

#### Grocery Shopping in the Home!

#### Grade Level:

High School, CTC

#### Curriculum:

Alternate Curriculum

#### <u>Targeted Skills:</u>

Fine motor, Visual skills, Coordination

#### **Materials:**

- Grocery items around the house (see shopping list)
- Shopping list (attachment 1)
- Shopping worksheet (attachment 2)
- Grocery Mailer (attachment 3)
- Attached icons (attachment 4)
- Optional: pencil, glue, scissors, completed worksheet (attachment 5)

#### Directions:

- I. Use the shopping list (attachment I) to locate items in the kitchen. Take out the items and place them on a table or counter.
- 2. Put a check mark on the shopping list next to items you've already taken out.
- 3. Once you have as many items as you can find, complete the shopping worksheet (attachment 2). You will need to fill out where you found each item.
  - a) For students who are unable to write: cut out the picture icons (attachment 4) to glue onto the shopping worksheet.
- 4. Optional: Use the grocery mailer (attachment 3) to look up item prices. Students can either write the price or cut/glue the price icons.

## Activity Adaptations/Modifications:

#### Physical Adaptations

- 1. An adult or sibling can cut out icons for the student.
- 2. If it's difficult to carry/hold/reach items, a second person can hold two choices and have the student point to the needed item.

#### Cognitive

- 1. For students with cognitive challenges:
  - a) Print out the completed shopping worksheet (attachment 5). The student can match icons to the worksheet.
- 2. To increase challenge:
  - a) Ask the student to practice putting items into a bag, taking the size, shape, and weight of items into account.
  - b) Provide the student with money manipulatives to practice "paying" the correct amount for the item.



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## Activity Adaptations/Modifications:

Sensory Adaptations

- 1. For students with visual impairments:
  - a) Allow students to feel and hold different items, calling attention to the different tactile properties.
  - b) Practice matching items based on feel. For example, place 3 items in front of the student, give the student an opportunity to feel each item, hand the student I matching item and ask them to place it next to the match.

## **Body Mechanics:**

When picking up/putting down heavy grocery items/bags:

• Squat instead of bending over (picture I).

Keep the bag close to your chest

 Place the bag on the counter nearest to where the item will be put away

## General Home/Kitchen Adaptations:

- 1. Categorize: place like items together.
- 2. Use containers. Store food in baskets and bins to save space.
- 3. Label bins/containers and shelves so every family member knows where items are (picture 2).
- 4. Place frequently used items (e.g., cutting board, spice racks, fruit bowls) and food in lower areas that are more wheelchair accessible (picture 3)
- 5. Looped cabinet pulls are easier to use than standard knobs- no need to close your fist or twist, grasp or use pinching motions to use a looped pull.



#2



#3





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## General Home/Kitchen Adaptations (continued):

- 6. Use a grabber or step stool for items on high shelves (pictures 4-6) Step stool safety tips:
  - Place the step stool level on the ground, as near as possible to the object you are trying to reach.
  - Make sure folding steps stools are fully open/extended and locked into position.
  - Wear closed toed shoes. Do not climb on a step stool in sandals, high heels, socks or bare feet.







#5 #6

- 7. For students with visual impairments (pictures 7-8):
  - Use high-contrast items if possible. Pay special attention to lighting (avoid glare)

#7

- Place a tactile dot or bright marker dot next to appliance dials you use frequently.
- Use large-print labels, tactile dots, or stick on a magnet that is shaped like the food inside the can.
- Use varying numbers of rubber bands to distinguish one type of product from another.



Chicken Noodly South

#8



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## Community Shopping Tips:

- A pushcart may be helpful for transferring groceries (picture 9)
- Adaptations for carrying items (pictures 10-14):



#9



#10



#||



#12



#13



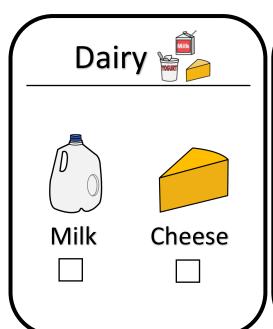
#14

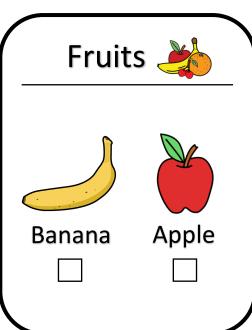
#### <u> Additional Parent Resources:</u>

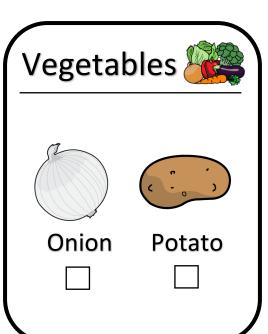
- Click HERE for Strategies for Vision Impairments
- Click HERE for Accessible Chef

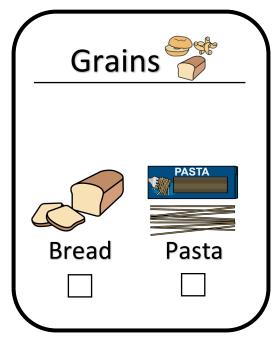


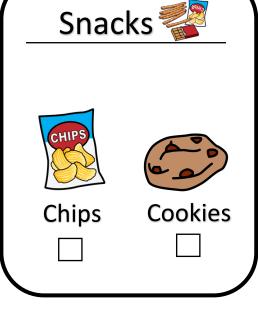
(attachment #1)

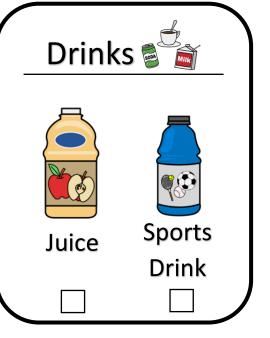












# Shopping Worksheet (attachment # 2)

Food 🦫			Location <b>P</b> ?		Price 🔊	
		_				
		-				
		-				
		_				
		_				

Food 🦫	Location <b>?</b> ?	Price 🔊	

# Grocery Mailer Attachment 3



At ACES Grocery Store













\$4.30





Juice









\$0.33



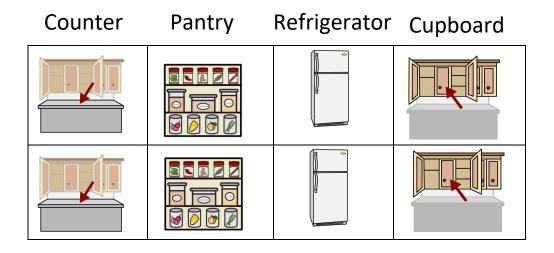


Banana



Potato	Onion	Cheese	Milk
Apple	Banana	PASTA STA	Bread
CHIPS	Cookie	Juice	Sports Drink

# **Location Icons P**?

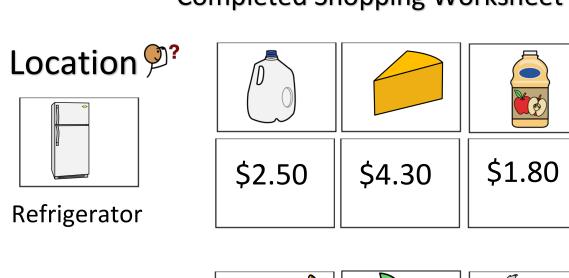


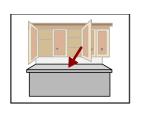




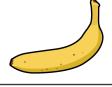
\$0.87	\$0.50	\$4.30	\$0.59
\$0.33	\$1.00	\$2.00	\$3.00
\$3.00	\$1.80	\$1.00	\$2.50

#### Completed Shopping Worksheet (attachment # 5)





Counter



\$0.33 \$0.59



\$0.50

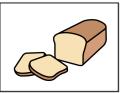


\$0.87

\$1.00



Cupboard



\$2.00



\$1.00









\$3.00