



THE ECO-SHOPPING GUIDE



Knowing what to do before and while you shop can help you save on both food waste and packaging!

Check your fridge, freezer & pantry

Before you make your grocery list, see what you already have and only get what you need. This will help you to save money, and maybe even a trip to the shops!

Look at some online recipes



Following a recipe is a great way to know how much food you need to buy and how many people you can feed with it, meaning less excess food.

Make a list and stick to it



Download a grocery app on your phone or write down a list so you know what you need from the shops, and avoid getting more food than you will use.

Pack some empty containers or jars

Use empty containers or jars to help you store and carry any loose items you buy. This will save you from using plastic bags to carry your groceries!

Keep your bags close by

Hang a few bags on the handle of your front door, or fold one up to put in your everyday bag so that you remember to use them while food shopping.

Pick the funny looking produce



When you are cooking, it doesn't matter what your produce looks like, so pick the odd looking produce first to save them from being thrown away!

Let it roll around



Instead of using plastic bags, put produce straight into your basket or trolley. Just make sure to wash your produce before you cook or eat it.

Check what else is available

When shopping, try and pick food that is packaged in cardboard, glass or paper and not plastic. If you can get something with no packaging, even better!