

Grocery Shopping Support Template

Directions:

This template is designed to support individuals with autism by sharing helpful information during grocery shopping experiences, especially when situations feel overwhelming. Complete the template by filling in the individual's or your own name, age, emergency contact information, and preferred communication method.

The template can be completed digitally and saved to a phone for easy access while shopping. Another option is to print the template and handwrite responses. Once finished, you may choose to laminate it or place it in a plastic sleeve to protect it and make it easy to share and reuse. A photo of the individual may also be included, if desired.

Ideas for when to use this template:

- Proactively, to help store staff or others better understand how to provide support
- In community settings during moments of stress or overwhelm to help communicate support needs
- When shared with family members or others who may accompany community outings

Grocery Shopping Support



I have autism spectrum disorder (ASD), grocery shopping may feel overwhelming at times. The information below is shared to help make my experience more positive and supportive.

About me	Fill in the information below
Name	
Age	
Emergency Contact	
Preferred Communication Method	

Helpful tips to support me

- Speak calmly and clearly
- Allow extra time for my responses
- Limit sudden, loud noises
- Offer space if I seem overwhelmed