

DAY 01: SHOP SMART

Everything to shop for back-to-school, on one page. Print it, mark it up, cross it off — you'll be done well before August even starts.

STRESS-FREE SCHOOL YEAR

STEP 01 • SCHOOL SUPPLIES

Let's start with one of the biggest ones on our mind — school supplies. There are a few ways to tackle this one:

1. Order a school supply kit (check your school or PTA — usually the fastest option)
2. Order as much online as you can (you won't even have to brave the back-to-school crowds)
3. Shop it yourself (make a whole day of it — grab a coffee on the way and reminisce on the fun you had as a kid school shopping)

Can't find the list yet? Here's where it might be hiding:

- The school's website (check the Enrollment or New Student tab)
- The school's Facebook page
- TeacherLists.com
- Still nothing? Use last year's list for the same grade — it's usually 90% right

STEP 02 • SCHOOL YEAR CLOTHING

These aren't usually top of mind when it comes to school supplies, but they're important too:

- First-day-of-school outfit
- Gym shoes
- School uniforms
- Everyday tops + bottoms
- Basics one size up, on sale
- Fall jacket / hoodie
- Cold weather hats & gloves

Check out today's downloads for the Take-Along Shopping sheet, so you have a record of your kids' sizes whenever you find a good sale!

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STEP 03 • IMPORTANT ITEMS THAT AREN'T ON THE LIST

Don't forget to buy or order these while school supply shopping:

- Backpack
- Lunch box
- Water bottle(s)
- Reusable snack bags / containers
- Ice packs
- Headphones / earbuds
- Umbrella / rain coat

STEP 04 • SHOP LIKE A PRO

Here are three easy ways to spend less time and money on supplies:

1. Buy the yearly staples in bulk when they're on sale — pencils, crayons, markers, erasers, notebooks, tissues, and paper towels
2. Shop the September clearance — The best deals of the year are usually AFTER school starts. Stock up right after school is back in session, and you've saved time AND money next year.
3. Bulk-buy the items that constantly break or disappear at the most inconvenient times — earbuds, computer mouse, and water bottles

Today's Wins:

- ✓ School supply list found & ready for shopping
- ✓ Clothing audit to determine if new school clothes are needed
- ✓ Fill out the Take-Along Shopping worksheet to have on hand when there are good sales