



Change your shopping habits

- Make a list. When you think of something you need don't immediately get in your car and go and get it. This uses petrol and pollutes the environment. Shop once a week for groceries and less than that for clothes and other items. In between this keep a list of the things you need and get them the next time you go.
- When choosing items - buying in bulk saves a lot on the packaging. The smaller packages use almost as much material as the larger ones. Rather buy one larger box than two smaller ones.
- At the checkout counter use your own bags. At most stores now you can purchase cloth or recycled bags. These bags hold a lot of food and can be used over and over again.
- If something can be bought second hand, look there first. This prevents that item from being sent to a landfill and it prevents new materials from being used to make a new one.
- Think green when buying furniture. Buy vintage, certified wood, reclaimed materials, or locally made pieces.
- When buying appliances look for those with the Energy Star label. This indicates that products comply with strict energy efficiency guidelines defined by the US Department of Energy and US Environmental Protection Agency (EPA).
- Choose organic foods, they have been farmed without the use of chemicals, pesticides or genetically modified organisms (GMOs).
- Choose chemical-free household products – not only is this good for the environment's health, but for you and your family's health as well.
- Buy new clothes that will last, rather than those that will become threadbare in a season.
- Become a more informed consumer. The more you know about the products you purchase, the better equipped you'll be to make buying decisions that are good for the environment.