

## Top Tips on buying more sustainably

**Make a difference to your own lives and the future of our planet.**



### REDUCE FOOD PACKAGING

Reduce buying products packaged in unnecessary non-recyclable materials. Packaging can make a huge impact on sustainability, as packaging fills up landfills. Consider bringing your own containers and pay by weight



### AVOID HIGHLY PROCESSED FOODS

If a food product has been through many steps in manufacturing - with lots of ingredients coming from all corners of the world, the carbon footprint is higher for that product, due to traveling, manufacturing, and distribution.



### SUPPORT INDEPENDENT SHOPS

Buy locally - support small shops and farmers markets instead of large chain supermarkets. Every £1 spent with a small or medium-sized business 63p stayed in the local economy, compared to 40p with a larger business



### CUT THE WASTE

The average household wastes around 30% of the food it buys. Buy more regularly, but less in order to reduce food waste. We use vast resources—soil, water, fossil fuels, crop inputs—to produce food that is never eaten.



### EAT SEASONAL

If you eat seasonal foods you will reduce CO2 emissions as these foods don't have to travel nearly as far, so the associated fuel emissions and transportation costs are minimal.



### USE YOUR OWN SHOPPING BAG

The effects of plastic on the environment can be devastating. Plastic products such as plastic bags can take between 15 and 1,000 years to break down, as well as the harmful impact they have on our wildlife.