Solutions

Giant Fridge Magnet Puzzle: Create a large magnetic puzzle that sticks to the refrigerator. Each puzzle piece represents a different grocery item. As they run out of an item, they remove the corresponding puzzle piece, revealing the missing item they need to buy.

and you can also smell the items by rubbing your fingers on them

Grocery Bingo: Design a grocery-themed bingo game with various grocery items in each square. They can cross off items from their bingo card as they remember them throughout the month.

Grocery Memory Wall: Set up a dedicated bulletin board or wall in the kitchen. Whenever they run out of an item or think of something they need, they write it down on a sticky note and place it on the memory wall.

Shared Shopping List with Family: If they have family members living nearby, establish a shared physical shopping list that family members can update when they visit. This way, everyone can contribute to the list, ensuring nothing is forgotten.

Memory Peg System: Teach them a memory peg system, where they associate each item on the grocery list with a familiar location or object in their home. When they think of that location or object, it triggers the memory of the corresponding grocery item.

Picture-Based Grocery List: Create a picture-based grocery list with illustrations of common items they buy. They can simply tick off the items they need, reducing the reliance on text and making it more visually memorable.

Voice-Activated Shopping List: Create a voice-activated smart device that responds to verbal commands. Users can simply speak out the items they need, and the device will add them to a shopping list that can be accessed later.

Color-Coded Shopping Tags: Design color-coded tags or stickers that can be placed on the products at home. Each color represents a specific category (e.g., red for dairy, blue for vegetables). This way, they can quickly identify what they need to buy while at the store.

Digital Refrigerator Magnet: Develop a digital refrigerator magnet or an electronic display that syncs with the grocery checklist app. It can display the items that need to be replenished as a constant reminder.

a list could be put up in the kitchen. now they can add and remove items from that list. and it goes to everyone's phone. now people can easily click pictures and put onto the digital list. in the end people can scan the qr code on the paper list and everything that's over or someone had put up something specific comes onto the display or phone. it may features like voice activation, people can speak and add items in the list.
also to color coded tags can be put up next to the items are over. so in the end its easier to scan(eg: red colored items are over and now after scanning only those things are added to the list