



Grocery Store Planning Sheet

We are going to the grocery store on:
(List Day, Date and Time.)

The name of the grocery store is:

The address is:

Select meal & review recipe(s): Yes No

Write down recipe ingredients:

Check pantry / refrigerator for items: Yes No

I need to purchase these items:

I need to bring this much money: \$



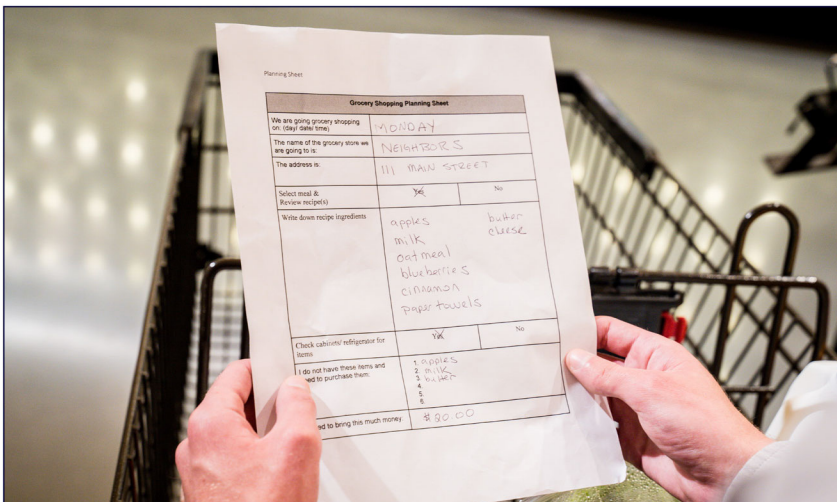
Grocery Store Schedule 1 / Check Box When Done



Walk in the front doors.



Get a grocery cart.



Take out your shopping list.



Grocery Store Schedule 2 / Check Box When Done



Get each item on the list.



Check that all of the needed items are in your cart.



Go to checkout lane with a light on.



Grocery Store Schedule 3 / Check Box When Done



Wait in line.



Put food on the conveyor belt.



Pay by swiping or inserting a credit card.



Grocery Store Schedule 4 / Check Box When Done



Put bagged groceries in cart.

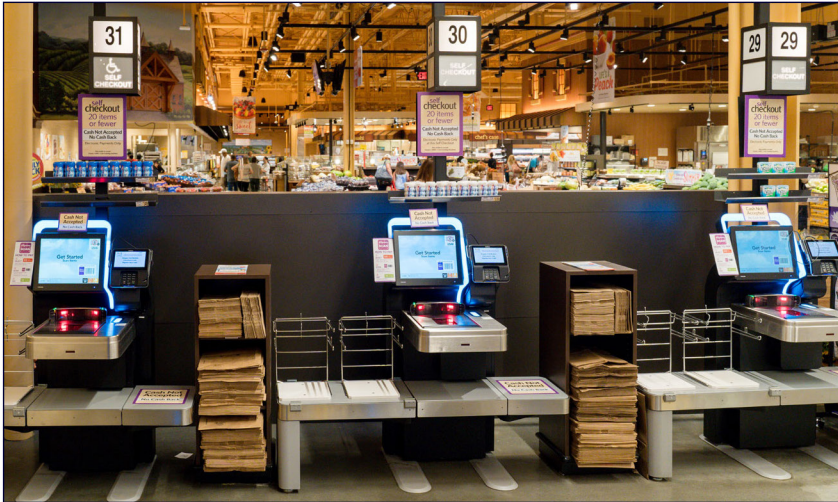


Push the cart out of the store.

Notes:



Self-Checkout Schedule 1 / Check Box When Done



Walk to self-checkout area.



Go to self-checkout machine that isn't being used and is open.



Scan each item from the cart one at a time.



Put the item in a bag.



Repeat for all items in the cart.



Put bagged groceries in the cart.



Self-Checkout Schedule 3 / Check Box When Done



Touch Finish/Pay Now.



Pay by inserting or swiping credit card in the credit card machine.



Take the receipt and put it in a safe spot.



Self-Checkout Schedule 4 / Check Box When Done




Push the cart out of the store.

Notes:

PACKING LIST Grocery Store

Grocery List

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Schedule

 **Grocery Store Schedule 1** / Check



Phone




Wallet



Keys



Emergency Information Card

 **Emergency Information Card**

Name: _____

Birth day: _____ Medical Conditions: _____

Address: _____

Emergency Contact & Phone #: _____ Allergies: _____

RULES Grocery Store

Wait in line.



Push the cart safely.



Scan everything in your cart (at self-checkout).





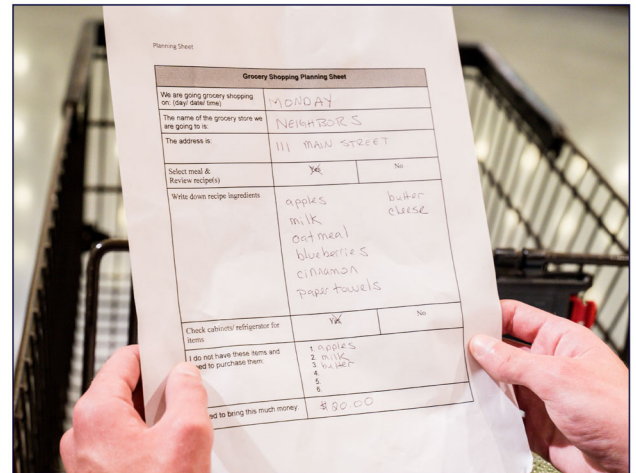
IF/THEN SCENARIOS

IF they are out of something I want to buy ...

THEN pick a backup from my list.

Circle that item and move to the next item.

Look around and buy something similar.



IF the self-checkout machine is not working ...

THEN push button for help.

Ask grocery store worker for help.



IF someone asks me a question ...

THEN I can shake my head no.

I can answer if it is a factual question (e.g., time, weather).

I can gesture that I don't know.



IF the music is too loud ...

THEN put on my headphones.



IF the lights bother me ...

THEN put on a baseball hat.

