

everything you can *hand off*

pick anything below — i'll match you with a local woman who's great at it.

● food & meals

- . week of school lunches
- . sunday meal prep
- . freezer batch-cook
- . cook dinner / dinner drop-off
- . grocery run
- . costco / bulk run
- . snack restock

● cleaning & laundry

- . light cleaning / tidy
- . deep clean (baseboards, fans)
- . laundry — wash, dry, fold
- . laundry — pick up & bring back
- . laundry — put away
- . dry cleaning drop-off & pickup
- . pantry / fridge reset
- . trash & recycling

● organizing

- . organize a space (garage, closets)
- . playroom purge
- . kids' closet swap
- . adult closet swap

● outdoor & pets

- . yard / garden help
- . pet care (feed, walk, vet run)
- . house-sit lite

● seasonal & holidays

- . holiday card prep
- . christmas shopping & wrapping
- . rosh hashanah & passover prep
- . valentine's gifts
- . easter baskets
- . thanksgiving prep
- . halloween prep
- . any holiday cooking & cleaning

● errands & admin

- . returns & package drop-off
- . donation drop-off
- . wait for a delivery or repair
- . take the car in (oil, wash)
- . make calls / book appointments
- . mail & paper sorting
- . vacation prep (packing, house, pet)
- . trip planning & booking

● kids & school

- . camp prep + labeling
- . back-to-school shop
- . teacher gifts
- . costume / spirit-week

● celebrations & date nights

- . birthday party planning
- . birthday party prep
- . extra hands at the party
- . party cleanup
- . special celebrations planning
- . date night planning
- . reservations (dinner, tickets)
- . gift shopping + wrap

● desk & online

- . inbox & calendar wrangling
- . data entry / spreadsheets
- . light bookkeeping
- . social media posts
- . online research & ordering
- . product listings (resale)
- . photo organizing & printing
- . personal shopping (clothes/shoes)

need a pro instead?

plumber, mover, mechanic, lawn, beauty, taxes — i'll point you to someone trusted, not a helper.

ready when you are

request at takebackthelist.pages.dev · or text 910.964.1239

brand new — every match made by hand, by a mom of three. women helping women.