



Going food shopping



Supporting you to go food shopping



Before you go



Think about what food you would like



Make a list of the food you want to buy



Make sure you have enough money to pay for food



At the supermarket



Use a basket to carry items in the shop



If you are buying a lot of food, use a trolley



Pick the items on your list

If you need help:



Look back at your list to remind you of what you need to buy



Look for signage above the aisles



Ask a staff member if you need any help



**Go to the checkout
when you have the
shopping from your
list**



Place your items on the conveyer
belt



After the items have been
scanned, pack your shopping



Pay for your items



Make sure you take your shopping with you.



When you get home



When you get home, put your shopping away.

Make sure you check if things need to go in the fridge, freezer or a cupboard.