



BROOKLYN_BORN

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Shopping the perimeter of the supermarket. Finally, I'm doing it automatically!

Saturday, October 27, 2012

Yesterday, I actually had to ask an employee where to find the cake mix. Suddenly, the location of candy for Trick or Treaters was a mystery to me.

This is what happened. As I walk into my supermarket, the produce is on my right. I always need fruits and vegetables. As I proceed counterclockwise around the store, I don't even break stride as I toss my 100% WW bread into the cart, averting my eyes from the bakery on my right. Straight ahead is meat. Let's see what's on sale. Skinless, boneless chicken breast and a turkey breast to cook and slice for sandwiches - good! Turning left, the dairy section is along the back wall. Organic yogurt, eggs, egg beaters, reduced fat cheese, 2% milk and OJ – all staples needed in my fridge.

One more left turn and I'm in the immense frozen food section. Avoiding the sale on ice cream (Oops, I mean frozen dairy dessert), I pick up a package of Skinny Cow ice cream bars, a lot more expensive per unit, but I'm worth it. Birdseye "steamfresh" vegetables are on sale – very good to have available, especially in the winter. A couple of Healthy Choice Steamers needed too. Some days I'm just not cooking and I don't stress over this.

A few quick detours to grab pasta, olive oil, peanut butter and oatmeal since I know exactly where to find those and to inquire about the above mentioned Halloween candy and cake mix. (Thank you SP- spice cake mix + pumpkin = muffins - Betty Crocker, I'm not!). Then I'm done and ready to check-out.

Disclaimer: Some of you know that I live with the Junk Food King and he DOES know where to find the pop tarts, snack cakes etc. He also buys the cleaning supplies. I cook and do laundry. He cleans. This arrangement has worked for 45 years. I'd be happy to add the cleaning supplies to my list if he would abandon his solo shopping trips. Sadly, that's another story.

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CD11824494
WOW! That is awesome! I still go up and down every single aisle!
3139 days ago





CD12783562

Amusing. You sound like me in the grocery store. You also just gave everyone a lesson on making a marriage work.



3152 days ago

Comment edited on: 10/27/2012 4:03:59 PM



LAINYC

3152 days ago



CD3876543

Fantastic!
3152 days ago



MOOSLADY

Shopping the perimeter would be more of a reality if they put flour, oats, nuts and dried fruits out there too. Interesting the you start at the front and work your way around. I start at the back and work my way toward the check out. That way my produce ends up on top.
3152 days ago



NELLJONES

I shop my aisles, which works great until they decide to rearrange the store. Then I have to find my oil and mustard again.
3152 days ago



MISCHAKEO

Great job of making healthy choices. I cannot stay in the bakery..too many old memories..



3152 days ago



WILSONWR

You have better control than me! While I don't buy too much junk food any more, I still get tempted with other higher calorie foods.
3152 days ago



RAPUNZEL53



3152 days ago



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