

# How to use the customizable Stock-Up List

1

Use your TAB key to tab through the customizable fields of each form. Except for the first form, each form has numerous fields in which you can enter your own information.

The image shows three overlapping 'Stock-up Price List' forms. Each form has a header with the title 'Stock-up Price List' and 'My Personal Price List'. The forms are organized into several sections with sub-headers: 'Toilet/Paper Care', 'Baby Items', 'Refrigerated Items', 'Produce', 'Protein', and 'Frozen Food'. Each section contains a list of product names in a column, with corresponding 'COST', 'SIZE', and 'UNIT/COST' columns to the right. The forms are designed to be filled out with specific product and pricing information.

2

Click on the section(s) you'd like to fill in.

3

Type in your text.

A close-up view of a 'Stock-up Price List' form. A large grey arrow points to a specific row in the table. The row contains the text 'Diaper Wipes' in the product column, '\$.99' in the cost column, and '60 ct.' in the size column. The table has columns for 'COST' and 'SIZE'. The form is titled 'Stock-up Price List' in a cursive font.

4

Print out the document when you're done typing in your text.

5

Save your document if you'd like to save your changes. You'll be able to open the document again to add different text at any time.

# Stock-up Price List

ITEM	COST	SIZE	UNIT COST
<b>Toiletries/Personal Care</b>			
Bandages	\$0.50	30 ct	\$0.02 per bndg
Bar Soap	\$0.30	2 pk	\$0.15 per bar
Cough Drops	\$0.25	1 bag	\$0.25 per bag
Deodorant	\$0.50	1 stick	\$0.50 per stick
Floss	\$0.25	1 pk	\$0.25 per pkg
Liquid Soap	\$0.30	1 pump	\$0.30 per pump
Lotion	free		
Mouthwash	free		
Pain Reliever	\$1.00	1 bottle	\$1.00 per bottle
Razors	\$1.00	1 pkg	\$1.00 per pkg
Shampoo/Conditioner	\$0.50	1 bottle	\$0.50 per bottle
Shaving Cream	\$0.50	1 can	\$0.50 per can
Toothbrushes	\$0.20	1 brush	\$0.20 per brush
Toothpaste	free		

<b>Baby Items</b>			
Diapers	\$0.10	1 diaper	\$0.10 per diaper
Wipes	\$1.00	64 ct	\$0.02 per wipe

<b>Refrigerated Items</b>			
Butter	\$1.69	1 lb	\$0.11 per oz
Cheese	\$1.69	8 oz	\$0.21 per oz
Cream Cheese	\$0.50	8 oz	\$0.06 per oz
Eggs (farm-fresh, free-rng)	\$2.00	1 dozen	\$0.17 per egg
Eggs (regular)	\$1.29	1 dozen	\$0.11 per egg
Milk (rBGH free)	\$2.50	1 gallon	\$2.50 per gallon
Milk (organic)	\$3.98	1 gallon	\$3.98 per gallon
Sour Cream	\$0.99	16 oz	\$0.06 per oz
Yogurt	\$0.25	1 srv	\$0.25 per serving

<b>Produce</b>			
Bananas	\$0.44	1 lb	\$0.44 per lb
Fruit in Season	\$0.99	1 lb	\$0.99 per lb
Grapes	\$0.99	1 lb	\$0.99 per lb
Lemons	\$0.25	each	\$0.25 each
Salad (organic package)	\$1.99	16 oz	\$0.12 per oz
Salad (organic head)	\$1.59	1 head	\$1.59 per head
Strawberries	\$1.85	1 carton	\$1.85 per carton
Tomatoes	\$0.99	1 lb	\$0.99 per lb
Watermelon	\$2.99	1 melon	\$2.99 per melon
Carrots	\$0.99	1 lb	\$0.06 per oz

ITEM	COST	SIZE	UNIT COST
<b>Frozen Food</b>			
Frozen Vegetables	\$1.00	16 oz	\$0.06 per oz
Ice Cream	\$3.00	1 tub	\$3.00 per tub

<b>Meat</b>			
Beef, Ground (93% lean)	\$3.69	1 lb	\$3.69 per lb
Chicken (boneless/skinless)	\$5.99	3 lb bag	\$2.00 per lb
Roast	\$3.00	1 lb	\$3.00 per lb
Steak	\$2.00	1 lb	\$2.00 per lb

<b>Dry/Canned Goods</b>			
Bread (higher-quality)	\$1.49	1 loaf	\$1.49 1 loaf
Brownie Mix	\$0.39	1 box	\$0.39 per box
Tuna (can/pouch)	free or almost free		
Cereal	\$1.00	12 oz	\$0.08 per oz
Chocolate Chips	\$1.69	12 oz	\$0.14 per oz
Cookies	\$1.00	8 oz	\$0.13 per oz
Crackers	\$1.00	1 box	\$1.00 per box
Flour (organic wheat kernels)	\$0.69	1 lb	\$0.04 per oz
Flour (unbleached white)	\$0.50	1 lb	\$0.03 per oz
Hamburger/Hot Dog Buns	\$1.00	8 ct	\$0.13 per bun
Honey	\$3.00	16 oz	\$0.19 per oz
Jelly/Jam	\$1.00	32 oz	\$0.03 per oz
Ketchup	\$0.50	16 oz	\$0.03 per oz
Mayonnaise	\$1.00	30 oz	\$0.03 per oz
Mustard	free		
Oats	\$1.69	42 oz	\$0.04 per oz
Pasta	\$0.50	14.5 oz	\$0.03 per oz
Peanut Butter	\$1.00	15 oz	\$0.07 per oz
Salad Dressing	\$0.99	16 oz	\$0.06 per oz
Soup (canned)	\$0.15	10 oz	\$0.015 per oz
Spaghetti Sauce	\$1.00	26 oz	\$0.04 per oz
Sugar (turbinado)	\$1.34	1 lb	\$0.08 per oz
Tomato Paste	\$0.15	6 oz	\$0.03 per oz
Tomato Sauce	\$0.15	8 oz	\$0.02 per oz
Tortillas	\$0.99	10 ct	\$0.10 per tortilla
Vanilla	\$6.88	16 oz	\$0.43 per oz

<b>Cleaning Supplies/Paper Products</b>			
Aluminum Foil	\$0.50	20-ft box	\$0.03 per foot
Dishwasher Detergent (tabs)	\$0.50	10 tabs	\$0.05 per tab
Dishwashing Soap	free		
Laundry Detergent	\$0.99	32 loads	\$0.03 per load
Toilet Paper	\$0.25	1 roll	\$0.25 per roll
Kitchen Trash Bags	\$2.98	32 bags	\$0.09 per bag
Zipper Bags (sandwich)	\$1.00	50 count	\$0.02 per bag
Zipper Bags (qt+ or freezer)	\$1.00	16 ct+	\$0.16+ per bag

# Stock-up Price List

MY PRICE LIST

ITEM	COST	SIZE	UNIT COST
<b>Toiletries/Personal Care</b>			
Bandages			
Bar Soap			
Cough Drops			
Deodorant			
Floss			
Liquid Soap			
Lotion			
Mouthwash			
Pain Reliever			
Razors			
Shampoo/Conditioner			
Shaving Cream			
Toothbrushes			
Toothpaste			

<b>Baby Items</b>			
Diapers			
Wipes			

<b>Refrigerated Items</b>			
Butter			
Cheese			
Cream Cheese			
Eggs			
Milk			
Sour Cream			
Yogurt			

<b>Produce</b>			
Bananas			
Grapes			
Lemons			
Salad			
Strawberries			
Tomatoes			
Watermelon			
Carrots			

<b>Frozen Food</b>			
Frozen Vegetables			
Ice Cream			

ITEM	COST	SIZE	UNIT COST
<b>Meat/Deli</b>			
Beef, Ground			
Chicken (boneless/skinless)			
Roast			
Steak			

<b>Dry/Canned Goods</b>			
Bread			
Brownie Mix			
Tuna (can/pouch)			
Cereal			
Chocolate Chips			
Cookies			
Crackers			
Flour			
Hamburger/Hot Dog Buns			
Honey			
Jelly/Jam			
Ketchup			
Mayonnaise			
Mustard			
Oats			
Pasta			
Peanut Butter			
Salad Dressing			
Soup (canned)			
Spaghetti Sauce			
Sugar			
Tomato Paste			
Tomato Sauce			
Tortillas			
Vanilla			

<b>Cleaning Supplies/Paper Products</b>			
Aluminum Foil			
Dishwasher Detergent			
Dishwashing Soap			
Laundry Detergent			
Toilet Paper			
Kitchen Trash Bags			
Zipper Bags (sandwich)			
Zipper Bags (qt+ or freezer)			

