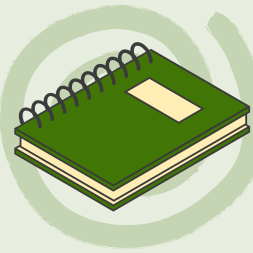


5-Step Guide to Healthier Supermarket Shopping Habits (that might also save you money)



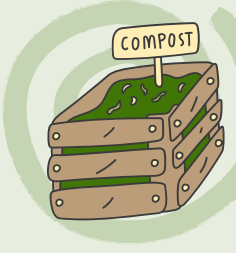
1. Start a "Supermarket Notebook"

Use the **Supermarket Shopping Notebook Template** to set up a blank notebook with "Shopping List" pages and "Notes" pages. Write down your shopping list, then what you actually bought, how much you spent, how your costs are trending, and other notes as you go through the following steps.



2. Examine your shopping habits

Impulse buys? Could you shop less often if you were more organized? Eating too much unhealthy food? Write it all down in your Notebook so you can clearly see your shopping habits. Gradually, you'll start to also see ways to make changes.



3. Identify waste

Plate-loads of food going to waste? Mold farms at the back of the fridge? Out of date items in your pantry, bathroom, or laundry? Clean those areas out one at a time. Use, give away, or compost what you can; recycle the containers if possible. Make notes in your Notebook as you go, about ways to reduce waste.



4. Map your path and track your progress

Use a **Supermarket Spreadsheet** * or your Notes pages to track the changes you're making and keep your eye on where you're going.

*The **Supermarket Spreadsheet Template** is coming soon; if you've downloaded this 5-Step Guide, you'll receive an email letting you know when it's ready for you to download.



5. Practice and repeat

Repeat the steps above as needed. Practice sticking to your list, choosing a little less processing/packaging and a little more clean/real/local/fair-trade, and watching out for impulse buys and waste. Keep tallying up your savings (in \$ but also in better health for your family and our planet), tracking your successes, and learning from your mistakes.

Once you've gotten all the value you can out of the steps above, there will be lots more you can do. The journey has only just begun :) Stay tuned to ARealGreenLife.com for more resources to come.