

## Shopping checklist

Who can do my shopping while I'm isolating at home?

Name

Telephone

Who can pick up my shopping?

Name

Telephone

### Food

- Fresh fruit and vegetables
- Pasta, rolled oats, cereals, noodles, beans, milk powder
- Sugar, flour, oil, butter, salt
- Canned soup, beans, tuna, tomatoes
- Frozen vegetables
- Peanut butter, nuts and seeds, crackers, energy bars
- Baby food, formula
- Pet food

### Cleaning

- Bleach, disinfectant
- Paper towels, dusters
- Bin bags
- Medical supplies
- Regular prescription medications
- First aid: plasters, bandages, scissors, gloves, Dettol, thermometer, masks
- Non-prescription medications
- Paracetamol, ibuprofen, cold & flu, anti-histamine, throat lozenges
- Glasses and contact lens solution
- Medication for your pets

### Hygiene

- Toilet paper
- Menstrual products pads, tampons
- Baby supplies nappies, wipes, rash cream
- Shaving products, deodorant
- Tissues
- Soap, shampoo, conditioner, toothpaste
- Hand sanitiser at least 60% alcohol
- Masks
- Laundry detergent

### Stay connected with your friends and family

- phones, tablets, radios, power banks, chargers
- Hearing aids
- Spare batteries
- Use chat apps
- Make plans of how to check in with each other

### Entertainment

- Puzzles
- Books and magazines
- Cards and games
- Colouring and activities
- Podcasts

For more information on how to prepare for isolating at home  
[www.VaccinateGreaterWellington.nz](http://www.VaccinateGreaterWellington.nz)  
or [www.covid19.govt.nz](http://www.covid19.govt.nz)