

Energy Conservation: Grocery Shopping

Before you begin, remember to:

1. Use controlled breathing (breathe in through your nose and breathe out through pursed lips) while shopping.
2. Coordinate your breathing with movement (exhale during exertion) e.g. exhale while picking up shopping bag.
3. Use oxygen as prescribed during the entire activity.

Make a shopping list and arrange it in order of your route around the store.

When opening grocery freezer doors, stand to the side to avoid breathing in cold air, and reach sideways to retrieve frozen items.

Avoid lifting heavy loads:

- Avoid placing heavy items on bottom rack if no assistance is available
- Consider purchasing smaller quantities
- Carry fewer bags at a time when bringing groceries into the house

Avoid excessive reaching, bending, or twisting:

- Bend at your knees when retrieving items from lower shelves
- Line up grocery cart with end of conveyor belt. Move your feet and take a few steps (rather than twisting) when transferring items out of cart
- When loading groceries into the trunk, keep bags close to the opening. Can keep a bin in your trunk to prevent groceries from moving around
- When unloading, put bags on table/chair, rather than the floor
- Store frequently-used and heavy items within easy reach in home (waist to shoulder height)

Take breaks as required:

- Put groceries down on your way from the car to the kitchen
- Put away frozen/refrigerated items first; you can put the rest away later
- Leave heavy items or non-perishable goods in the trunk and get assistance

Use assistive devices:

- Bundle buggy or rollator, in-store scooters
- Reacher, shopping bag holder/shoulder bag (easier on your hands)

Check local stores for availability of delivery or pick-up options.

If possible, ask for assistance with one or all of the above steps (e.g. reaching for high/low items, loading groceries) – Consider asking a family member or store staff.