

# Shopping at the Grocery Store



**KOHL'S**  
Autism Awareness  
**Make Friends  
with Autism**



---

There are many types of grocery stores. Some stores are big and some are small.

Grocery stores sell food like milk, eggs, bread, meat, canned food, fruit, vegetables, snacks, frozen foods, drinks, and cereal.

Many stores also sell products like toothpaste, shampoo, toilet paper, and deodorant.

I can get cleaning products for my house, paper towels, and other things at many grocery stores.



---

Before I go shopping, I can make a list of those things I need to buy.

I can bring the list to the store with me.





---

Grocery stores may have a lot of sounds, colors, lights, smells, and activity.

It may take me a few visits to get used to them.



---

There are baskets or shopping carts in the store to help carry the food.

Once I get a basket or a shopping cart, I can begin shopping.





---

Most grocery stores are separated into sections and rows.

Some sections in the store are the deli, meats, fruits and vegetables, seafood, and bakery.

The rows in a grocery store are called aisles. Sometimes they have signs posted with numbers or words that tell me the type of food that is in each aisle.



---

I go down each aisle to find the items I need.

Once I find an item on my list, I put it into my basket or cart. Then, I can cross out the item on my list.

If I have trouble finding something, I can ask a person who works at the store. They will tell me if the store has the product and where I can find it.

When shopping, I don't take items out of other people's carts.

If I break something, I tell someone that works at the store. If an item falls off of a shelf, I pick it up and put it back.



---

When I have everything I need, I take my cart or shopping basket to the checkout counter.

If there is a line, I stand behind the last person and wait for my turn. I am careful not to push the cart into another person.

Once I get to the checkout counter, I put the items neatly on the counter.

I keep my items separate from those that belong to other customers. I don't take anyone else's items from their cart or from the counter.





---

The cashier will scan or enter the prices for each of my items.

When he or she is done, the cashier will tell me how much money to pay.

In some grocery stores, the cashier or another employee will put my items into bags. I can help.



**KOHL'S**  
Autism Awareness

**Make Friends**  
**with Autism**

---

[www.childrens-specialized.org/KohlsAutismAwareness](http://www.childrens-specialized.org/KohlsAutismAwareness)

For more information about this program contact: [KohlsAutismAwareness@childrens-specialized.org](mailto:KohlsAutismAwareness@childrens-specialized.org)



This autism education program is provided by  
Children's Specialized Hospital through the generosity of Kohl's Cares.



© 2009 Children's Specialized Hospital