

SHOPPING LIST

NEXSTEPS - INDEPENDENT LIVING SKILLS

Practical tools for real life

SHOP SMART. BUY WHAT YOU NEED.

Plan before you shop. Tick items as you go and compare prices where you can.

Item	Need / Want	Estimated £	Bought

BEFORE I GO

My budget for this shop: £_____

Meals I am buying for: _____

AT THE END

Estimated total: £_____ Actual total: £_____ Money left: £_____

NEXSTEPS CHALLENGE: Check one branded item against a cheaper alternative. Is the difference worth it?