

Food Shopping

It is essential that you have enough food to eat. Most people carry out food shopping on a weekly basis. You may find it helpful to plan a week in advance what you are going to have for each meal and then write a shopping list based on what you will need to



prepare these meals. You can then take the list with you to the supermarket so that you know what to purchase. It is important to stick to the list as not buying enough could result in you going hungry, and buying too much could result in spending too much money and having to throw out food that goes mouldy.

When preparing your shopping list, it is also important to make sure you purchase adequate supplies of toiletries and cleaning products. Don't forget essentials such as toilet paper or sanitary products.



If you struggle with going to the supermarket, you can consider shopping online instead of visiting the supermarket in person. Bear in mind that in addition to the cost of your shopping, there is often a delivery charge. Alternatively, you can

arrange to go shopping with a friend, relative or Support Worker.