

How to shop at the grocery store:

1. Have a plan, prepare a grocery list based on recipes and protocol.
2. Eat before you go shopping, do not shop hungry. You are more likely to make impulse purchases.
3. Bring your grocery list and a pen or use your “notes” section on your phone.
4. Grab a cart and head for the produce section.
5. Pick up all produce needed and move to the protein section.
6. Select all proteins needed and tackle all other foods.
7. Only go down isles where you need products (rice, cooking oils, vinegars etc.)
8. Shop the perimeter of the store where most whole food are kept.

Tip: If shopping on a budget use the app Flipp, you can find most Ottawa grocery stores and their specials for the week. Shop seasonally, food will be at its peak and likely be less expensive.

Tip: Use online portal to pre-order food and just pick up. Saves impulses purchases and time.

