

Reducing Waste at the Store

Look for Less Packaging

Of all the garbage we generate, 1/3 is packaging that gets thrown away immediately. Buy in bulk or concentrate form when possible, and avoid excessive packaging layers. Avoid disposable products such as juice boxes or single serving snacks. Since almost all products require some packaging, choose ones with packaging that is recyclable.

Use a Cloth Shopping Bag

Paper or Plastic? Bring your own cloth bags to the grocery store and you won't have to make that tough choice. Cloth bags are stronger than paper and plastic bags, and won't contribute to the tons of unnecessary trash in landfills since you can use them over and over again.

Purchase Reusable Containers

Buy groceries like juice, lunch supplies and condiments with reusable containers in mind. Juices can be purchased in concentrate form to be mixed in your own reusable containers. You can reduce a tremendous amount of lunch waste by avoiding single serving containers. Reusing also extends a product's life span. When we reuse products, we don't have to waste valuable natural resources in their creation, and a substantial volume of waste is diverted from the landfills. There are four ways you can practice reuse in your home:

- Avoid disposable products
- Find new uses for common household items
- Purchase durable, long-lasting products
- Find a second life for durable products

Buy Recycled

Purchasing products made with recycled material helps turn those cans, bottles, and paper collected at curbside into products we can use every day. The packaging on many products lists whether recycled material is used. Buying these products helps "close the loop," and because these products use fewer resources, you will be helping the environment. If you're not buying recycled products you're really not recycling.