

## How to shop without having a nervous breakdown

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Did you know that there is a secret to the way a shop is laid out? A shop layout is designed to maximize profit. A lot of psychology is involved. Learn the secret and you will avoid the traps!

- A shop layout is designed so that you have to walk through many aisles to get to the parts of the store that you really want to get to (for example the fruit and veg section, dairy section, bread section and egg section). If you stick to the outskirts of the shop (the perimeter) you can skip all the aisles that are unnecessary such as the sweet and chip aisle, packaged and processed food aisles etc.
- The Fruit and Veg section is normally located in the front of each store. The dairy and egg sections are normally located in the same area of next to each other but near the back of the shop. The same goes for the Bread or bakery section. If you do not need to shop for anything else except these basic items, then stick to the outside of the store where all these basic requirements are normally located. **This saves you time and temptation.**
- Certain shops have a **dedicated Health section** where they lump together the dairy-free, vegan and gluten-free foods. This can be a huge life saver. Make sure you know which shops have this kind of facility and make it a habit to shop there rather.

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- Remember shopping for fresh fruit and vegetables is also cheaper when it is loose. Packaged or prepared food is always more expensive. Invest in some eco friendly reusable bags (like cotton/mesh) and keep them in your car. Weigh your fresh fruit and vegetables and then put them in the bags. This will save money each month. Only buy what you need for the week.
- Fresh things have a shorter life span. Start by deciding on a menu and then work out your shopping list and ingredients for what you plan to make. Save time and money and avoid wastage.
- Don't shop when you are hungry or overly emotional. Celiac Disease in the beginning is hard enough without adding to your burden. Give yourself time to adjust to shopping and reading labels and realize it will take longer in the beginning to do so.
- Stick to fresh fruit and veg, dairy, meats, legumes, nuts and seeds in the beginning and avoid processed foods and gluten-free replacements for now. That will come later
- Find a few snacks you enjoy in the meantime. If in doubt, stick to certified gluten-free products for now.