

CHECKLIST FOR VOLUNTEER SHOPPERS

It's great that you're offering to support someone with their shopping. Having a little information about the person could make shopping easier for you and better for them.

Here are some things that you might need to know

Name.....

Address.....

Telephone number

ABOUT THE PERSON YOU ARE SHOPPING FOR

1. What is the best way to contact them?
2. When is the best time to contact them?
3. Do they have any underlying health conditions that you need to know about?
4. Do they have any specific dietary requirements - vegetarian/vegan/coeliac etc?
5. Do they have any allergies i.e. nuts/diary/wheat?

ABOUT THE SHOPPING

1. What is the best way to get a shopping list?
2. If brands/size aren't specified ask if they have a specific brand/size they like?
3. How is the person going to pay for the shopping?
4. What should I do when delivering the shopping?

OTHER THINGS I NEED TO REMEMBER

We also have a checklist for the person you are shopping for. They can fill this out and provide you with some of this information.

We have more information and resources that you might find helpful. These can be found [here](#)



Committed to Good Support is funded by the Scottish Government's Supporting Communities Fund.