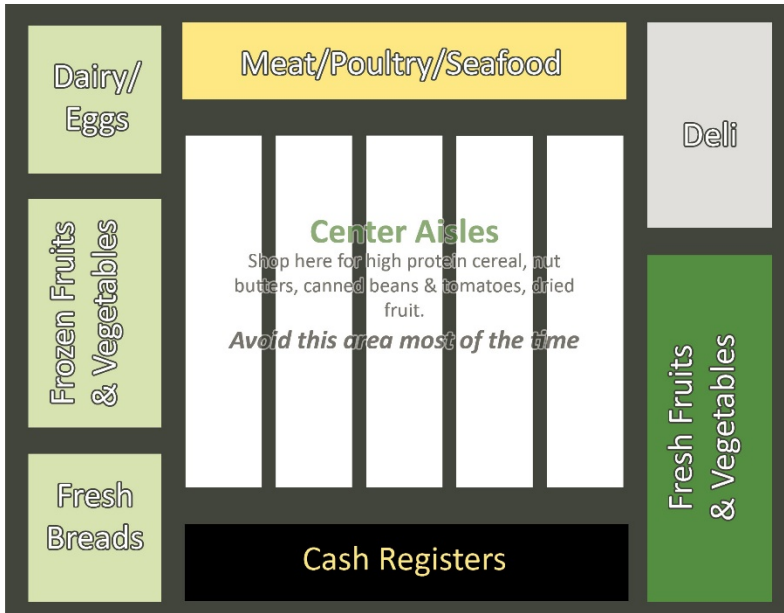## Shop Healthy

How many times have you visited the grocery store on auto-pilot? Rushing through the store, grabbing items on a whim, only to reach the checkout line and find your total way exceeds your budget? Or, worse yet, you arrive home, only to find that you forgot most of the items you really needed, and now just have a pantry filled with packaged dinners and ice cream? Did you know that, on average, grocery stores carry over *38,000 different products!*

It's no wonder, when faced with all that temptation, we get overwhelmed and make poor choices.

Store layout diagram:

Dairy/Eggs	Meat/Poultry/Seafood	
Frozen Fruits & Vegetables	**Center Aisles** — Shop here for high protein cereal, nut butters, canned beans & tomatoes, dried fruit. *Avoid this area most of the time*	Deli
		Fresh Fruits & Vegetables
Fresh Breads	Cash Registers	

While every grocery store is different, you might notice a common theme to the layouts.
- ✓ Fresh produce such as fruits and vegetables, as well as the fresh meat and fish departments, tend to be around the periphery of each store.
- ✓ Try to start off your grocery trip along the outside, and pick out your fruits, vegetables, protein, and snackable items (such as hummus and carrots) there first.
- ✓ After exhausting the periphery, slowly make your way to the center aisles with your handy grocery list so you get only what you need.
- ✓ Then head swiftly to the checkout so you don't get distracted by those last-minute impulse buys!

Before You Go:
- Make a meal plan for each meal you need to prepare in the next week (or however often you tend to shop).
- Make a list of ingredients you will need to prepare each item on your meal plan
- Group items on your list into sections of the store for easier locating.

While at The Store:
- Don't go to the grocery store hungry or thirsty! If you are hungry when you are shopping, it will be more difficult to avoid junk food or unnecessary items.
- Similarly, don't tempt yourself. If you don't bring home the items you tend to binge on when you are bored, it will be easier to make healthy choices when the cravings set in.
- Avoid buying bulk if you don't need it. It's too easy to go over budget when you buy more than you need.
- Don't buy it just because it's on sale. If it's not something you would normally choose to eat, a better price will probably not make it any more palatable when it comes time to cook it up.

Participant Newsletter

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