



What to Expect from Life After High School

Groceries:

Laundry:

What to Expect from Life After High School (Facilitator Guide)

Groceries:

- Refilling, and stocking your kitchen is not that difficult once you know how to grocery shop, and once you realize just how easy it really is.
- Four categories of food (refer to “How to Grocery Shop” handout):
 - Meals – give examples of what you would buy
 - Ingredients – give examples of what you would buy
 - Snacks – give examples of what you would buy
 - Drinks – give examples of what you would buy
- Go over Other tips to keep in mind from the worksheet, especially the following:
 - Go to the market only once a week. Shoppers who run to the store frequently buy more impulse items.
 - Try to shop only when you feel rested and alert. You’ll be better equipped to calculate bargains and watch for errors at the checkout counter. Don’t shop hangry!
 - Shop midweek. That is when the sale items are likely to be in stock.
 - Look for specials, but be careful. Search high and low for bargains, literally. Most times, best buys are placed inconveniently on high or low shelves. Eye-level space is reserved for premium-priced goods.
 - Compare unit price, not ticket price. The unit price is the price divided by weights or volume.
 - Be willing to try house and generic brands and sizes.
 - Coupons, Coupons, Coupons. Or a preferred customer card.

Laundry:

- Walk through steps of “How to Do Laundry” using Ocean Discovery’s laundry machines.
- Go over Tips & Warnings from the worksheet, especially the following:
 - Leave a laundry basket with your name on it on top of the machine in case it finishes before you return. Otherwise, you may find your clothes on the floor where they may get dirty. Then you’ll just have to wash them again.
 - Set a timer to remind you when your load is done, remember you’re not the only one using the washer and dryers. Be there when the dryer stops or you may see your clothes walking across campus on somebody else!
 - Make use of your time; bring homework or a book to read while you are waiting.
 - Bring hangers with you to hang your clothes as soon as they are dry, eliminating wrinkles.
 - If you stuff too many clothes into the washer, it won’t clean them well.
 - When to dry clean and hand wash (use delicate soap)
 - Washing with bleach