

Essential items checklist

While you're not required to isolate, consider developing a food and essential items checklist. Preparing these items in advance may remove the need to race to a hectic supermarket in the event that that you are required to self-isolate/lockdown. You may feel more comfortable knowing that you have at least a week's supply of food and essential items in your home.

Please consider the list below and use the notes column to personalise the checklist, adding the items that are relevant to you and your household.

Before getting started, have a good look in the fridge and pantry to see what you have already.

Essential items Which of the following are most relevant to you?	Tips	Make note of what you need specifically. Think about how much you would need for up to one week.	Have you got it?
Foods			
Drinking water	Consider your household needs up to a week		
Long lasting fruit and vegetables (e.g., apples, mandarins, potatoes, carrots, onions)	Make sure to pick your favourites!		
Frozen products (e.g., fruit and vegetables, meat, breads, home-made or store-bought meals)	Do you make a great lasagne? Consider what you could pre-make and put in the freezer. Follow this link for tips on food safety		
Tinned products (e.g., fruit and vegetables, beans, soups, tuna)	Look for fruit preserved in juice (not syrup) and look for low salt veg options (or give it a good rinse to wash off some of the added salt)		
Cereals, breads, pasta, rice, flours, yeast and baking essentials	Wholemeal options give extra fibre and longer lasting energy. Think wholemeal pasta/flour and brown rice.		
Dairy products (e.g., cheese, yoghurt, milk / long life milk)	Harder cheeses like cheddar and swiss will last a bit longer than soft cheese		
Condiments, sauces and spreads	These tend to be long lasting so it might be helpful to have a spare of anything that gets used up quickly!		

Continued over

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Coffee and tea	Check what's in the pantry first		
A small amount of 'treat' food	Be realistic, consider your needs. Pre-portioned treat foods like small chocolate frogs or snack-sized chips can help your treats go the distance.		
Foods for specific needs (e.g., baby formula, gluten free products, pet foods or grooming needs)	Think about your family/household's requirements and don't forget the pets!		
Other essential items			
Toilet paper	Avoid the panic – have a small stash of back up rolls and you won't have to worry		
Cleaning supplies (e.g., paper towel, hand sanitizer)			
Toiletries (e.g., toothbrushes and toothpaste, soap, shampoo)			
Facemasks and any other PPE relevant to you	Consider your local guidelines for masks		
Prescription and general medications (e.g., pain relief tablets, vitamin supplements)	Check the use-by date on what's in the cupboard, it might need replacing. Also, consider talking to your GP or pharmacist about alternatives (e.g., e-prescriptions) if you wish to avoid face-to-face visits.		
Self-care and medical items if you become unwell (e.g., heat pack, sore throat lozenges, tea)	What makes you feel better when you're feeling under the weather?		