



Lesson 2 – Choosing a Food Store

Purpose: To help learners choose a food store that will best fit their needs.

Instructor’s Note: Shoppers can buy food at a variety of stores. The most common types of stores include: a neighbourhood or corner store, a convenience store, a specialty store, a roadside stand or farmers market, a grocery store, a supermarket and retail stores.

Shoppers should choose one store where they will buy most of their food. Some stores offer lower prices, others offer special services.

Activity 1 - Stores that Sell Food

Literacy Stage 1

1. Talk with each learner about where they shop. Ask them the following questions:
 - Where do you normally shop for groceries?
 - Are the prices reasonable?
 - How do you get there? It is easy for you to get there?
 - Do you like shopping there? Why or why not?
 - Are there other stores in your area? Have you tried them?
2. Hand out [Resource Sheet 3.3: Stores that Sell Food](#). Talk about the different kinds of stores that sell food. Ask learners to speak to one other person in the class about:
 - Which stores are available in the neighbourhood?
 - Where do they shop? Why?
 - How do they get to the store they shop at?
 - Do they shop alone?
 - When do they shop?
3. Ask the learners to write out the following sentence and fill in the blanks: “I like to shop at _____ because _____.”

Activity 2 - Choosing a Food Store

Literacy Stage 2

1. Hand out [Resource Sheet 3.4: How to Choose a Food Store](#).
2. Talk about things to look for when choosing a food store.
3. Hand out [Activity Sheet 3.2: Choosing a Food Store](#) to each learner.
4. Break learners into pairs and have them tell each other where they shop and why. Have them take notes and reverse roles.

Activity 3 - Case Study

Literacy Stage 3

1. Read the Case Study on [Activity Sheet 3.3: Case Study](#) to learners or hand it out and ask them to read it themselves.
2. Ask learners to write down six points that Garth should consider when deciding which store is better for him. Alternatively, split them into groups of three or four and have them discuss the points as a group. Talk about their answers.

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Stores That Sell Food

There are many different stores that sell food.



Neighbourhood or Corner Store

This store offers a small variety of food items. It has higher prices but may be open longer hours and within walking distance.

Convenience Store

Like the neighbourhood or corner store, a convenience store offers a small variety of food items. Prices are high but they can be open up to 24 hours a day. Examples: 7-Eleven, MAC's

Specialty Store

A specialty store offers a variety of specialty foods. The quality is usually better but prices are often higher. Service is often more personal. Examples: bakeries, cheese shops, fish stores, meat markets, fresh vegetable and fruit markets

Roadside Stand or Farmers Market

The roadside or farmers' market offers fresh produce when in season. Prices may be lower. You may be able to deal directly with a local farmer.

Grocery Store

This store offers a good choice of food items. It usually has a small section of non-food items. It may offer a delivery service as well. Examples: IGA, Food Fare

Supermarket

The supermarket offers a wide choice of merchandise including non-food items. It may have specialty departments such as a bakery, deli, and floral (flowers). Examples: Safeway, The Real Canadian Superstore, Sobey's

Retail Stores

Retail stores mainly sell non-food items but offer a fairly good selection of food items. Prices are usually comparable or lower to grocery stores and supermarkets. Examples: Wal-Mart, Zellers, Giant Tiger

How to Choose a Food Store

Ask yourself these questions before choosing a food store.

1. Does the store have reasonable prices? Look at store flyers and advertisements before you shop.
2. How far is the store from where you live? How easy will it be for you to get there?
3. Does the store have the food items that you like to buy? What are the areas of a store that are most important to you? Example: meat department, vegetables and fruits, bakery.
4. Is the store open at times when you like to shop?
5. Does the store offer special services such as home delivery, parcel pick-up or acceptance of cheques?
6. Does the store offer other services that are important to you such as helpful staff, lots of parking space, direct bus routes, price savings through club member cards or points?



Choosing a Food Store

Items to compare	Store 1	Store 2
Check the items below for each store.	Name: _____ Address: _____	Name: _____ Address: _____
Reasonable Prices Check - meat - produce - other foods		
Distance from home. How will I get there?	Distance: _____	Distance: _____
Good selection of foods Check - meat - produce - other foods		
Hours		
Delivery Service Cost		

Case Study

There are two grocery stores in Garth's neighbourhood. One store is a large supermarket. The other is a small corner store at the end of Garth's street. To get to the supermarket, Garth needs to take a bus or taxi.

Last week, Garth went grocery shopping at the larger store and this week he shopped at the corner store. He liked both stores, but wants to choose the best one for him.

He found that prices are lower at the supermarket than at the corner store.

The corner store does not have delivery service. (Garth bought three bags of groceries). The larger store does deliver.

The owner of the corner store is friendly. He asked Garth his name, where he lived and they talked about the cold weather outside. At the supermarket all the employee said was "Have a nice day."

Garth wanted to buy grapes when he shopped at the corner store but they did not have any. Garth bought some oranges instead. The larger supermarket always has a good selection of vegetables and fruit.

The supermarket also has a much larger meat department with a selection of the things Garth likes to buy. The corner store only has bacon, hot dogs, and prepackaged luncheon meats.

Garth likes to shop on Sunday, but the smaller store is always closed on Sundays. Last week he had to shop on Monday after work at the larger store.

