

Zero Waste Grocery Shopping

BEFORE

Remember your grocery reusable bags:

- Put them with important items (keys, wallet, etc.).
- Practice!

DURING

Be mindful of your packaging

- Buy items packaged in recyclable materials (glass, cardboard, metal, hard plastics).
- Buy in bulk.
- Use reusable produce bags.
- Bring reusable glass container to the meat counter.

AFTER

- Pack a zero waste lunch! Invest in reusables (lunchbox, cloth napkin, reusable utensils).
- Recipes to reduce packaging: make your own granola bars, ketchup, hummus, etc.

Resources:

- Recipes: <http://savedbygraceblog.com/50-household-products-diy-need-start-making-now/>
- Reusable Produce Bags: <http://www.flipandtumble.com/shop.html>
<http://www.simpleecology.com/>

