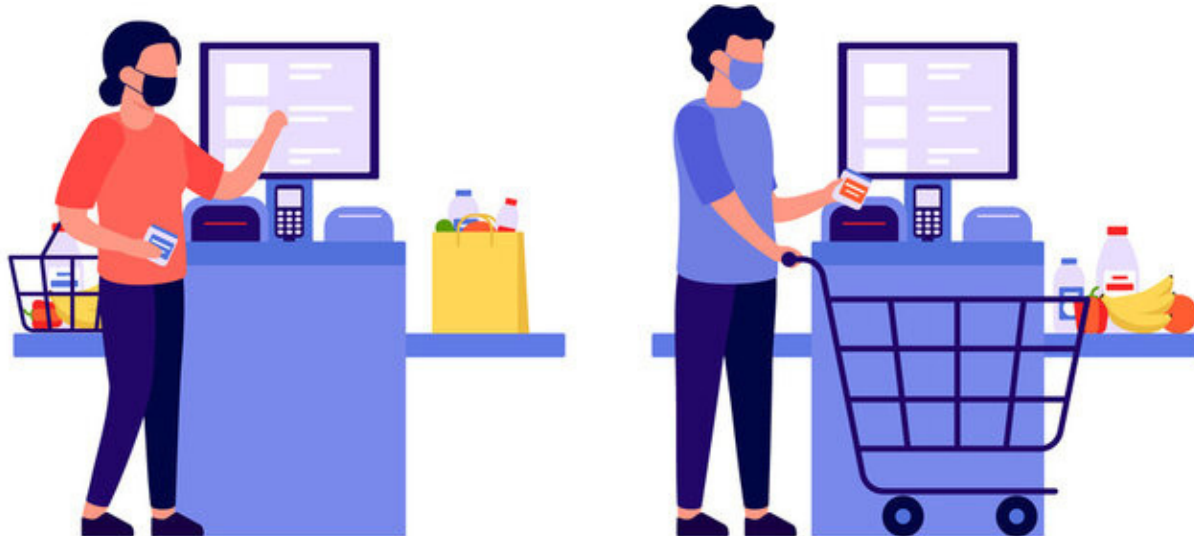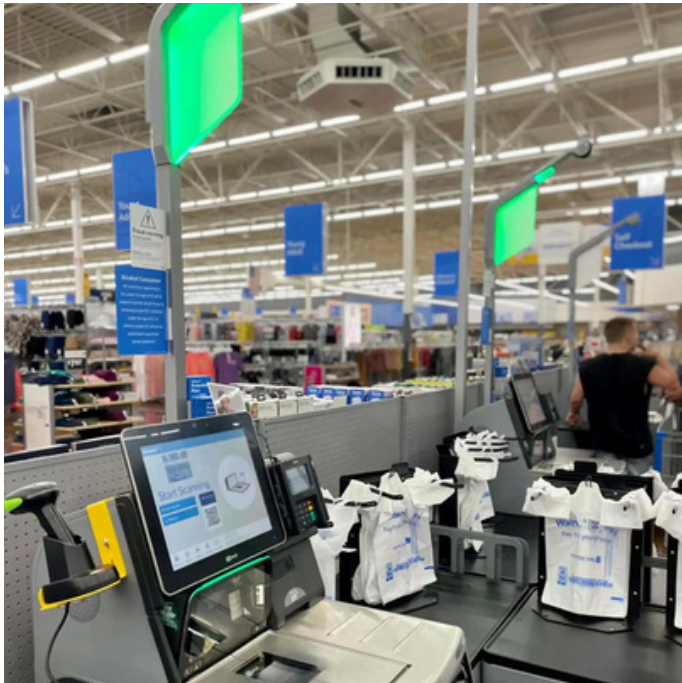# Using the Self Check Out

Many grocery stores, like Cub Foods, Target and Walmart, have self checkout.

Checking out for yourself can be very helpful for those with social anxieties.

Sometimes the machines can be a bit confusing. Learning how to use the self check out can help you save time.
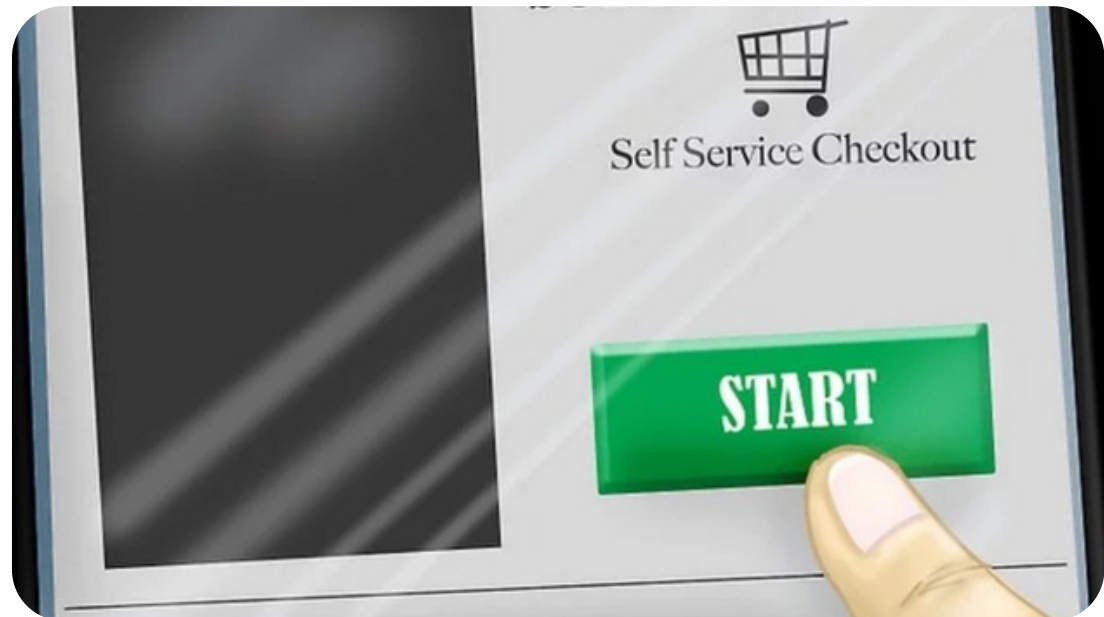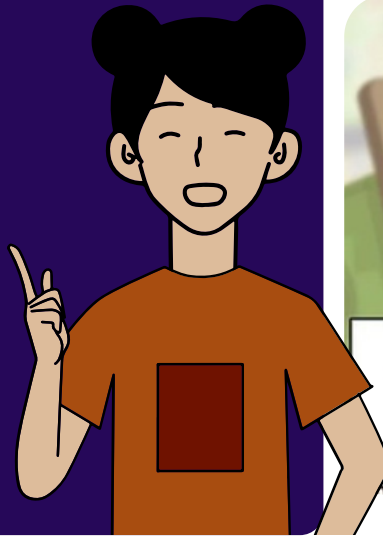
Self Checkouts use lights to signal if they are working. Green means good to go. Red means it's not working.

When you walk up to the self check-out, there is a spot to put your items. Usually its on the left side.

Click the Start Button on the screen and begin scanning your items.

Self Service Checkout

START

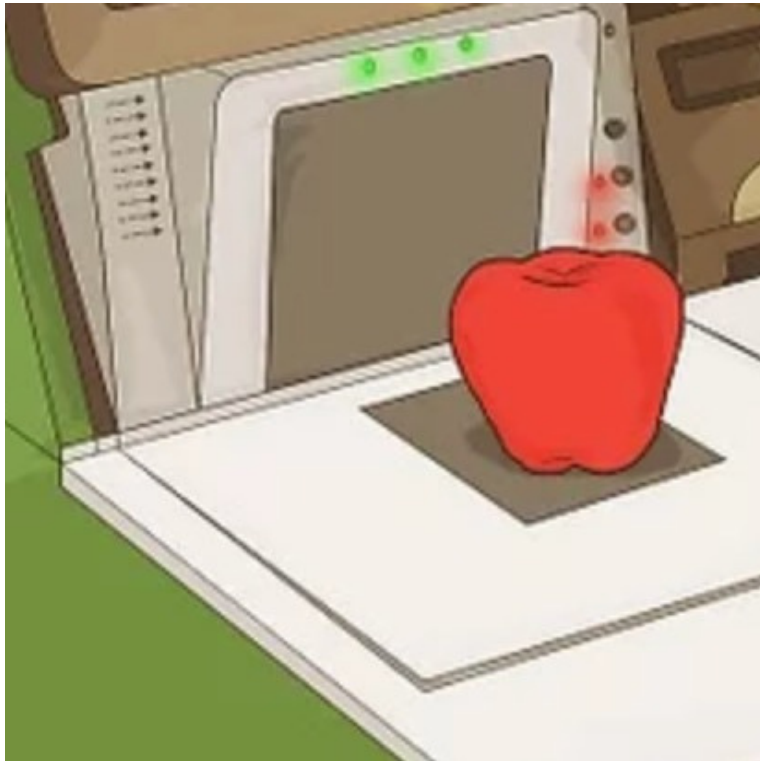To start scanning your items, you first have to locate the barcode.

Barcode

Things like fruit and vegetables have a special way of scanning.

Select the "look up item" button or the "no barcode option". It can be different at each store!
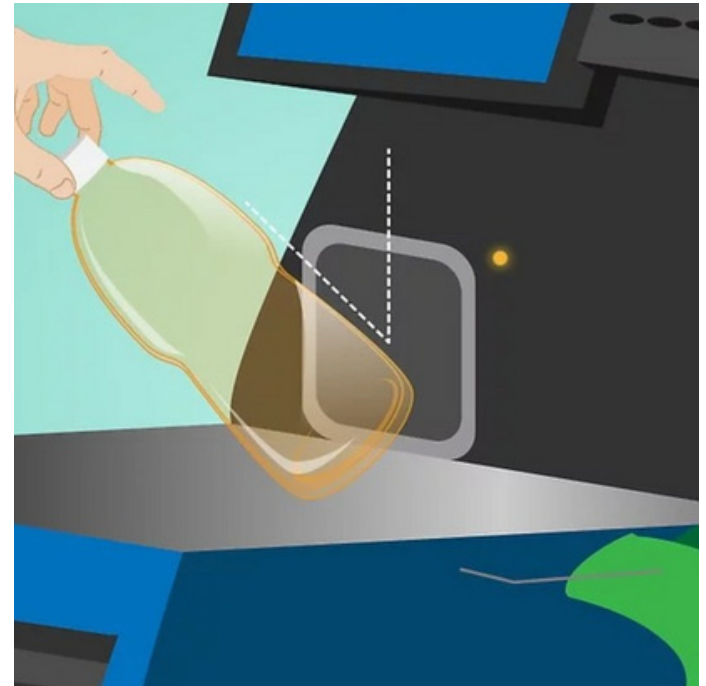
Next, you need to find the sticker on your produce. The sticker will have a code.

Type in the code on the screen and set your fruit down on the scale.

#01234
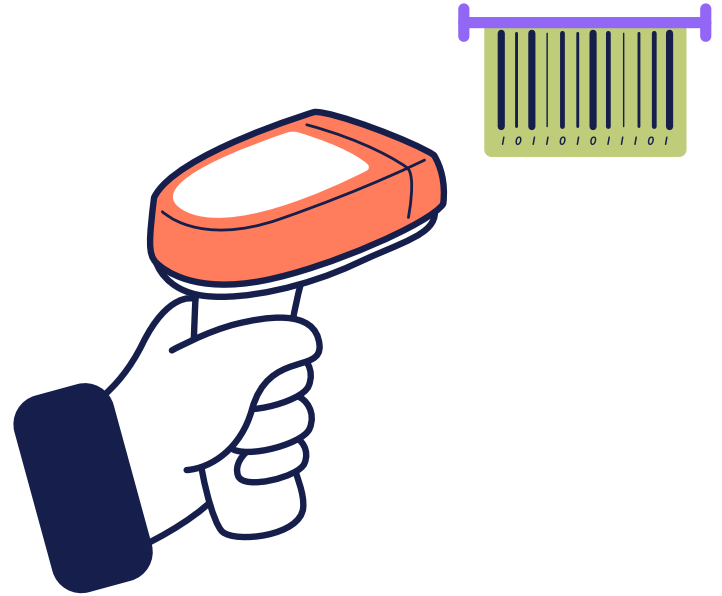Mango

01234

Walmart
Save money. Live better

When you scan non-produce items, make sure the barcode is facing the machine.

Hold your items next to the scanner until you hear a beep. That sound means that it successfully scanned. After you scan, put it in the bagging area.

If your item isn't scanning or you accidentally ring up an item twice, don't worry!

There is always at least one worker in the self check out area. When they are available, you can ask them to help you scan an item or remove a duplicate scan.

Tips for Bagging your Groceries

Bag as you scan your item.

Keep similar items together.

Double bag heavy or breakable items.

After you finish scanning and bagging your items, you will tap the FINISH & PAY button.

Self Checkouts accept cash and most major credit cards. Insert the payment method you will be using.

Cash

Credit Card

Debit

Pay by Check

EBT Food Stamps

EBT Cash Benefit

Wal-Mart Shopping Card

COUPON

Bitcon

Walmart
Save money. Live better

VISA

If you are having trouble with your payment, locate the self-checkout staff and ask them to help! They usually know the answers to any questions you may have.

Make sure you grab your receipt, change, and groceries and enjoy the rest of your day!