

shopping tips

Rheumatoid Arthritis

Below are a few simple suggestions to create a smoother grocery shopping experience.



At The Store: Shopping Tips

- Take the “Reading a Food Label” handout to the store to make reading food labels easier.
- Bring a trusted friend or relative with you to lend a hand with the shopping and help carry the groceries.
- Ask for assistance when reaching items on top shelves, or if items are too heavy to pick up.
- Look for pre-washed or pre-cut fruits and vegetables to minimize food preparation.
- Purchase frozen fruit, vegetables, or grains for added convenience.
- Invest in reusable grocery totes with wide, comfortable handles. This is both eco-friendly and more comfortable to carry.
- Ask for assistance for carrying groceries to the car and loading the car. Most stores offer services to assist customers.
- Bring a cooler or cooler bag to keep frozen and refrigerated items cold on the drive home.
- Use a cooler with wheels to lessen hand use and minimize back strain when transporting groceries from the car to the house.



At Home: Shopping Tips

- Use the “RA Shopping List”, and recipes from *A Healthier You*, to plan meals and snacks for the week.
- Look for on-sale foods, coupons, or store discount offers to keep more money in your wallet.
- Shop online to save time and energy. Many grocery stores have in-store pick-up or at-home delivery options available.