

Sorted by where things are rather than when you thought of them, so you walk the shop once in a line.

IN SHOP ORDER

- ☐ Freezer
- ☐ Cupboard: tins, dry goods, jars
- ☐ Household and toiletries

- ☐ Milk
- ☐ Bread
- ☐ Eggs
- ☐ Butter

- ☐ The fruit that gets eaten without negotiation
- ☐ One vegetable that keeps
- ☐ Coffee or tea, before it runs out

- ☐ Already have it? Cross it off here first
- ☐ Anything on the use-first list to build around
- ☐ One shop, not four. Top-ups are for fresh things only