

ZERO WASTE SHOPPING TIPS

PLAN

BYO

STUFF

CONNECT

LOCAL

BE KIND TO YOURSELF...
AN EXPERT WAS ONCE A BEGINNER



PLAN AHEAD

- Meals – use a weekly planner, cook ahead & freeze, zero waste cooking
- Shopping list
- Bulk stores, farmers markets
- Stash spare reusable bags & containers in your car, handbag, backpack etc.

BYO – BRING YOUR OWN

- Reusable bags
- Cloth produce bags
- Glass or plastic containers and jars
- Reusable cutlery, cup, straw, cloth, tea towel etc.



STUFF – LESS IS MORE!

- Do you really need it?
- Essentials eg. plenty of solutions using bi-carb/vinegar
- Can you borrow or rent it? Libraries – books, music, movies, toys, equipment, tools. From family, friends or colleagues.
- Repair or mend it? Yourself, someone you know or an expert
- Reuse or repurpose something else?
- Consider packaging options – recycled or can be recycled?



CONNECT

- With others on the zero waster journey like us (Zero Waste Victoria, Facebook) for ideas and tips
- Bulk shop with friends & family
- Food Forage
- Rough Trade (FB)
- Ripe Near Me
- Freecycle/Zilch/Gumtree etc.
- Local swap groups (FB)

GO LOCAL

- Grow your own
- Shop seasonal
- Farmers Markets
- Food Swaps
- CSA (Community-supported agriculture)
like CERES Fair Food
- Upick – fruits and berries
- Second hand charity shops and trash 'n' treasure markets
- Compost your organic waste = free soil fertiliser
- Forage your own edible weeds, overhanging fruit, herbs and flowers

