

Podcast 12 – Grocery Shopping at Our House

Learn English while learning about daily life in Australia, with Rob McCormack

Podcast Number 12 – Grocery Shopping at Our House

<http://traffic.libsyn.com/slowenglish/podcast12.mp3>

Hi,

Every week, everybody has to buy groceries. In our house, I do the grocery shopping. Now some people love to go shopping for groceries. Not me. For me it's a chore. I don't really enjoy it at all. It takes me about 2 hours all together. That means 2 hours from the time I leave the house to the time I put the last item away in my pantry, kitchen cupboard or refrigerator. In my opinion, that's 2 hours that could be better spent, like playing my guitar or riding my motorbike. But it just has to be done.

So about 5 years ago I decided to try shopping for my groceries online.

I liked it. The first time I did it, it took me about an hour to select all my groceries. But as each week's list is saved online, each time I shop I just bring up my last list and make any changes I want. It's very quick. The website (<https://shop.coles.com.au/a/national/home>) is reasonably easy to use. The grocery items are grouped into categories so you can easily find them. For example, some of the categories are:

- Fresh – this includes fruit, vegetables and bakery items. For example, apples and bread rolls.
- Pantry – this includes things you put in your pantry and

which are usually in a container or package, such as a box, jar or can. For example, jam, breakfast cereal and biscuits.

- Meat – this includes all fresh meats. For example, lamb chops, beef steak and sausages.

I won't list all the categories, as there are 13 categories altogether. You can almost get everything that is normally available in a standard supermarket. For example, you can buy light globes, cosmetics, baby goods and alcohol and tobacco, just to name a few.

You browse each category and select the items you want and how many you want. For example, I buy around 6 cartons of milk and put them in the freezer. During the week, when we need more milk, I take a carton out of the freezer and let it defrost. I do the same with bread and of course the meat goes straight into the freezer too. Aren't freezers a fantastic idea?

After you have selected all your items, you then need to select your delivery day and time. It costs no more than \$11 for delivery, depending on when you want it delivered. I think that's pretty cheap. You must select a 2 hour window and it can be any time in the next 12 days, between 6am and 12 midnight.

The last step is to pay. You use your credit card so that's not a problem. They send you an email to confirm your list of groceries and your payment. You also have a chance to make changes up to a certain time prior to delivery.

On the day of the delivery, I always keep a watch out for the truck to see when it arrives.



It's great to see the driver bringing all our groceries up the steps, and me not having to lift a finger. How good is that?



The drivers are always friendly and, if required, will carry

the groceries inside as well.



I just put it all in the hallway before I take it into the kitchen to put away.



The driver needs a signature to show that the delivery was accepted.



Then that's it. The shopping is almost done. All I need to do

then is transfer the groceries to the kitchen and put them away – in the pantry, the fridge, the freezer or the kitchen cupboard.

Now that's the way to do the weekly grocery shopping!

If you have a question or a comment to make, please leave it by clicking the comments link at the top of this story. You can leave your comment in English or in any language and I will translate it. Or, you can send me an email at rob@slowenglish.info. I would like to hear any suggestions you may have. I would especially like your suggestions for podcast topics. Goodbye until next time.

Rob

Podcast 12 Quiz - Did you understand the podcast?

You can take the quiz as many times as you like.

[Start quiz](#)

Vocabulary

alcohol = a type of drink. For example, beer and wine

biscuits = food made from flour and butter

browse = when you look at something without buying it

cartons = used to put liquids in. They are made from plastic or cardboard. For example, milk cartons

categories = groups

cheap = when something doesn't cost too much

chore = a job you have to do at home. Usually it is not much fun

confirm = when someone checks something with you. For example, are these your groceries you asked for?

container = something you can put things in. For example, a box or tin

cosmetics = something you put on your face to make you look better. They are used by woman. For example, lipstick

defrost = when you take food out of the freezer and goes back to normal. You can now eat it

delivery = when something is brought to your door. For example, groceries

freezer = makes food very, very cold until it goes hard. The food is frozen and last a long time

grouped = when things are put together because they are the same or similar

hallway = the part of the house which leads to the other rooms in the house

jam = made from fruit and put onto bread. Tastes sweet. For example, plum jam

kitchen cupboard = a place in the kitchen where you can store things, such as food or pots

light globes = used to give you light in a room. They use electricity

not having to lift a finger = an expression meaning you don't have to do anything – someone else does it for you

online = is on the internet

package = when something is wrapped in paper or cardboard.

pantry = a place in the kitchen where you put your food

payment = when you pay for what you have bought

prior = before

refrigerator = keeps the food cold

saved = to keep something for later

select = when you decide to buy something, or you choose something

signature = when you write your name

standard = normal

tobacco = used in cigarettes for smoking

transfer = to move something from one place to another