

Case 3: Shopping App

NutriCar app

Library research

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Introduction

The purpose of the library research was to find reliable sources to back up the information we gathered on the field. We were able to find numerous online sites that discussed how people frequently utilize shopping apps to get done their weekly groceries. There is evidence that shopping apps encourage consumers to adopt a healthier diet.

On the next pages there could be found online articles supporting the ideas from above and the references from where they were collected.

Online Articles

[Food Network \(2021\), *How Grocery Shopping Apps are Changing the Way We Buy Food.*](#)

The article discusses the ways in which grocery shopping apps are transforming the way we shop for food.

The article notes that one of the key benefits of grocery shopping apps is the convenience they offer. With grocery shopping apps, users can easily browse and purchase food items from the comfort of their own homes, and often have the option of curbside pickup or home delivery. This convenience can be particularly valuable for busy families or individuals who may not have the time to visit a physical grocery store.

Another way that grocery shopping apps are changing the way we buy food is by offering new options for meal planning and preparation. Many apps offer recipe suggestions and meal planning tools, which can help users save time and ensure that they have all the ingredients they need on hand. Some apps also offer personalized recommendations based on a user's dietary preferences or past purchase history.

Finally, the article notes that grocery shopping apps are also changing the way we think about food waste and sustainability. Many apps offer options for purchasing imperfect or "ugly" produce, which might otherwise go to waste. Additionally, some apps are partnering with local farmers and other food producers to offer more sustainable and locally-sourced food options.

Overall, "How Grocery Shopping Apps are Changing the Way We Buy Food" offers a comprehensive overview of the ways in which grocery shopping apps are transforming the food retail industry and changing the way we approach grocery shopping and meal planning.

[The Spruce Eats in 2020, *"The Pros and Cons of Using Grocery Shopping Apps"*](#)

The article provides an overview of the benefits and potential drawbacks of using grocery shopping apps.

The article notes that one of the key benefits of using grocery shopping apps is the convenience they offer. With grocery shopping apps, users can easily browse and purchase food items from their smartphones or other devices, without the need to physically visit a grocery store. This can save time and effort, particularly for busy families or individuals.

Another potential benefit of using grocery shopping apps is the ability to compare prices and find deals. Many grocery shopping apps offer discounts or loyalty rewards programs, which can help users save money on their purchases.

However, the article also notes that there are potential downsides to using grocery shopping apps. For example, some users may experience issues with product availability or substitutions. Because grocery shopping apps rely on inventory information from physical stores, items may sometimes be out of stock or unavailable for delivery or pickup. Additionally, some users may experience issues with product quality or freshness, particularly with perishable items like produce or meat.

Another potential downside of using grocery shopping apps is the potential for data privacy issues. Because grocery shopping apps may collect and store user data, including personal information and purchase history, there is a risk that this data could be compromised or used inappropriately.

Overall, "The Pros and Cons of Using Grocery Shopping Apps" offers a balanced overview of the benefits and potential drawbacks of using these apps. By considering both the advantages and potential issues associated with grocery shopping apps, readers can make more informed decisions about whether or not to use these apps in their own lives.

Digital Trends (2021), *The Future of Grocery Shopping Apps: What to Expect in 2021 and Beyond*

The article explores emerging trends in grocery shopping apps and predicts how these apps may evolve in the future.

The article notes that one of the key trends in grocery shopping apps is the increasing emphasis on sustainability and environmental responsibility. Many grocery shopping apps are introducing features that help users make more eco-friendly choices, such as options for purchasing locally-sourced or sustainably-grown produce.

Another trend highlighted in the article is the integration of new technologies into grocery shopping apps. For example, some apps are using artificial intelligence and machine learning to offer personalized recommendations and tailored product suggestions to users based on their purchase history and preferences.

The article also predicts that grocery shopping apps will continue to expand their offerings beyond just food items. Some apps are already offering a wider range of products, including household items and personal care products, and this trend is expected to continue in the future.

Finally, the article notes that grocery shopping apps are likely to continue to offer more convenience and flexibility to users. This may include features like same-day delivery or expanded pickup options, as well as new payment and checkout options that make the shopping experience even more seamless.

Overall, "The Future of Grocery Shopping Apps: What to Expect in 2021 and Beyond" offers an insightful look into how grocery shopping apps may evolve in the coming years. By understanding these emerging trends and predictions, users can stay ahead of the curve and make the most of these apps in their daily lives.