

## Grocery shopping—the dreaded task!

Written by Wauneta Breeze

Thursday, 23 February 2012 16:14 -

---

Do you hate to go grocery shopping? As soon as you get home from the grocery store do you remember at least one if not more than one thing you need and forgot to purchase? Do you ever purchase items you really don't need but looked or sounded good at the store? By spending a little bit of time before shopping to plan a few meals and make your shopping list, you can prevent these feelings and make this dreaded task at least more tolerable if not actually enjoyable.

Prepare your shopping list by looking over the meals you want to have the ingredients for and add the necessary foods to your list. These foods should always be available in your home so you have the ingredients necessary to prepare these meals. Remember, to check what food you already have on hand, so you will not need to buy everything on your meal plan.

Consider preparing a list of EVERYTHING you need to stock your pantry and prepare meals for your family. Make copies of this list that you can use each time you go shopping. Simply circle the items you need to purchase. It can be organized by product type or according to your grocery store's layout.

Other ideas to help to make shopping list preparation easier include:

Keep a list handy to write down the food you need as you think of it or use the last of the product. Plan on shopping once a week. Plan to get everything you need for the week.

Stopping at grocery stores to get extra items during the week can lead to spending more money and time. Use the list you prepared. Using a shopping list will help you get everything you need, without overbuying. Eat before you shop. Hungry shoppers tend to buy what looks good in addition to what is on their shopping list! Shop alone, if possible. Stock up if storage is available. Stocking up on non perishables when they are on sale can be a great time and money saver.

Follow safe food practices while shopping. Plan to shop for groceries just before going home. Place items in your cart so meat juices do not drip on other food.

## **Grocery shopping—the dreaded task!**

Written by Wauneta Breeze

Thursday, 23 February 2012 16:14 -

---

Get refrigerated and frozen foods last and have them bagged together. Put your groceries away as soon as you get home. If you have a long distance to travel bring a cooler to transport your perishables home.

For more information on grocery shopping contact your local UN-L Extension office and ask for the Cook It Quick newsletter: Use a Grocery List to Save Time, Eat Healthier or on the web at <http://liferaydemo.unl.edu/web/fnh/grocery-list> UNL Extension is committed to helping Nebraskans know how—and know now.