Visual guide to shopping at Tesco.

Our visual guide is designed to help make the shopping trip a little easier for customers with invisible disabilities, such as autism.
Getting to Tesco

There are many ways to reach one of our stores

- By car
- By bus
- By train
- On foot

I have arrived at the Tesco store
Going into the store

Our stores come in various shapes and sizes

- Superstore
- Express
- Metro
- Extra

I am inside the Tesco store
Getting ready to shop

You might need to use a trolley or basket to hold your shopping

- Trolley
- Basket

- I’m ready to start shopping
Around the store

There will be lots of different products to choose from in the store.

Some areas might be cold, like produce or the chilled and freezer aisles.

Some areas might not be, such as the grocery or bakery sections.

You might also see clothing from F+F and a pharmacy.

I've chosen all my shopping.
Finishing your shop

When you have chosen all your products you will need to pay for them at a checkout. You could use one of these checkout options:

- The till
- Self-service
- The Kiosk

You'll need to pack your shopping in bag. You can buy a bag at the store, or you might bring your own from home.

- I've checked out my shopping
Helping us help you better

We would like to make your trip to Tesco as simple and stress-free as possible.

Tell us a bit about you so we can help you as best we can in-store

My name is:

I like to be called:

Things I like:

Things I don’t like:

If I need help, please call

Name of person:

How I know them:

Phone number:

The sunflower lanyard

We’re introducing the sunflower lanyard so you can let us know that you have an invisible disability and are open to offers of help from our colleagues in-store.

Find out more at www.tesco.com/help/invisibledisability