

GROCERY SHOPPING IN THE COMMUNITY

By Heather from A Love for Special Learning

Purpose

- Access the community
- Engage in an activity of daily living
- Give purpose to budgeting, asking for help, and making a meal
- Opportunity to practice finding and paying for goods

Logistics

- Give each student item(s) to find on a 'shopping list' slip, including quantity and aisle/section
- Pair students together with a staff member, let them decide if they need a cart or basket
- Determine who will shop first, allow them to find their items without interruption, and then switch and repeat until all students have found their items
- Go find the check out, determine the best line (cashier or self-check out)
- Pay and load bus as students finish with the check-out process
- Bring re-usable shopping bags, especially if there is a discount!

Perks

- Small shopping groups allows for 1 student to focus on shopping, another to navigate the cart and the personal space/common courtesy that comes with that responsibility
- Support staff can coach students how to ask for help finding what they need, not helping them find what they need
- Consider varying the bills, if paying in cash (if possible)
- Consider having a student be in charge of buying more than their budget will allow, so they have to decide when they get to check-out how to handle the 'situation'
- Forgot their list? Have them shop from memory, have them adjust when it comes time to cook.
- Join the student you are collecting data on, or hang by the check-out to collect data on paying/budgeting, and send students to the bus as they finish (confirming students have their purchase, receipt, and change)
- Shop for the same thing 2 times in a row if you cook the same meal 2 weeks in a row (work smarter, not harder) which will increase independence when shopping and cooking and less waste of leftovers