

3 WAYS

TO SAVE TIME AND SHOP SMART

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Streamline Your List

Put your shopping list into the order in which you'll encounter the food in the store. It takes work to learn what goes where, but soon you'll craft what you need to speed through the aisles.

1

2

3

Be Aware of Yourself

Often the music in the store is timed to slow you down. Don't let them trick you into spending more time there than you want.

Research Ahead

If you spend all your time comparing nutrients, then you'll never leave the store. Do your research at home before you go.