

Family grocery and shopping research checklist

Use this from home to prove the ordinary basket, difficult products, real postcode access and a proportionate disruption fallback before choosing a property.

MOVING FROM	DESTINATION / CITY	PLANNING CURRENCY	LAST CHECKED
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HOW TO USE

Read the linked SettleHappy guide first. Tick an item when the answer or evidence is saved in your own move folder. Recheck volatile facts before paying or applying.

1 Write the household's two baskets

- ☐ List 20 ordinary weekly foods and household supplies in the quantities or servings the family actually uses.
- ☐ List every non-negotiable infant, allergy, medical, halal/religious or sensory-specific product separately.
- ☐ Mark each specialist product as exact-brand essential, specification essential or safely substitutable; record who confirms that decision.
- ☐ Identify meals the family already enjoys that can be built from destination-local staples rather than imported-brand replicas.

2 Compare real city postcodes

- ☐ Choose three realistic home-school postcodes in each shortlisted city; do not test a generic city-centre address.
- ☐ Use current retailer locators, catalogues and delivery checkout coverage to find a fresh-food source, main shop and emergency top-up.
- ☐ Record ordinary journey time, difficult-weather time, delivery minimum, cold-delivery evidence, payment and substitution controls.
- ☐ Remove a property if the weekly shop requires a repeated cross-city, cross-island or border journey with no practical alternative.

3 Prove every difficult product

- ☐ Save the exact destination pack: brand, product, size, factory/country, ingredients, allergens, responsible company, dates, storage and permit/registration evidence.
- ☐ Translate the regulated local-language label and compare it with the manufacturer's home-market or international product page; never use that page as a replacement.
- ☐ Verify current halal certification or other material assurance through the recognised destination authority where relevant.
- ☐ For severe allergy or cross-contact uncertainty, obtain current manufacturer evidence and identify an independently safe substitute.

4

Build the four-week household total

- ☐ Price the ordinary local basket and specialist/imported basket separately using like-for-like quantities or servings.
- ☐ Add water, cleaning, toiletries, nappies, storage, humidity/pest control and refrigeration or power-backup needs.
- ☐ Add delivery, minimum spend, membership, fuel/taxi, tolls, parking and adult time for monthly specialist stock-ups.
- ☐ Add realistic waste, unusable substitutions and a modest allowance for temporary stock gaps; never hide them inside a national average.

5

Stress-test and decide from home

- ☐ Write the fallback for heavy rain, flood, typhoon, holiday closures, power loss, delayed island supply and a preferred product disappearing.
- ☐ Keep a modest rotating reserve of normal shelf-stable food, safe water and essential child items; avoid panic buying and expiring stock.
- ☐ Set no-go conditions: no safe formula/medical-food route, unreadable or unverifiable allergy evidence, one fragile import source or no appropriate substitute.
- ☐ Score each city corridor on ordinary basket ease, specialist proof, complete monthly cost, difficult-week resilience and fit with school/home; retain only options that pass every essential condition.

Information, not regulated immigration, legal, tax, financial or medical advice. Verify current requirements with issuing authorities, providers and appropriately qualified advisers.