

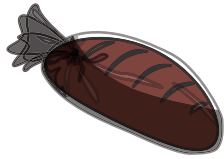
# HELP PREVENT PLASTIC POLLUTION WHILE GROCERY SHOPPING!



Check out these tips to help decrease your plastic consumption and help keep our planet clean!

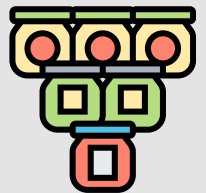
## AVOID THE EXTRA PACKAGING

Most stores have a bulk produce section where produce is "unpackaged". Shop this area and ask to see more unpackaged, unwrapped produce/bulk foods for sale.



## BUY IN BULK!

When you buy non-perishable items in bulk you are saving trips to the store, these items also tend to have less plastic packaging!



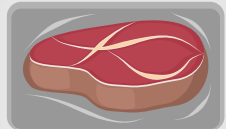
## BRING YOUR OWN BAG!

Shop with reusable bags. Keep them on the front seat of the car for easy access. Most stores allow you to bring your own bags if you bag your groceries.



## SHOP AT THE COUNTER

Shop the cheese, meat and fish counters and avoid the plastic packaging. Ask for these items to be wrapped in waxed paper.



## CHOOSE CARDBOARD OR METAL

Purchase items that come in cardboard or metal. Avoid all styrofoam. If you must use plastic bags, recycle them at the grocery store.



## TAKE ACTION!

- Did you notice things that could be changed to decrease the use of plastic?!
- Write a letter to the company expressing your concerns and how they can do their part to help reduce waste produced by their store!
- Interested in a sample letter?
  - Visit [tinyurl.com/GroceryLetter](http://tinyurl.com/GroceryLetter) to download a template you can use!