



## Form 5.

Green guide for shoppers

### **Doing more by choosing less**

This green shopping guide can help you limit your impact on the environment and save you money as well.

Did you know that we are quickly running out of space in Australia to place landfill and other waste sites? Did you know that every day each person in Australia generates about 2 kilograms of waste?

Even though we are recycling (keep up the good work) it's still not enough. With a little more effort we can reduce waste even more. Please think before you buy and buy only what you need, and help conserve resources while you shop. About one-third of our household waste comes from product packaging.

**Here are some ways you can help.**

### **Packaging**

Packaging is now one of the biggest industries in Australia. Some packaging is necessary for health and shelf life reasons but excess packaging costs you more money.

Take a little care before you buy and you can save money. Next time you go shopping, check out products on the shelf: choose those with the least packaging. Try to avoid single use or overly wrapped items.

Choose to put less packaging in your 'green' shopping trolley. Think a little to leave a lot less behind for future generations.

### **Recycled products**

When shopping, always try to choose recycled products. Fewer natural resources and less energy are needed to make recycled products. So, when you buy recycled products, you're helping to conserve our limited resources.

Check the label before making your purchase. Make a point of buying products that have the familiar three arrow logo. One way to check out if certain products are made from recycled material is the colour of the unprinted side – if it's grey and not white, it's recycled. Some products are marketed as being recyclable; that means that they can be recycled.

### **Reusable not disposable**

Disposable products may be convenient but they also create more waste and add to already overcrowded landfill sites. Try to limit your use of disposables and look for products you can reuse.

Examples: a sponge not throwaway wipes, rechargeable batteries, washable plates and cups not one use paper plates and cups, cloth napkins not disposable ones, razors with replaceable blades, not disposables, and reduce or eliminate the use of disposable lighters and non-refillable pens.

Look out for reusable or refillable containers: buy spaghetti sauce in a glass jar, then reuse or recycle the jar; reuse different sized plastic containers with lids, instead of buying aluminium foil, plastic bags or plastic wrap.

### **Buy in bulk**

Buying in bulk not only uses less packaging, it also saves you money. Try to limit the use of over-wrapped, single serve packages. A tiny inconvenience is a big help to the environment.

Buy concentrates such as drink mixes, cleaners and biodegradable cleaners; buy the biggest possible and practical container of non-perishable items or those with a long shelf life, and put manageable amounts in reusable, smaller containers for everyday use.



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#### Paper or plastic

Take along your own reusable shopping bags when shopping, instead of using paper or plastic bags. Canvas, calico or string bags are light and convenient to carry and can be reused many times. Get into the habit of keeping reusable bags in the car or near the front door – and save an incredible amount of paper and plastic.

If you're only buying one or two items, go without a bag. Every bag costs the store money – that means you pay for it ... and so does the environment.

#### You can make a difference

If you see a product that's over packaged, that's not made from recycled materials, tell the store manager or write to the manufacturer. Your preferences are important to them and your opinion counts. So take a minute to write a note. The address can often be found on the back of the package. Your efforts won't go to waste.

#### A few more helpful 'green' shopping tips

- Try not to overbuy, always plan your shopping list
- Buy products that can be recycled or are made from recycled materials
- Avoid over packaged goods
- Buy bulk instead of single use packages
- Reuse

#### Household and beauty

- Choose pump instead of aerosol
- Buy concentrates and biodegradables
- Buy refillables
- Avoid paper cups and plates
- Buy paper products with high recycled material content
- Avoid pump toothpastes (tubes use three times less plastic)
- Avoid squeezable plastic bottles (often have much higher plastic content, not easily recyclable)

#### Dairy

- Buy milk in recyclable large containers
- Avoid single servings
- Avoid eggs in polystyrene cartons unless they are recyclable
- Buy juices in concentrate or recyclable large containers

#### Produce

- Tell your grocer you won't buy produce that's over wrapped in plastic and polystyrene
- Avoid using an extra plastic bag for fruit and vegetables in their own natural 'packaging'. Wash or peel them when you get home

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