



Grocery Store Map

Not all stores will be exactly the same, but most will follow a basic structure layout. A grocery store includes the basic food group items around the outside walls of the store, such as dairy, meat, bread, fruits, and vegetables.

Stores are designed this way to prompt you to walk across and/or around the entire store to find the things you need. Why? So that you will find additional “extra” items along the way.

Those “extra” items include cereal, juice, chips, snacks, soda, canned goods, for example. It’s uncommon that you’ll be able to avoid the middle section altogether. You are most likely that you need something on your grocery list.

The key is to stick to the outer edges as much as possible, minimize your shopping in the middle aisles, avoid the “junk food” at the check-out area, and don’t shop on an empty stomach! This is how you wind up placing extra items in your cart, and increasing your grocery bill. Stick to your list and you should be fine.

Typical layout of a grocery store

