

Essential Household Items

CHECKLIST

for before your new baby arrives

- Coffee
- Shelf-Stable Milk
- Nut Butter
- High Fibre Cereal
- Nuts
- 70% Dark Chocolate
- Olive Oil
- Balsamic Vinegar
- Whole Wheat Pasta
- Pasta Sauce
- Paper Towel/Kitchen Roll
- Toilet Paper
- Laundry Detergent
- Period Supplies
- Shampoo & Conditioner
- Face Wipes