


Shopping Smart

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1


Benefits of Smart Shopping

- ▶ Developing smart shopping skills can help you bring home more of the foods that will support your healthier lifestyle (and leave that "other stuff" at the store)!
- ▶ Limits impulse decisions/purchasing at the store
- ▶ Decreases the time it takes to grocery shop
- ▶ Limits food waste
- ▶ Saves you money!

2


Limiting Impulse Buying

- ▶ Planning your meals weekly
- ▶ Using a list
- ▶ Shopping when you're not hungry
- ▶ Limiting your trips to the grocery store



3

Shopping List



- ▶ Keep an ongoing shopping list in your kitchen
- ▶ Discuss meals as a family to help prepare the grocery list
- ▶ Use an App or feature on your smartphone to record something as soon as you notice you need it
 - ▶ Apps and notes are handy since most people rarely go anywhere without their phones and may help prevent that common problem of forgetting your grocery list at home!
 - ▶ Some apps even allow you to share lists so family members can have access, too
- ▶ Review list before going to the store
 - ▶ Avoid having to return to the store for forgotten items
- ▶ Does anyone have any recommendations for phone apps or other methods to keep a grocery list?

4

Practicing Consistency

- ▶ Shop at the same store
 - ▶ Helps you to learn the layout
 - ▶ Decreases the time spent in the grocery store
 - ▶ Shop only the aisles where you need specific items
 - ▶ Consider re-writing your grocery list in "store order" as you get more comfortable
- ▶ Grocery shop at the same time each week
 - ▶ Planning the grocery run is as important as planning the groceries!
 - ▶ Limit busy times of the day
 - ▶ Avoid stores/times where samples are offered
 - ▶ Plan to go after a meal, when you're not hungry!

5

Before going shopping...

- ▶ Eat!
 - ▶ Going to the store hungry can increase impulse buying
 - ▶ Go to the store after a meal or even bring a small snack with you!
- ▶ Double check your list
 - ▶ Make sure to grab the list as well!
 - ▶ Take a picture, just in case
- ▶ Check for coupons
 - ▶ Look for coupons before shopping to save on groceries

6


When you get home...

- ▶ Put food away
 - ▶ Avoid leaving foods on the counter where it may tempt you to start snacking
- ▶ Prep foods
 - ▶ Wash fruits and veggies
 - ▶ Portion out proteins

7





Online Grocery Shopping

- ▶ Shop online to avoid impulse buying
 - ▶ Purchase only what you need!
 - ▶ Compare your cart to the grocery list you made
- ▶ Spend less time by shopping online
 - ▶ Have your "go-to's" saved

8

Meal Planning and Grocery List apps

- ▶ AnyList: Grocery Shopping List 
- ▶ Plan to Eat 
- ▶ eMeals - Healthy Meal Plans 
- ▶ Eat This Much - Meal Planner 
- ▶ The Real Food Dietitians (therealfooddietitians.com)
 - ▶ [Free Meal Plans Archives - The Real Food Dietitians](#)
- ▶ Eating Well (eatingwell.com)

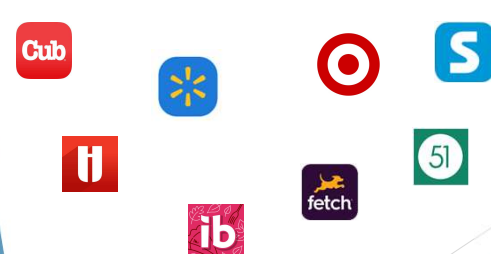
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The most expensive vehicle to operate in 2023.



10

Grocery Store and Coupon Apps



11

Questions?

12