

# Eco-Friendly Shopping List

Use this eco-friendly shopping list to make sustainable choices next time you are shopping.

## Eco-Friendly Shopping Tips



### Buy local

Reduce the carbon footprint of food that's been shipped across the globe and opt for more locally grown items. Your local farmer's market is a great place to find fresh produce.



### Buy in bulk

Avoid buying items that are excessively packaged in plastic and try to buy in bulk quantities to reduce additional packaging waste. Household favorites like pasta, beans, granola and dried fruits can be bought in bulk.



### Bring reusable bags

Avoid cluttering a landfill with single-use plastic bags by storing reusable shopping bags in the trunk of your car or glove compartment, so they're easy to grab when you need them.



### Avoid pre-washed produce

Sure, pre-washed items like lettuce and salad mixes are convenient. While these items can be fairly convenient, they also cost a bit more all while being harmful to the environment. Instead of buying produce that is packed in plastic, simply buy regular produce and wash it at home.



### Buy recycled packaging

Ensure you are buying products made from and packaged in recycled materials. If you have to buy packaged items opt for ones made from recycled materials to keep up-cycling plastics and keep them out of the trash.

## Invest in Reusable Items



### Reusable bottle

Treat yourself to a reliable, good-quality water bottle and lower your dependence on disposable plastic water bottles to quench your thirst.



### Reusable coffee cup

With how popular coffee has become, investing in a favorite mug or thermos that can be washed after each cup will greatly reduce the amount of disposable coffee cups being jammed into landfills.