



Smart Shopper Checklist



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use this list everytime you
need to go to the
supermarket!

At home

- ☐ look for food that is on sale
on the supermarket flyers
- ☐ plan the menu for the entire
week in advance
- ☐ check if you already have
some ingredients
- ☐ try to buy seasonal products,
you can find them online!
- ☐ make a shopping list
- ☐ look if there are bio food
markets close to your home
- ☐ prepare in advance coupons
- ☐ don't go out on an empty
stomach!



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At the market

- ☐ compare brands, store brands are often cheaper
- ☐ check the ingredients of canned or packed food
- ☐ look at the expiring date
- ☐ stick to the shopping list
- ☐ if you have children, involve them with little tasks
- ☐ verify if fruits and vegetables are bruised or ruined
- ☐ avoid products with excessive plastic packaging
- ☐ bring reusable bags with you