



The smart cart: where to put each food?

OBJECTIVE

Understand how **shopping cart organization** influences **food safety**, **food quality**, **waste reduction**, and the protection of health and the planet.

YOUR MISSION

Imagine you're at the supermarket doing the week's shopping. Mentally organize (or design) your **shopping cart** by deciding:

- What should **be down**
- What should **be on top**

Step 1 – Organize the cart

Distribute the food to the trolley areas.

Under the cart

(puts the heaviest and toughest foods)

- ☐ Bottles
- ☐ Packaged and Heavy Products
- ☐ Food that doesn't spoil easily

Others: _____



On top of the cart

(puts the most fragile foods)

- ☐ fresh fruit and vegetables
- ☐ Bread
- ☐ Eggs
- ☐ refrigerated food

Others: _____

Step 2 – Compare with colleagues

Share your organization with colleagues and discuss:

- What did they do differently?
- What choices help **prevent food damage**?
- How can this reduce **food waste**?

Discussion notes:

Step 3 – Safety and sustainability

Explain in your words:

- How does stroller organization protect **your health**?
- How do you help **avoid waste** and take care of the **planet**?

Answer:



FINAL REFLECTION

Answer individually:

Which of these good practices is more difficult to maintain in your daily life and what could you do to improve it?

FOODWISELAB TIP

Organising the trolley (and then the bags) well helps to keep food in good condition, prevents contamination and extends its shelf life – a small action with a big impact.