



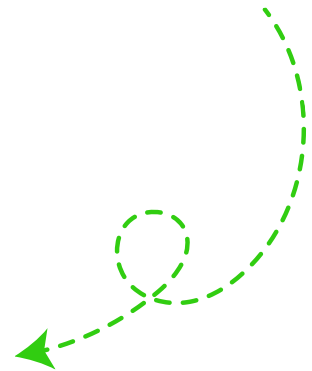
Solo Ager's Sick-Day Prep Checklist

ESSENTIAL SUPPLIES

- Hydration:** Emergen-C, Pedialyte, coconut water, electrolyte water, bouillon for broth. Use caution and read the labels.
- Quick Foods:** Cans of tuna and chicken, Jello cups, pudding cups, applesauce packs, bread (store in the freezer), and crackers in sealed packages.
- Comfort Items:** Throat lozenges, tissues, saline spray, pain killer, lip balm, and antacid tablets, herbal tea.
- Extras:** A couple of frozen ready-to-eat meals and two canned soups or packets of dry soup mix.

TIPS

- Check expiration dates on all items periodically.
- Choose low-sugar or sugar-free options if needed.
- Yes! I've put all of this in a box or on shelf where I can get to it easily.



Notes :

This is when I checked the expiration dates on all items:

Notes :

Add these items:

Always check with your medical provider before making any changes to your dietary habits. Read the labels to check for sugar, sodium, and other ingredients that may affect your health when putting together your supply list. This list is purely for guidance and is not intended to provide any nutritional or medical advice.