

Shopping Online for Groceries

Supports: Building Block 4 — Labels, Health Claims & Grocery Shopping

Why It Matters

Ordering groceries for pickup or delivery can save a busy week. You shop from your list instead of wandering the aisles, which makes impulse buys much easier to skip — and it's still usually cheaper than takeout. Once your favorites are saved, a weekly order takes just a few minutes.

A First Order, Step by Step

1. Pick a store you already use.

Most grocery chains and warehouse clubs have a website or app with pickup or delivery. Create an account and choose your store.

2. Build your cart from your list.

Work from your NuStart weekly grocery list — or a recipe's page-2 list. Search each item and add it, then save your favorites so next week's reorder is quick.

3. Keep your NuStart standards.

Choose whole foods first; when a package has a label, pick one with five or fewer ingredients.

4. Set produce and substitution preferences.

Note ripeness where the store allows, and review the suggested substitutions before you check out so you're not surprised.

5. Choose pickup or delivery.

Curbside pickup is often free with a small minimum; delivery adds a fee and a tip. Either way, you skip the aisles.

6. Pick your window and check out.

Choose a time, confirm, and you're done. At pickup, stay in your car and they load it for you; for delivery, watch for a text about any substitutions.

A Few Things That Make It Easy

- **Let your NuStart lists do the work.** Every recipe's page-2 grocery list and each week's plan list drop straight into an online cart.
- **Shop when you're not hungry.** It's even easier online to stick to the list and skip the extras.
- **Reuse your cart.** Save a “usual” order or favorites list, then adjust it each week instead of starting over.

Ease into it — progress, not perfection. You don't have to order everything online. Try one pickup order from your weekly list and see how it feels — many people keep the fresh produce trip in person and order the heavy staples for pickup.

Try This

Place one online pickup order this week, built from your NuStart weekly grocery list. Save your favorites while you're at it, so the next order takes just a few minutes.

- ? *Which of your regular items would be easiest to reorder online each week?*
- ? *Would pickup or delivery save you more time — and help you skip impulse buys?*
- ? *What day and time would work best for a standing weekly order?*