

What friends and family can do to help

Daily and weekly chores might include:

- Mow the lawn once a week
- Watch the kids for a couple of hours
- Take the kids to the park
- Pick up the kids from school or soccer practice
- Go to the grocery store
- Cook and freeze healthy food a couple of times a month
- Bring already prepared meals
- Clean the house
- Wash the laundry
- Sit with your spouse
- Take your spouse to doctor appointments

Grocery list

Food Items:

Fresh fruits and vegetables
Milk
Butter
Cheese
Eggs
Ice cream (*makes everybody happy*)
Bread
Cereal
Rice
Spaghetti
Lunch/deli meat
Ground beef
Tuna
Hot dogs (*good in a pinch*)
Juice
Gatorade
Canned soup
Peanut butter and jelly
Boost or other nutritional supplement

Other Items:

Diapers
Baby formula
Toothpaste
Bar soap
Laundry detergent
Dishwashing detergent
Toilet paper
Paper towels
Napkins
Paper plates (*very handy*)
Plastic utensils