

Grocery Shopping

1. How often do you go grocery shopping?
2. Which supermarket is your favourite? Which is your least favourite?
3. Do you make a list to help you remember what to buy?
4. On average, how much do you spend each week on groceries?
5. Do you think it is important to buy local products? Why or why not?
6. Which of the following items do you buy every week? Which other items do you always buy?

Chicken	Rice	Potatoes	Bread	Beef	Pork
Lettuce	Cabbage	Soy Sauce	Salt	Sugar	Beans
Bananas	Apples	Pop or Juice	Yogurt	Milk	Coffee/Tea

7. What is the best way to save money while grocery shopping?
8. How do you decide which grocery store is the best for meeting your needs?
9. Has online grocery shopping changed the way that you buy groceries?
10. What do you think about self-service checkouts?
11. Which of the following snacks do you buy? How important is it to buy healthy snacks?

Potato Chips	Cookies	Chocolate Bars	Nuts	Pop
Candies	Protein bars	Carrots	Popcorn	Other

12. Do you prefer to pay for groceries by cash, credit card, debit card or another way?
13. Do you read the nutritional information on product labels? Which details are most important?
14. How different is grocery shopping where you live now compared with your hometown?
15. Do you bring your own bags to the store, or do you buy new ones each time you visit?
16. What are your favourite grocery brand names?
17. If you could change one thing in your favourite grocery store, what would it be?
18. How close to your home is your favourite grocery store?
19. How do you get to and from the grocery store?
20. Does your favourite grocery store offer a loyalty or rewards program? Describe it.