



30 DAYS OF GROCERIES

How to Grocery Shop Like a European—But Entirely Online

BY JULIET IZON / 04.25.18

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story of a guy who shops online to protect his mental health, our secret tips for Costco shoppers, and the definitive guide to bagging your own groceries. [Check out the complete series here.](#)



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Absolutely Everything You Need to Know About Buying Groceries Online

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America is the land of the plenty and all of that, but anyone who has stepped into a brightly lit suburban supermarket—how many rows of sandwich cookies do you really need?—can tell you that a bigger selection is certainly not always better. The amount of options can be entirely overwhelming; not to mention the glut of pre-made, often preservative-filled packaged goods.

So for your next grocery run, why not take a page from the European shopper's handbook? Whether they live in a gastronomic capital like Paris or a small village in the Spanish Pyrenees, our neighbors across the pond often eschew one-stop mega shops in favor of local stores that specialize in everything from cheese to fish to bread.

runny Epoisses cheese without catching a flight to France. And while shopping online means no instant gratification and the occasional shipping fee, it's a worthy tradeoff for ordering farm-fresh lettuce straight from your phone. Ready to give it a go? Check out our favorite sites below.

BREAD

Europeans love their carbs, whether it's a crusty French loaf or a pillowy Italian ciabatta. Beloved breads of these countries, plus rightfully famous challah and bagels—all made by hand—are on offer at [Eli Zabar](#), a New York-based grocery store that also ships nationwide. But if you're looking for something a little more unique, try combing the options at the women-run [Hot Bread Kitchen](#), which include an addictive flaky Moroccan M'smen and caramelized onion bialys. Can't decide? Let [Zingerman's](#), out of Ann Arbor, do the heavy lifting for you with their Bread of the Month club. Loaves include unique combinations like chocolate sourdough or chile cheddar.



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