

SHOPPING LIST



BAKING

BREADS/GRAINS

CLEANING

DAIRY

FROZEN

FRUITS/VEG

JARS/CANS

MEAT

SNACKS

MEAL PLANNER



	B	L	D
SUNDAY			
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			

NOTES:

WEEKLY BUDGET



BEGINNING BALANCE _____

GROCERIES _____ GAS _____ MISC _____

MONEY SAVING IDEAS

_____	_____
_____	_____

UNEXPECTED EXPENSES

_____	_____
_____	_____

ENDING BALANCE _____

LUNCH BOX IDEAS



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



BUDGET \$ _____

NOTES

PREPAREDNESS



DATES BATTERIES WERE CHANGED IN SMOKE DETECTORS

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FIRE DRILLS

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FLASHLIGHTS CHECKED

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NON-PERISHABLE FOODS LIST:

- BATTERIES
- BOTTLED WATER
- CASH
- OTC MEDICATION

9-1-1

STREET ADDRESS

FAMILY MEMBER ALLERGIES:
