

# GROCERY SHOPPING

## **STRATEGIES TO ORGANIZE AND MAKE THE MOST OF YOUR SHOPPING TRIP**

Grocery shopping is one of the most common chores in our lives and can be one of the most stressful. The average person spends 41 minutes grocery shopping per trip, that adds up to almost 53 hours per year in the grocery store. Having a brain injury can make this routine task more overwhelming and challenging. Navigating the store with a brain injury can include the following challenges:

- Sensitivity to light and sound
- Difficulty planning and organizing
- Feeling more irritable or frustrated
- Difficulty communicating

To have a successful grocery shopping trip, be prepared to:

- Manage crowds
- Navigate in large and overwhelming stores
- Problem solve in the moment
  - Do I have the ingredients I need to make what I want?
- Manage money and stick with a budget

## **KEYS TO GROCERY SHOPPING SUCCESS**

While very few people look forward to grocery shopping, there are ways to help decrease the stress and help you be successful:

- Many nutritionists recommend pre-planning meals. This is a great way to eat healthier, reduce stress and save money.
- Get your family and roommates on board with the meal plan and get them involved in the planning it.

## **STRATEGIES FOR SHOPPING WITH A BRAIN INJURY**

Try these strategies when shopping with a brain injury:

- Don't just plan what meals to eat, plan what days to eat them. Write the meal plan on the calendar where everyone can see what's coming.
- Make your grocery list at home where you can check on what you have and what you need. Have a regular day and time when you make your shopping list, this will help you remember.
- Keep a paper or white board near the refrigerator where you write down routine things that you need. Check this list when making your grocery shopping list.
- If your budget is a concern, you can use your shopping list to review grocery ads and coupons to see what is on sale and where. If there are things that you can't get this week, keep them on your list for next week.
- When you make your shopping list, have separate lists for separate stores. Also, organize your list by type of food. For example:
  - Fruits and vegetables under produce
  - Pasta, sauces, rice
  - Condiments, etc.

If you have a plan, you'll feel less overwhelmed, especially in a familiar store. Plus, you are less likely to forget something.

Prepared in collaboration with:

