STAGES	1. DISCOVERING PRODUCTS	2. EXPLORING RECIPES	3. LEARNING ABOUT THE BRAND	4. VISITING THE EDUCATIONAL HUB	5. USING THE MEAL PLANNER	6. TAKING ACTION / SHARING
DOING	Enters the homepage, browses categories, clicks on product tiles	Scrolls through recipes, checks ingredients, saves a few ideas	Visits "Raised Right" or "About" section, reads company values	Reads about nutrition, health tips, and sustainability impact	Tries the new planner, selects products and recipes to build a week plan	Shares recipes on social media, signs up for newsletter or follows brand
THINKING	Which product fits my needs? Can I see nutritional info? Is this brand really fresh	Can I find quick healthy recipes? How do I use these tomatoes creatively?	Who grows these products? What makes NatureSweet different?	Why are fresh foods important? What nutrients do these products have?	Can I customize my meals? Can this help me eat healthier?	This brand actually helps me plan better I want to try more products.
FEELING	Curious, slightly overwhelmed	Inspired, motivated	Empathetic, connected	Engaged, informed	Empowered, satisfied	Happy, loyal
OPPORTUNITIES	Simplify product navigation with filt ers and imagery.  Highlight freshness, certifications, and sustainability upfront.	Link each recipe directly to related products.  Add "difficulty" and "prep time" filters.	Make the human stories central through photos and quotes.  Use video storytelling for authenticity.	Create interactive infographics about nutrition.  Add quizzes or "Did you know?" cards for micro-learning.	Add dynamic recommendations (AI-based or rule-based).  Allow export to shopping list or shareable PDF.	Reward engagement with badges, recipe submissions or social challenges.  Strengthen brand community through storytelling.