

Going to the Grocery Store TEXT

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I am going grocery shopping with my mom.

We go to the store to buy food and things we need.

Image: Red sign that says Grocery in white letters.

First, we will enter the store through big automatic doors.

I will stay close to my mom.

That makes me feel safe.

Image: Grocery sliding door entryway

Next, I will choose a shopping cart.

Sometimes I ride in the seat.

Sometimes I help push.

Squeak, squeak, squeak!

Image: Grocery Cart

The store is big.

I might see a tall sign with numbers.

1 Produce.

Signs help us know where to go.

Image: Green sign that says 1 Produce in white letters.

When I go through the produce section.

I will feel cool air.

I might hear water spray...*psshhh!*

I can choose red apples, green cucumbers, or yellow bananas.

Image: Apples, cucumbers, bananas on a stand.

Some aisles have cereal.

Boxes, boxes, boxes!

I might see rows of colors and pictures.

Image: Red cereal box.

Some aisles have drinks.

Bottles, bottles, bottles!

I might see shiny cans and tall jugs.

Image: Gallon water bottle and a red pop can.

Some aisles have snacks.

Crunchy crackers. Chewy sweets.

Sometimes I feel excited when I see my favorite snack!

If I want something, I can ask:

"Can we get this, please?"

If Mom says no, that's okay.

Image: Blue box of gummies, red box of crackers.

In the store, I may hear many sounds.

People talking.

Carts rolling.

Beep, beep at the checkout.

If I need a break.

I will take a big breath. In... out... slow.

I will count to three.

Image: 1, 2, 3

After everything is in our cart, we will go to the checkout line.

I will help put the food on the counter.

Clunk!

Then we pay,

Image: Grocery checkout station with food on the counter

Last, we will take our groceries to the car.

I will help put the bags into the car.

I feel proud when I help my mom.

I know I will enjoy going to the grocery store.

Image: Grocery bag with bananas, cereal box, and water jug.