



SKILLS FOR TOMORROW

Food shopping online

Shopping online saves time and sometimes money, and the things you buy can be delivered directly to your door.

What you'll learn

- How to register for an online supermarket shop
- How to search for your shopping list items and purchase them

Helper's notes

Encourage your learner to carry out as many steps as possible to build their confidence. Try to avoid doing any steps for them. If they get stuck, show them, but then go back and ask them to do the same step independently.

You can print off this sheet to leave with them, to try out on their own.



All the main supermarkets offer online shopping – check out their websites here for your favourite (or nearest)

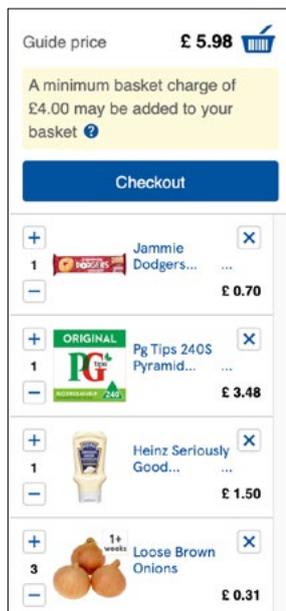
- **Asda** – asda.com
- **Morrisons** – morrisons.com
- **Ocado** – ocado.co.uk
- **Sainsburys** – sainsburys.co.uk
- **Tesco** – tesco.co.uk

Registering on a supermarket website:

1. **Find the icon** for the web browser and **select** it. The browser will open and display a homepage.
2. Select the **address bar** at the top of the page.
3. Type in *[add your favourite supermarket here]* **press enter/return**.
4. **Select** the supermarket website from the list that appears.
5. Select '**Sign in**' at the top of the website.
6. Then select '**Register for an account**'.
7. You will then be asked to enter an **email address** and create a **password** along with other **personal details** such as **name** and **address**.
8. Once you have done this select '**Create account**'. You may have to **verify your email address** by selecting an email from your email account.



Good to know: the mysupermarket app lets you compare prices in-store and between supermarkets while you're shopping



Search for your shopping list items:

1. You will need to **sign** into your account each time you do a new shop, usually with your email and password that you have set up.
2. You will have to pick a time and date for your delivery slot, and may have to confirm this along with the delivery address. You may also have the option to collect in person.
3. There will be a **Search** tool  that you can look up each item one at a time.
4. Add each **item** to your **basket**  and repeat step 3 until all your shopping items have been added to your basket.
NOTE: be sure to check the amounts of items you need or you may end up with 40 bananas or 120 packets of crisps!
5. If the item isn't available, the store may send a substitute. They try to send similar items, but if you don't want that, **select** 'no' substitutes.
6. Once you have added all of your items you need to select '**checkout**' to review and submit your order. (See example on the left from tesco.com)
7. Enter your **payment details**. Whether that's credit/debit card, Paypal etc.
8. Once your payment details and address is correct select '**confirm**'. This will secure the delivery/collection and purchase your items.
9. You may receive an email or text to **confirm** your order, where you should check all the details. You can often amend or add other items ahead of delivery.

bt.com/skillsfortomorrow

Now that you're online why not check out the **helping others** page on the BT Skills For Tomorrow site. You'll find more creative and fun ways to make the most of being online.