

ZERO WASTE GROCERY SHOPPING

BEFORE

- Place reusable grocery bags with important items (keys, wallet) so you won't forget to bring it
- Leave a big cardboard box in the car to transport groceries straight from the shopping cart

DURING

- Opt for products packaged in recyclable materials (glass, metal, paper): only 9% of plastics actually get recycled
- Buy naked produce that isn't packaged in plastics
 - Consider buying reusable produce bags like [EcoBags](#) to place naked produce in
- Buy in bulk
 - Click [here](#) to find places to bulk shop in San Diego
- Purchase produce and meats from a local farmer
 - Visit [WasteFreeSD.org](#) to locate your local farmer's market

AFTER

- Repurpose packaging
 - Use glass jars as storage containers for dry foods like flour and nuts
 - Reuse plastic microwavable containers for packed lunches
- Make sure there is enough space in the fridge for leftovers
- Pack a zero-waste lunch or dinner using reusable boxes, cloth napkins and reusable utensils
- Repurpose leftovers to create new meals
 - Blend leftover vegetables with tomatoes to create a vegetarian pasta sauce
 - Make tacos or burritos with leftover rice, meat and vegetables
 - Make croutons or breadcrumbs using stale bread, and store in freezer for later use
 - Put all unwanted parts of vegetables into a big pot and cover it with water to make vegetable stock
 - Click [here](#) to find more creative ways to repurpose your leftovers
- Compost your food scraps, this [resource](#) will teach you all the basics of composting