

# ***Supermarket shopping tips***

Prepare yourself the right way for supermarket shopping and you'll come home with a healthy hamper. Here are some tips to ensure a successful shop.

- Plan your meals in advance so you know what you'll need.
- Check your fridge and pantry to see what supplies you'll need.
- Develop a routine, whether it's small regular shops or larger less frequent shops. Consistency helps maintain your healthy eating pattern.
- Make a shopping list and stick to it to avoid impulse buying.
- Learn your supermarket layout so you know where things are.
- Organise your shopping list to coordinate with the store layout.
- Don't shop when you are hungry, stressed, bored or rushed.
- Eat something before you shop or eat a healthy snack in-store.
- Avoid shopping when stores are really crowded to reduce stress.
- Leave the kids at home to avoid their pester power.
- Carry a basket for small shops, so there's a limit on how much you can buy.
- Choose a good trolley for big shops. Wrestling with a dodgy trolley can leave you frustrated and in need of a quick food fix.
- Shop for fresh produce first and grab a couple of salads.
- Simply avoid the confectionary aisle if you know you'll come out of it with high-calorie items in your trolley.
- Ask for help to find items rather than wander into temptation.
- Choose a "confectionary-free" checkout or when you go to the checkout, keep your eyes focussed away from the goodies.

