

First Grocery Checklist

A simple starter list for your first grocery shop

Your first grocery shop after moving in can feel confusing – especially when you're starting with an empty kitchen.

This simple checklist covers the basics that help you prepare easy meals everyday drinks during your first week at home.

Pantry Essentials

- Pasta or rice
- Pasta sauce
- Cooking oil
- Salt & Pepper
- Tea or coffee

Fridge Essentials

- Milk or plant milk
- Eggs
- Butter and spreads
- Cheese
- Yoghurt

Fresh Food

- Bread or wraps
- Fresh fruit
- Onions
- Tomatoes, cucumber, lettuce
- Protein; Salmon, chicken breast, Meat

Simple Meal Items

- Frozen vegetables
- Ready meals
- Soups

Household Items

- Dishwashing liquid and sponges
- Paper towels
- Aluminium foil and baking paper

Want a more organised grocery system?

The **Master Grocery Checklist** helps you organise your pantry staples, fridge items and household essentials in one place so your weekly grocery shop becomes much easier.

[View the Master Grocery Checklist](#)

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Simple tools to help you move and live independently with confidence