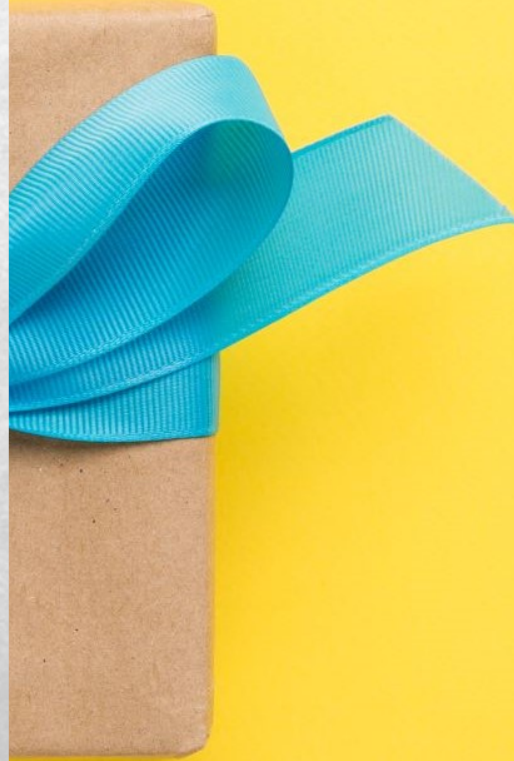


# Smart shopping



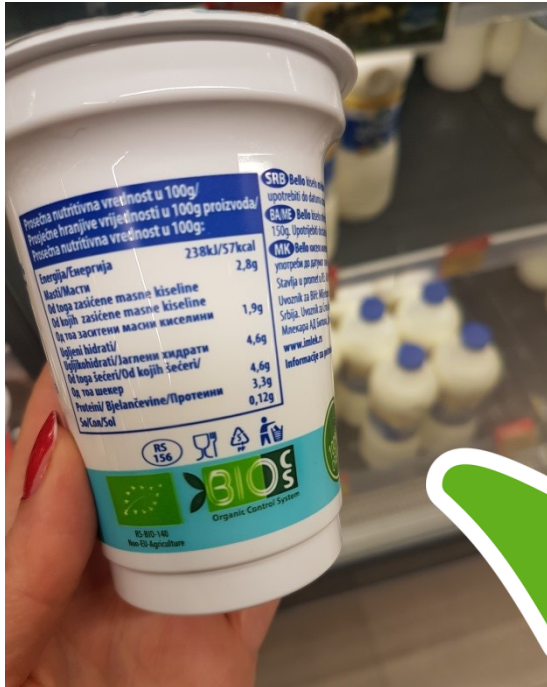


# Look for expiry date



# Look for nutritional values

YES



NO





# Observe the content

YES



NO



# Comparison among the alternatives

YES



NO





# Look for the deficiencies

YES



NO



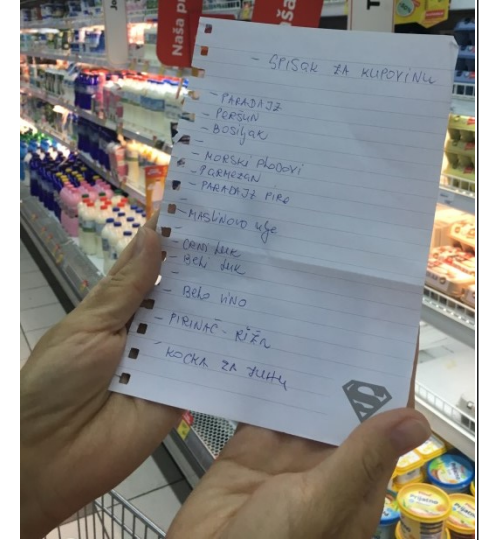
# Ask for your parents permission when you're buying

YES



NO





- Before you go to the shopping, it should be good if you make a shopping list – citing all the products that you need to buy







- Don't buy impulsively, think before you shop!
- Avoid unplanned purchases at the cashier!





Bring your own  
cotton bag to  
grocery shopping!