

# How to Check Out on NourishMart

## Using GROW ERC-20 Tokens & MyCryptocurrency Checkout

A simple step-by-step guide for new and returning shoppers

### Step-by-Step: How to Check Out

Once you have GROW tokens in your wallet, follow these steps to complete a purchase on NourishMart.

1	<b>Browse &amp; add to cart</b>	Visit thenourishmart.com, browse the shop, and click Add to Cart for any items you want to purchase.
2	<b>Go to checkout</b>	Click the cart icon at the top of the page, review your items, then click Proceed to Checkout.
3	<b>Enter your details</b>	Fill in your shipping address and contact information. You can check out as a guest or log in to your account.
4	<b>Review payment</b>	GROW is automatically selected as the payment method. You will see the exact GROW token amount required displayed in the payment box — for example: Grow (208414.52992 GROW). The listed price is converted to GROW automatically at the current rate. Note: depending on the vendor, you may also need to select a shipping rate at this stage — some vendors offer free shipping while others charge a flat rate or other options.
5	<b>Agree &amp; place order</b>	Check the box confirming you have read and agree to the terms and conditions, then click Place Order.
6	<b>Send payment</b>	You will be taken to the payment page showing the exact GROW amount to send and the wallet address to send it to. You can copy both using the copy buttons, scan the QR code, or use the MetaMask or Trust Wallet buttons if you use either of those wallets. You have 8 hours to complete the payment — a countdown timer is shown on screen. Do not close this page until payment is sent.
7	<b>Wait for confirmation</b>	The page checks for your payment every 15 seconds. Once your transaction is detected on the blockchain your order will be confirmed automatically.
8	<b>Check your email</b>	A digital invoice and order confirmation will be sent to your email address. You can also view your order in My Account > Order History.

## Critical Payment Rules

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Crypto payments work differently from credit cards. Please read these carefully before sending any tokens.

✓ Do This	✗ Avoid This
<ul style="list-style-type: none"><li>● Send the exact GROW amount shown</li><li>● Copy the wallet address carefully</li><li>● Complete payment within the time window</li><li>● Save your transaction hash as proof</li></ul>	<ul style="list-style-type: none"><li>● Rounding the amount up or down</li><li>● Sending from an exchange wallet directly</li><li>● Refreshing the checkout page mid-payment</li><li>● Sending GROW to the wrong network</li></ul>

**⚠ Note:** If the exact amount is not sent, your order may be automatically cancelled — even if you sent slightly more. Always copy the amount directly from the checkout screen.