



## Creating a Master Shopping List

Is there a favorite store that you like to shop at but you only go to this store once or twice a month? Some people might call this their Sam's Club or Costco Run.

Over the years I have found that I have left the store without that one thing that I buy at Sam's Club occasionally, so back in 2013, I created a Master Shopping List. I have a template that I post on my fridge and as I'm running out of something, I can jot it down on the list. This list also helps me to check on the categories that I usually buy at Sam's Club, but not every trip such as paper towel, kleenex, toilet paper, paper supplies.

Having this list on the fridge is helpful so other family members can add an item or two to the list if they would like.

You can manipulate this list to any of your favorite stores, it just takes a few minutes to create it, but it will save you hours in the long run. You may even check your local grocery store. Many of them have created one and it may be on their website.

Or, check out these apps designed to help with grocery lists <https://www.anylistapp.com/> or <http://www.groceryiq.com/>. Give them a try and let me know what you think.

Here is my list:

### Sam's Club List

<b>Groceries</b>			
cashews		strawberry jam	
can goods		peanut butter	
fresh fruit		pizza	
desserts		frozen foods	
croissants		OJ	
blueberry muffins		milk	
laughing cow cheese		eggs	
ragu		chicken salad	
salmon		crackers/chips	
shrimp		bacon	
brownie mix		any spices	
oatmeal		choc raisins	
egg noodle		candy bars	
snack bars		Stacy pita chips	
case of water		Goldfish crackers	
salmon			
fruit/veggie tray			
		Work stuff	
		folders - hang/manila	
		packing tape	
<b>OTHER ITEMS</b>			
deodorant		Ziploc bags	
feminine hygiene		garbage bags	
toothpaste			
vitamins		batteries	
medicine		saran wrap/alum	
napkins		laundry detergent	
		dishwashing detergent	
toilet paper			
paper towel/kleenex			
paper products			

Happy Organizing!  
Your local professional organizer,

Betty Huotari

*P.S. If you would like to share this email with a friend, please pass it along and if they would like to be added to my list, have them send me an email. If you would like to unsubscribe to the monthly news-letter, please send me an email to [betty@logicalplacement.com](mailto:betty@logicalplacement.com).*

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