

TIPS FOR GROCERY SHOPPING



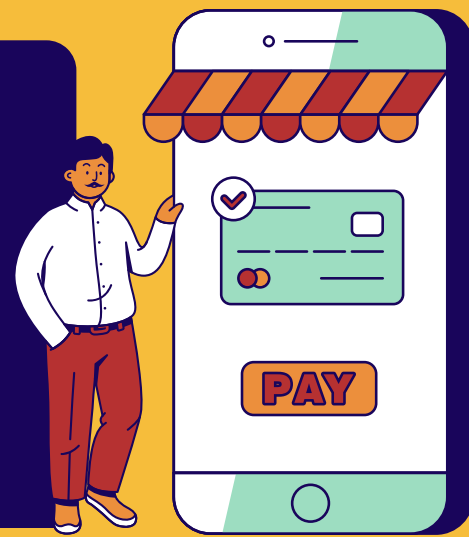
Grocery shopping can be hard. In our survey more than 80% of people with ADHD struggle with grocery shopping. You are not alone! Here we share the tips from people with ADHD!

1

Shop groceries online

Shopping online has several advantages:

- No need to go to the supermarket.
- Add items to your cart as you run out.
- No impulse purchases



2

Make a shopping list

- Add items to your list as you run out.
- Keep your list in a central place in your house (or online) , so everyone in the household can add to the list.
- Organise the list by section in the supermarket.
- Make the list suitable for ticking off items while shopping.



3

Going to the supermarket

- Bring your shopping list.
- Schedule shopping in your agenda.
- If possible, shop at quiet hours.
- Go to a small and familiar store.
- Go together with someone else.
- Shop when you are not rushed or hungry.



4

In the supermarket

- Check off items from your list.
- Let your list guide you through the sections.
- Don't look at what you don't need.
- If needed, take a break when you get home.



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