0. Tasks related to receiving groceries and managing them

1. Receiving Grocery Delivery

- Go to 1.1
- Then onto 1.2
- Then go to 1.3
- Then onto step 1.4

1.1. Open the door to receive the grocery delivery

1.2. Check the delivery against the order details

1.3. Verify that all items are present and in good condition

1.4. Sign the delivery receipt if required.

2. Unpacking Groceries

- Go to step 2.1
- Then onto 2.2
- Then to 2.3
- Then onto step 2.4
- The to step 2.5
- And lastly onto step 2.6

2.1. Bring the delivered groceries to the kitchen

2.2. Unpack the grocery bags and place items on the kitchen counter

2.3. Sort groceries into categories

2.4. Organize each category by placing similar items together

2.5. Store perishables in the refrigerator or pantry

2.6. Dispose of packaging materials and empty bags properly

3. Noticing Half-Empty Items

- Go to 3.2
- Then 3.3

3.2. Identify items that are half-empty or running low

3.3. Make a mental note

4. Noticing Essential Items Running Out

- Go to 4.1
- Then onto 4.2

4.1. Pay attention to items that are running out

4.2. The need for buying them again

5. Forgetting Shopping List

5.1 Cognitive load increases

6. Going to store for buying the items

- Go to step 6.1
- Then 6.2
- Then 6.3

6.1 Forgot to make a list

6.2 Buying unnecessary stuff

6.3 Making unplanned purchases

7. Discovering Food Waste

- Go to 7.1
- Then onto 7.2

7.1. Extra food gets expired

7.2 Have to throw the expired items out

8. Rushing to Create Last-Minute List

- Go onto step 8.1
- Then go to 8.2

8.1 Forgetting to write about the essential groceries

8.2. Overwhelmed due to last minute list making

9. Returning with Incomplete Groceries

9.1. Incomplete groceries gets delivered

9.2. Due to cognitive overload, user doesn't understand that all the groceries weren't ordered