Caregiver Grocery List Organizer

Shop From the Meal Plan - Not From Memory

A practical organizer for groceries, household staples, preferences, and caregiver shopping handoffs.

A free resource from

The Caregiving Concierge™

by AdVantage Digital LLC

thecaregivingconcierge.com

Caregiver Grocery List Organizer

Print it · write it down · keep it handy

THIS RESOURCE IS FOR (NAME)

PRIMARY CAREGIVER

DATE STARTED

LAST UPDATED

1 START HERE

- [ ] Review the refrigerator, freezer, pantry, and current weekly meal plan.
- [ ] Add regular staples and easy backup foods.
- [ ] Note preferred brands, sizes, quantities, and acceptable substitutions.
- [ ] Keep professionally directed restrictions visible to the shopper.

2 WORKSHEET / TRACKER

PRODUCE	REFRIGERATED	FREEZER	PANTRY	OTHER

Note: Use this page to make the next caregiver handoff clearer rather than relying on memory.

© 2026 The Caregiving Concierge™

Caregiver Grocery List Organizer

Notes · patterns · caregiver handoff

3 NOTES, PATTERNS & FOLLOW-UP

ITEMS THAT SHOULD ALWAYS BE KEPT ON HAND:

PREFERRED BRANDS / SIZES / SUBSTITUTIONS:

NON-GROCERY ERRANDS:

NOTES FOR THE NEXT SHOPPER:

Sources & further reading

- USDA MyPlate - Healthy Eating for Older Adults
- National Institute on Aging - Healthy Aging Tips for Older Adults

Educational and organizational only. Follow individualized instructions from qualified professionals.

Everything about your loved one's care, organized in one place.
The Caregiving Concierge™ helps families organize care details in one secure workspace.
Scan to learn more at thecaregivingconcierge.com.

SCAN TO LEARN MORE