

"How to: Instacart"
To begin please visit: <https://www.instacart.com>

Step 1: Enter your address OR Zip Code and then click "continue"



Step 2: Create an account

Please enter your email address in the specified location. After clicking either of the buttons the system will ask you to verify your account and then you can proceed.

Step 3: Selecting a Store

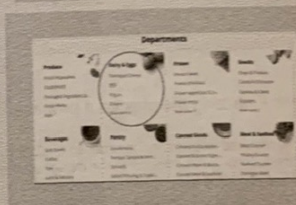
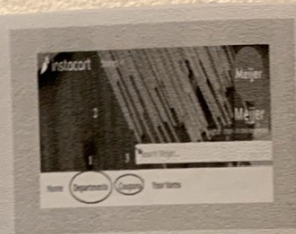


Step 4: Navigating the 'virtual' store

#1 - Departments: click here to narrow your search to only categories. See step 5.

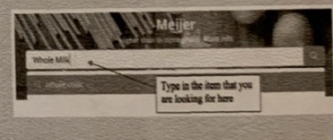
#2 - "Search" Bar: find exactly what you're looking for. See step 6.

#3 - Coupons: this option will allow you to select & search for specific coupons that apply to your items. See step 7.



Step 5: Shopping by Department

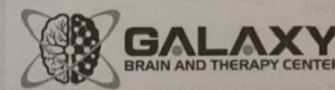
Step 5A: Selecting a specific department



Select the department that best fits the items on your grocery list. For example, if shopping for milk you can select the Dairy & Eggs category and scan the page for the type of milk you are looking for.



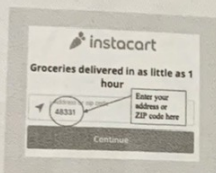
A GUIDE TO ONLINE GROCERY SHOPPING



<https://www.galaxybraincenter.com/>

"How to: Instacart"
To begin please visit: <https://www.instacart.com>

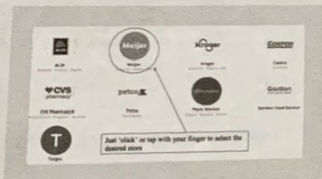
Step 1: Enter your address OR Zip Code and then click "continue"



Step 2: Create an account

Please enter your email address in the specified location. After clicking either of the buttons the system will ask you to verify your account and then you can proceed.

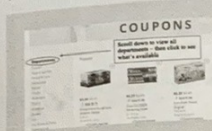
Step 3: Selecting a store



A list of stores will generate based on the Zip Code or Address that was provided in Step 1. Based on the options provided, select the store to begin shopping.

Step 6: Shopping by Search Bar
Then click the "magnifying glass" icon to see the available matches to your search.

For example, all different brands of whole milk appeared from my search. Go ahead and find exactly what you want & add to your cart - you'll add the item(s) the same exact way as you did in step 5.



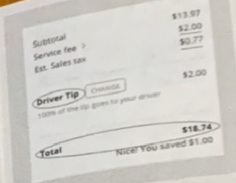
Step 7: Using Coupons

Begin by selecting the 'coupons' tab as shown in Step 4. Once doing so, available coupons will appear. To make it easier, you can search for coupons by specific departments.

All items will be displayed that have available coupons for use. If there is a coupon available for the item that you are looking for, just click the "+" button next to the item and it will be added to your cart WITH the coupon discount applied to the price.

Step 8: Checking out

To begin checkout, click on the green "cart" icon at the top right of your screen. You may be prompted to sign up for Instacart Express to receive free shipping on your order; this is OPTIONAL!

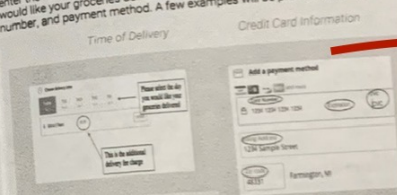


Once you've selected "Go to Checkout" the page will display your current total price which includes: service fee, sales tax, and an optional tip that will be given to your delivery driver.

You will see an area on the right hand side of your screen that breaks down your added fees, along with your current total price. This does NOT include your delivery fee - which is an estimated \$7.99 (delivery fees will vary depending on demand)

Step 9: Finalizing the checkout process

Enter all required information in order to finalize your checkout. You will need to enter the following information in the designated areas: delivery address, time you would like your groceries delivered, special delivery instructions, name, phone number, and payment method. A few examples will be provided below.



** DOUBLE CHECK all info is correct!!

Step 10: Locate your final price, then click "place order" - DONE

The total price will be displayed on the right hand side of your screen - this includes the delivery fee.

The FINAL step requires you to click 'place order'. Now all you need to do is wait for your groceries to arrive at your doorstep

Place order



Curb-side pickup is another great option that can be used to get groceries without having to enter the store. Just place your order online directly through the store site or via Instacart & select curb-side pickup at the nearest location.

The following is a list of local grocery store chains that offer these services:

- Kroger
<https://www.kroger.com//ways-to-shop/pickup>
- Meijer
<https://www.meijer.com/departments.html>
- Aldi
<https://shop.aldi.us>
- Walmart
<https://grocery.walmart.com/?addid=15000000000039636430&veh=wrmt>

* please select your closest location *



CREATED BY WAYNE STATE OCCUPATIONAL THERAPY STUDENTS:
ALEXIS CAMPBELL & CASSANDRA VISELLI