after returning from the store.**
- **Maintain 6 feet from others in public whenever possible.**
- **Wearing a face covering reduces the chances of you spreading any illnesses unknowingly.**

Resources:

<https://www.bannerhealth.com/healthcareblog/teach-me/your-coronavirus-shopping-list>

<https://www.usatoday.com/in-depth/money/2020/03/04/coronavirus-what-stock-up-and-how-prepare-your-emergency-kit/4937518002/>