

Never In A Supermarket

By Ian Dixon

I've never been in a supermarket in at least 18 months. Well perhaps that is not strictly true because I do frequent several supermarket websites. I should say that I have never physically been in a supermarket in that time.

Now some may say that it has happened because I am a man who leaves someone else to do all the grocery shopping. Far from true because I do all my own grocery shopping but I do it online.

Strange concept to some yet we have had it here in the UK for very many years and that is how I do most of my grocery shopping.

So how does it work?

Simple as buying from any website or actually being in the supermarket because you just put items in your trolley, Then book a time for them to deliver.

Since there has to be a catch somewhere then let me look at the Pros and the Cons to online grocery shopping.

Pros

- A shopping list can easily be created for the actual order. It can be changed from anywhere which allows internet access.
- One van with deliveries for 12 or more households keeps cars off the road. That saves on both fuel and congestion which is good for the environment
- The supermarket will deliver at a convenient time.
- It saves on walking around the supermarket because the order can be compiled from anywhere that internet access is available.
- Kids can be a real nuisance when you have to take them to the supermarket. They show little interest until the snacks and candy are reached. At that point, their hands are grabbing. Shopping online avoids this problem.

Cons

- The walk around the supermarket is good for exercise.
- Short-dated products can often be found at much reduced prices when shopping in person but not when online.
- It is easier to find new products in the actual store than it is to find them online.
- To actually look at a product gives a much better indication of what it is than a picture on the web can ever achieve.
- Taking kids to the supermarket helps them to learn about the different foods that are available. That experience is missing with online grocery shopping

So Should I Do It?

I firmly believe that it brings enough advantages to be worthwhile. Of course, Farmers Markets or Grow Your Own can be a much better source of food. Yet they will not supply everything so the supermarket always beckons.

Buying from the computer saves the supermarket trek. The saving on fuel benefits the environment plus the saving on time allows more scope for doing other things.

Take a walk in a local park to replace the walk around the supermarket! It provides the exercise in a more enjoyable way than the supermarket would.

So go for it and do your grocery shopping online.

About the Author

Ian Dixon learnt to cook from an early age when he mastered the can opener. Beans on toast became easy after that not to mention a few other things that come in cans.

After leaving the parental home at 18, he ate largely from takeaway places until the money ran low and he was forced to cook. That led to various styles of cooking ranging from stodgy British food across many international cuisines.

He can be found writing recipes at [Experimental Chefs](#) or at +Ian Dixon on Google+

©2012 Ian Dixon. Copies may be shared with friends but prior permission from the author must be sought before placing it on a website