



What I already have

Record locations and amounts. Follow the product label and storage instructions; this sheet cannot decide whether food is safe to eat.

Item	Location	Amount	Check

Example: rice | cupboard | 1 pack | date on package.



A useful shopping list

Compare this page with the inventory. Do not add amounts expressed in different units.

Item	Needed	In stock?	Buy

Start by reviewing what you may want to use next.



Using the workbook

The ZIP also includes two editable Excel files, one per language. Print a PDF if you prefer paper.

1. One item per row

Enter the item, its location, amount and unit. Do not record sensitive details.

2. A threshold in the same unit

Set a level that prompts a check. For example, one pack available against a threshold of two packs.

3. Review the check column

The formula flags amounts at or below the threshold. It does not assess expiry or food safety.

4. Make your list

Decide what to buy after checking your needs and product labels.

The file stays on your device: no account needed.