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
• 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