



BACK-TO-SCHOOL CHECKLIST

EVERYTHING YOU NEED FOR THIS SCHOOL YEAR!

HEALTH KIT/SUPPLEMENTS

elderberry syrup	vision support/eye drops	protein powders
probiotics/enzymes	greens/superfoods	magnesium
manuka honey	vitamin b	omegas
echinacea	fire cider	DHA
multivitamin	nasal spray	calcium
vitamin c	colloidal silver	vitamin d
electrolytes	energy support	turmeric
mood support	mushroom powder	melatonin
homeopathics	bandaids	collagen
CBD	fiber	tea tree oil

SCHOOL SUPPLIES

backpack
 reusable containers
 conscious cutlery
 notebooks
 colored pencils
 reusable drinkware
 hand sanitizer
 travel case
 mints/gum

PRODUCE

carrots
 peppers
 green beans
 broccoli
 oranges
 brussel sprouts
 apples
 bananas
 potatoes
 cauliflower
 sweet potatoes
 salad greens
 celery
 stone fruit

MEAT

ham
 turkey
 bacon
 meat alternatives

DAIRY/FRESH

grass-fed butter
 cheese sticks
 cheese slices
 cream cheese
 crescent rolls
 hummus
 eggs
 half-n-half
 milk
 yogurt
 pudding
 dairy alternatives
 ready-to-drink bone broths

FROZEN

pizza/pizza poppers
 ice cream
 cookies dough
 rolls
 mixed vegetables
 breakfast burritos
 frozen fruit
 bread/wraps
 waffles
 ice pops

GROCERY

nut butters
 jelly/jam
 tuna fish
 raisins/dried fruit
 honey
 stevia
 mayonnaise
 ketchup
 applesauce
 granola bars
 cereal

BEVERAGES

coffee
 coffee filters
 tea bags
 soda
 sparkling water
 drink mixers
 juice boxes
 water enhancers
 kombucha

PERSONAL CARE

hand soaps
 shampoo
 conditioner
 body wash/bar
 body lotion
 toothpaste/toothbrush
 floss
 whitening pen/strips
 mouthwash
 makeup/makeup remover
 cleansers/facial care
 deodorant
 lip balm

DORM ROOM ESSENTIALS

himalayan salt lamp
 essential oils
 essential oil diffuser
 dream catcher
 air fresheners
 tapestry

CLEANING/KITCHEN

foil
 napkins
 plates
 utensils
 paper/reusable towels
 paper/reusable bags
 tissues
 trash bags
 toilet paper
 toilet/mirror/all-purpose cleaner
 laundry detergent

BASIL BANDWAGON NATURAL MARKET