

Become a Savvy Shopper

Grocery shopping can sometimes feel overwhelming and exhausting, but you can make it as easy as possible by following these National Institute on Aging tips:

List It

Whether you write it down or save it on your phone, an actual list can help you choose healthier foods and stick to your budget. Don't forget to check your staples, such as frozen vegetables and fruits, canned meats and soups, cereal, peanut butter, rice, and so on. These items can have a longer shelf life and come in handy on days when you don't feel like making a trip to the store.

Get Around

Try to shop when you feel rested and at a time when the store is less busy so you don't have to wait in long checkout lines. If you have concerns about physically navigating a store, use the store's motorized carts, ask employees for help reaching items, or take a break on a bench (usually located in the pharmacy departments) if you feel tired.

Explore Options

If it works for your lifestyle and budget, you can also try the following options that don't involve shopping in the store.

Pickup/Delivery

Several grocery stores offer curbside pickup and/or delivery. You just order your groceries online and pick a date to either drive to the store to pick them up or have them delivered. Check with a store near you about these services and any fees.

Meal Kits

If you enjoy cooking, but don't want to plan meals or pick up ingredients then you can pay for a meal subscription box. You choose your meals and then you receive the fresh ingredients and recipes to your doorstep. Several companies now offer this service. Just make sure you understand how it works and the costs before you commit.



Brain Exercise

You can find these August-themed words forwards/backwards, horizontal/vertical, or diagonal!



- AUGER
- AUGUST
- AUGUSTUS
- BASEBALL
- GLADIOLUS
- HOT
- LEO
- PERIDOT
- POOL
- POPPY
- SARDONYX
- SCHOOL
- SUMMER
- THIRTYONE
- WATERMELON

Free Events: Save These Dates

Gwinnett County Community Health Fair
Saturday, September 7 • 10:00am – 1:00pm
Best Friend Park
Community Recreation Center
6224 Jimmy Carter Boulevard, Norcross
SCNlevents.com/healthfairs

Fall Into Health
Friday, October 25 • 9:00am – 1:00pm
Bethesda Park
Senior Recreation Center
225 Bethesda Church Road, Lawrenceville
GwinnettParks.com

Buford Senior Center
Centerville Senior Center
Lawrenceville Senior Center
Norcross Senior Center
Grayson Satellite Congregate Senior Program
Snellville Satellite Congregate Senior Program

2755 Sawnee Avenue, Buford
3075 Bethany Church Road, Snellville
225 Benson Street, Lawrenceville
5030 Georgia Belle Court, Norcross
485 Grayson Parkway, Grayson
2500 Sawyer Parkway, Snellville

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678.277.0230
678.277.0970
678.225.5430
678.232.8556
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