



Grocery Shopping

Body Brave
October 7th 2021
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Agenda

Welcome + Land Acknowledgement

Introductions

Group Norms

Objectives

Steps to Grocery Shopping

Tips and Ideas

Wrap Up & Questions

Land Acknowledgement

Introductions



Group Norms

Confidentiality

Limit use of numbers

Non-diet approach


This is a pro-recovery space

Stay open-minded

Respect one another

A top-down view of a wooden desk. In the upper right, a white keyboard is partially visible. To its left, a pair of white earbuds lies on the desk. On the left side, a notebook with lined pages and a green cover is open. In the lower center, a white mug filled with a frothy, light-brown beverage sits on the desk. A dark teal rectangular box is superimposed over the center of the image, containing white text.

**What are you hoping
to learn today?**

A top-down view of a dark-colored bowl filled with fluffy, white and yellow popcorn. The bowl is set against a light-colored, speckled background.

Learning Objectives

Break down the steps involved with grocery shopping while working on recovery

Explore considerations for grocery shopping online

Learn strategies to navigate the grocery stores / markets

Grocery Shopping

- The act of acquiring food for your home
- Can be done at several locations:
 - Grocery stores / superstores
 - Markets
 - Online for pick-up or delivery
 - Convenience stores
 - Community food centers*
 - Food banks*



Grocery Shopping

- Grocery shopping can be intimidating for some folx, especially during recovery from an eating disorder
- Common challenges:
 - Lots of stimuli
 - Decision making about what to buy
 - Nutrition facts labels





Steps to Grocery Shopping

1. Plan the menu
 - What do you want to eat this week?
 - Could be a detailed meal plan, or simply a list of go-to food items
 - Many plan for 1 week at a time, some plan for longer and some plan just for a few days at a time
2. Plan grocery needs
 - Always check to see what you have on hand first in your pantry, fridge, etc.
 - Write your list down somewhere accessible!
3. Schedule when you are going to go to the store
 - If ordering online, decide when you will place your order



Steps to Grocery Shopping

4. Go to the store

- Consider if it's better to go along or with a trusted support person, and if you need to bring anything to make it a better experience

5. Pick up your items

- Set a time frame
- Limit how long you take down an aisle

6. Take the basket to the check-out

- Ask for help bagging if you need it
- Politely decline any diet talk
- Opt for check-outs without magazines and/or snack bars if you find it is triggering



Steps to Grocery Shopping

7. Bring groceries home

- Consider your mode of transportation ahead of time and be realistic (e.g.: don't plan to walk home with ++bags)

8. Unload in your kitchen

- Consider doing this with a support person to make it a safer experience

9. What will you do next?

- Take time for self care!
- Consider relaxation and/or self-soothing activities, or distractions

Tips for Grocery Shopping Online

- Pick a store and save your order list
- Specify a limited amount of time to place your online grocery order
- Decide if it's easier for you to pick up your order, or have it delivered
- Follow the same steps as if you were going to a physical store





Tips for shopping on a budget

- Shop the sales
 - Use flyers/coupons to help guide you
- Be flexible
 - Perhaps you wanted strawberry yogurt, but vanilla is on sale in a different brand
- Buy in bulk if you have the funds to pay for more upfront, and storage to keep the food
- Consider accessing food from community programs such as community food centres, food banks, etc.
- Note: Some individuals may need to buy more food to support increased intake for recovery

Other tips for grocery shopping

- Try smaller grocery stores
- Give yourself a strict time limit
- Go with a trusted support
- If on your own, listen to your own music while shopping
- Avoid looking at the food labels
- Remember: any food is better than no food
- Go at off-peak times (e.g.: 1 hour before closing)
- Go for shorter trips with a short list for exposures
- Don't go when you are tired and hungry!
- Be gentle with yourself!



A top-down view of a wooden desk. In the upper right, a portion of a white keyboard is visible. To its left, a pair of white earbuds lies on the desk. On the left side, a notebook with lined pages and a green cover is partially open. In the lower center, a white mug filled with a frothy, light-brown beverage sits on the desk. A dark teal rectangular box is centered over the image, containing the word 'Questions?' in white.

Questions?



Thank You!

Please take a moment to complete our
feedback survey

email: info@bodybrave.ca