

# Going to the Grocery Store

Grocery shopping can sometimes be overwhelming. There can be lots of people, noise, and lights.

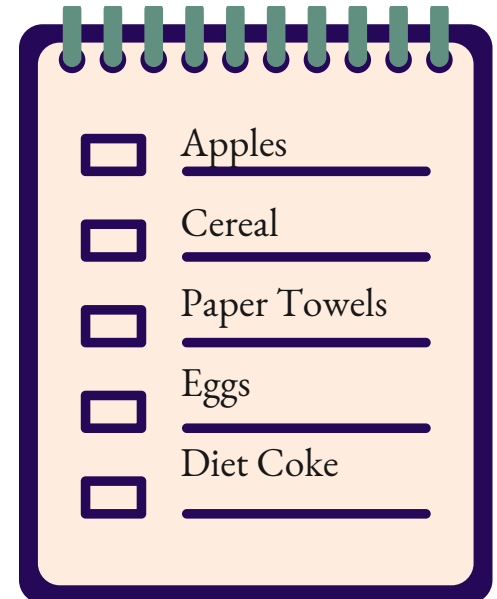


The good news is that preparing for a trip to the grocery store can be helpful in reducing stress!

People go grocery shopping to buy food and other essential items (like toilet paper, trash bags, and hygiene products).



Before going to the store, it's helpful to make a list of what you need and want to purchase. Lists can help you stay focused and remember everything! You can keep a list on your phone, or on a piece of paper.



Lists can also help you know how much money you need to bring if you are going to use cash or a debit card.



When you enter the grocery store, you can choose either a basket or cart to hold your items. Baskets are good if you only have a few things to buy!



Grocery stores can be big. Each aisle has a number and a description of what products are there.



If you can't find what you are looking for, ask an employee.

After you have everything on your list, its time to check out.



You might need to wait in line. Some stores have self-checkouts you can use.



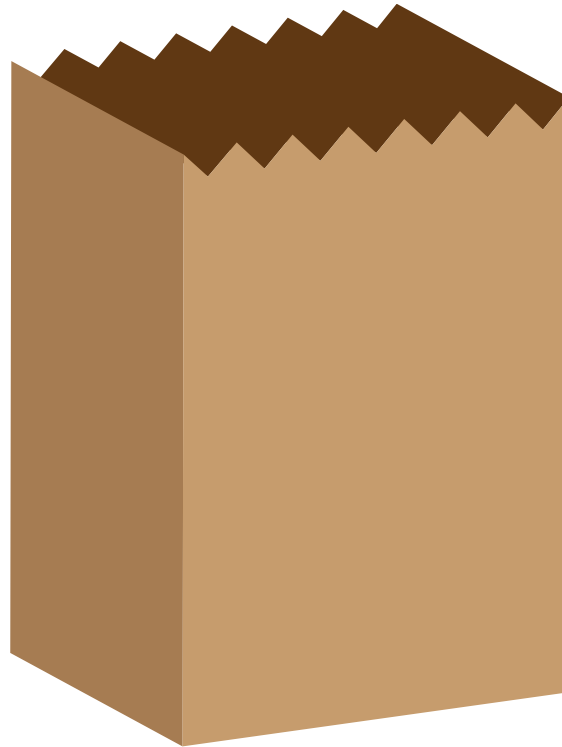
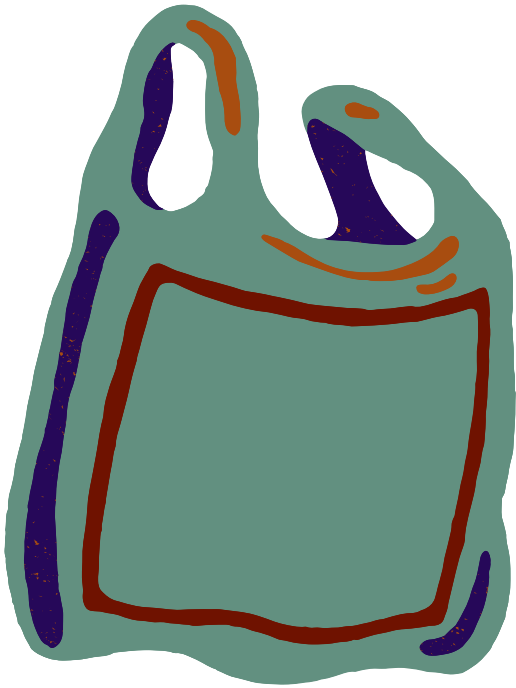
You will place your items on the conveyer belt for the cashier to scan.



Some stores have people who bag your groceries, but sometimes you will need to bag your items.



If you are bagging your own items, you will get to choose between paper or plastic. You can also bring your own reusable bags.





# Tips for Bagging Groceries

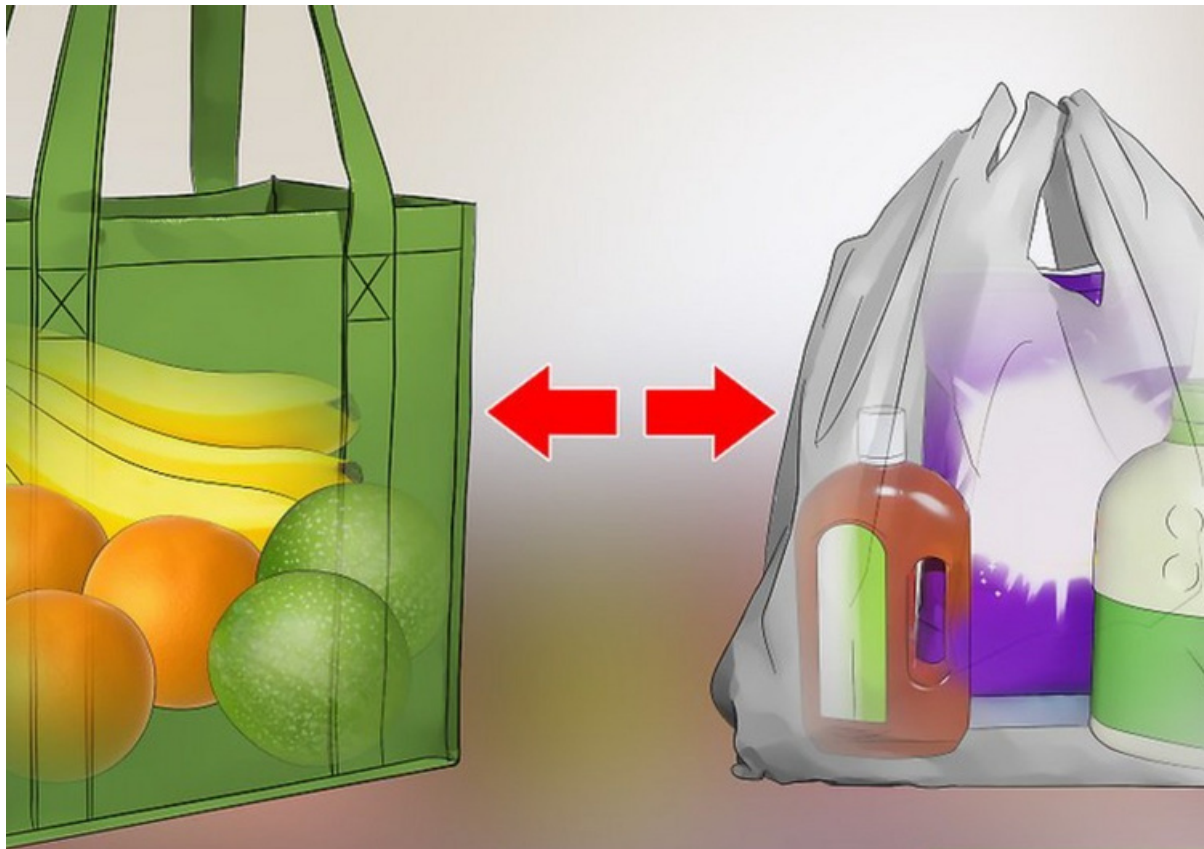
Place the heaviest items on the bottom (cans, juice, boxed goods).

Put breakable items (like eggs) and fruit on the top.



Separately bag raw meats, as well as cleaning products, to avoid contamination.

Make sure your bags aren't too heavy. Double bagging is a good security measure.



There are a few social norms to consider when you are at the store:

When using a cart, don't go too fast and make sure you look out for other people.



Sometimes it can be tempting, but don't take things from other people's carts.

If you decide you don't want something, make sure you put it back in the correct spot.





Grocery stores can be busy and noisy, which can be hard for sensory sensitive people. Below are some tips for handling sensory input:

Usually weekends and after work hours are the busiest, try going in the mornings.



Headphones are a great way to block out unwanted noise.

If you are sensitive to florescent lights sunglasses or yellow tinted glasses may help.

