



Food for Thought: Mindful Meals Start in Our Carts

The foods we put in our grocery carts shape our meals, so a little mindfulness as we shop can go a long way towards more mindfulness as we eat. Try the tips below for more mindful grocery shopping.

Before You Go:

- Plan meals with your nutritional goals and seasonal produce in mind.
- Review what's in your pantry, fridge, freezer, etc. to see what you need.
- Create a shopping list including any needed items.
- Eat a snack, if needed, and hydrate well to prevent impulse buys due to hunger.
- Shop solo or with someone who has similar goals to limit distractions.

While Shopping:

- Stay present by noticing the sights, sounds, smells, and textures around you.
- Read nutrition labels to identify options that best support your goals.
- Compare prices to find the best deals.
- Stick to your list and avoid going down unnecessary aisles to limit temptations.
- Take deep breaths for more calm during busy hours or when in a rush.

At Checkout & Beyond:

- Focus on your breath or shopping goals if you notice any irritation or temptation for impulse buys while in line.
- Give a warm hello and genuine thanks to the store employees assisting with checkout.
- Acknowledge gratitude for your purchases as you put them away.
- Rotate stock to use older food first and limit waste.

Try It This Week:

Allow 20 Minutes or More Per Meal

We often rush through meals and grab snacks on the go to maximize time for other tasks and responsibilities. Take time this week to slow down when eating and enjoy the experience.

Plan to eat mindfully for at least 20 minutes per meal. Use all available senses (i.e.: taste, smell, touch, sight, and hearing) to savor foods. Consider the efforts and energy needed to get it to the table and express gratitude for all.

Potential benefits include:

- Healthier food choices
 - Better digestion
- Greater awareness of hunger and fullness
 - Less stress



Benefits Buzz:

Mindfulness On-Demand

Looking for a few minutes of calm in your busy day? Explore [CommonHealth's MIND playlist](#) on YouTube! This collection of short videos can help you:

- Pause and breathe with mindfulness
- Practice simple meditation techniques
- Manage stress in the moment
- Build resilience for whatever comes next

Whether you need a quick relaxation or a longer reset, this playlist is your destination for mindfulness on-demand.

[Explore the playlist!](#)



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