SMART MOM EDIT

Cold and Flu Season Stock-Up Checklist

General household stocking list only. Call a doctor for anything worrying.

Pantry and comfort

[ ] Soup, broth, and crackers
[ ] Tea, honey, and juice
[ ] Tissues and lip balm
[ ] Thermometer and basic supplies

For kids

[ ] Favorite blanket and pajamas
[ ] Books and quiet activities
[ ] Water bottle and snacks

Household

[ ] Laundry caught up
[ ] Clean sheets ready
[ ] A simple meal plan for sick days