

# Grocery List Tips

- Make a **list** of everything you want to buy.
- Try to **group the items** into categories to make it easier for you to shop:
  - Produce
  - Dairy
  - Drinks
  - Meats
- Have your list of items and a pen or pencil available.
- Locate an area of the store where some of your items can be found.
- Locate items on your list.
- **Cross each item off** the list as you put them into your cart or basket.
- When everything has been crossed off, go through the list and see what extra items are in your cart.
  - Do you really need the items?
  - Were these “impulse” buys?
  - What will these extra items cost you?
- Find a cashier to **pay** for your items.