

Laundry

buying BC C/ab

exercises

food

CIM

finances

administration

communication

Household organization

GROCERY LIST

VEGETABLES

Carrots	1 bunch
Celery	1 bunch
Onions	2 or 3 Large
Lettuce/Romaine	1-2 total
Tomatoes	2-3
Mushrooms	
Potatoes	
Tofu	
Avocados	
Green onion	For variety, as called for in menus.
Red Cabbage	
Red Pepper	
Celery cabbage/bok choy	
Hot peppers?	
Spinach	

FRUIT Variety of 3-5 kinds depending on season.

Apples
Oranges
Bananas
Plums, Nectarines, Grapes, Peaches
Melons
Berries
etc.

MEAT & DELI

Frozen fish filets	1lb.
Hamburger 85% lean	1lb.
Frying chicken	2-3 lbs
No salt turkey,	
Low salt ham,	
Rare roast beef	1/2 lb.
Cole slaw or	
Potato salad	1/2 lb.

DAIRY

Cheddar,	
Swiss,	
Brick,	
Colby.	2 kinds, total 1 lb.
Plain yogourt	1 pint
Skim milk	1 quart
Lofat cottage cheese	8 oz, from time to time
Eggs	1 dozen
margarine	

FROZEN

Vegetables	Birds Eye no-salt 2-4 kinds on hand
Juice	2-4 cans misc.

OTHER

Bottled water
Tamari

DRY GROCERIES

Bread, whole wheat 1 loaf
Bagels fresh 2-4 misc.
Crackers:
Wheat thins
Ry Krisp
Rice cakes 2-3 on hand
Pasta:
Superoni elbow
Egg noodles
Whole wheat noodles
Rice-a-Roni
Spaghetti noodles 1-2 on hand
Popcorn 1 lb.
Whole grain:
Millet
Buckwheat groats
Brown rice
Sesame seeds 2-3 lbs total
Oatmeal, instant or quick cooking
Cold cereal:
Granola,
Shredded wheat
Raisin bran 1-2 on hand
Raisins

CANNED GOODS

Tuna Lo salt/water pack 2 7oz. cans
Tomatoes 1 on hand
Tomato sauce 1 on hand
Tomato paste 1 on hand
Coffee
Oil Safflower or
Corn
Salad dressing lo fat
Mayonnaise lo fat?

PAPER PRODUCTS

Viva paper towels 2
plates large
plates small
cups:
hot
cold
small
napkins
handy wipes
plastic wrap
aluminum foil
Bags:
sandwich
lunch
large kitchen garbage
Kleenex
Scott white toilet paper

CIM CHART

ROOM TASK	TOOLS	METHOD	TIME	FREQ
KITCHEN REFRIG CLEAN	PAPER TOWLS (PT) NEWSPAPER WINDEX (WX) SCRUBBER (SC)	1. Throw out overage leftovers. 2. Remove all items from bottom shelf- put on newspaper on floor. 3. Use PT to wipe out bottom shelf, and wipe bottoms of items before returning. 4. Use WX & SC on finger-prints etc. on inside & outside. *Note: some water on bottom shelf is "normal" for this frig; if increasing, check if frig needs defrost.	.5h	wkly before grocery shop
FLOOR WASH	BROOM, MOP	1. Clean cracks in table before floor. 2. Stack chairs upside down on table. 3. Sweep & damp mop floor. Soap usually not needed & shortens life of wax.	.5h	Wkly
WAX	MOP, WAX	4. Wax after washing when floor is dull & water doesn't bead.	.25h add'l	as needed
SINK	SCRUBBER, CLEANSER	1. Scour dish drainer tray. 2. Remove drain plugs & scour tap & bottom. 3. Scour sink & drains.	.25h	wkly
FINGERPRINT REMOVAL (Cupboard door doors, frig, freezer, walls by light switches, doors, doorframes, etc.	SCRUBBER, WINDEX, PAPER TOWLS	1. Use windex & SC. 2. Wipe off with PT. 3. Rinse SC frequently.	Vari- able	as needed

CIM CHART

ROOM TASK	TOOLS	METHOD	TIME	FREQ
BATHROOM TOTAL CLEAN	PAPER TOWLS, TUB SCRUBBER, WINDEX, SOFT CLEANSER, LYSOL CLEANER, RAG, SCRUBBER, TOILET BRUSH	1. REMOVE toothbrushes & Kleenex & put in kitchen. 2. Use WX & PT to clean medicine cabinet. 3. Use soft cleanser & tub scrubber on bathtub - rinse with rag & plenty water. 4. Use Lysol & rag on walls where scummy. 5. Use Lysol & PT on toilet; toilet brush in bowl. 6. Use SC & soft cleaner on sink - rinse with rag. 7. Shine chrome with WX & PT; use on whole sink also. 8. Remove all items on floor. 9. If floor is especially hairy, it's worth pulling in vac cleaner. 10. Use Lysol & PT on floor, be sure to get behind toilet thoroughly. Note: this is both faster & better than mop.	.5h- .75h	wkly
QUICK TOILET CLEAN	TOILET PAPER LYSOL CLEANER TOILET BRUSH	Do a quick cleanup of urine, hair, etc, on toilet. Do same to sink if required.	.05h	midwk
EMPTY BATHROOM GARBAGE AS REQUIRED. OFTEN TWICE WEEKLY.				