

Supermarket Savvy

Make the most of your time at the supermarket

You are on your way home from work and expecting company at your house in an hour. Needing to make a quick stop at the supermarket, you run into the store, only to find the aisles filled and the check out lines overflowing with customers. With just a little planning, you can eliminate much of your stress when shopping at the supermarket.

The following guidelines will help make you more conscious of how you use your shopping time.

Make a List

Before you leave for the store, write down every item you need to buy. Doing this will keep you from wasting valuable minutes wondering if you already have a certain item at home. Also, stick with the list. Don't get sidetracked by looking at other things.

Once you are familiar with your favorite supermarket, put your list in the order you pick up the items in the store. This will save you from having to backtrack.

Think About Cost

When you are making your list, think about the cost of what you are writing down. Then, if you are paying cash at the store, you won't need to worry over whether you have enough money with you.

Avoid The End Lanes

When checking out, try not to use the first and last lanes. Most shoppers will start at one end of the store and work their way to the other side. When they want to checkout, they move to the closest lane.

Avoid the stress of long lines by going to the middle lanes and choosing the shortest line.

Look For A Focused Clerk

Watch for a clerk who is concentrating on her work. If they are not alert or are talking to customers or other workers, avoid using their line. The best cashiers are those who seem to work attentively without getting sidetracked.

Choose A Line with A Bagger

Make sure that the line you choose has a bagger to handle the groceries. Lines with a bagger move much faster than the lines where the cashier bags up the purchases.

With these tips, you can get rid of much of the stress you feel when you go to the supermarket. Instead of dreading shopping, you can make it a more relaxed and time efficient experience.