

what can i do?

The smart shopping list

- ✓ Plan your meals in advance
- ✓ Make a shopping list
- ✓ Buy loose varieties of fruit and vegetables
- ✓ Avoid buying convenience food
- ✓ Don't be tempted by special offers such as 2-for-1s, especially on fresh produce that won't last
- ✓ Check the use-by dates on fresh produce
- ✓ Use your local milk delivery service
- ✓ Sign up to a veggie box scheme
- ✓ Choose refills and concentrates
- ✓ Avoid buying disposable or single-use items
- ✓ Re-use items as much as you can before buying new
- ✓ Think about the packaging the item you are buying comes in
- ✓ Choose second hand goods
- ✓ Choose items made from recycled materials
- ✓ Buy re-usable gift bags instead of wrapping paper
- ✓ Buy energy-efficient light bulbs and rechargeable batteries
- ✓ Buy good quality products that will last instead of cheaper versions that may not
- ✓ Choose products and services that are environmentally friendly
- ✓ Choose ethical products, such as Fairtrade, organic or free range
- ✓ Get to know your local shops and buy locally where you can
- ✓ And remember: say NO to unwanted plastic bags. Take your own bags with you or buy a 'bag for life'



fresh food

b

h

recycle

reduce

g o



local food



Wiltshire jute bag

reuse

How do I start?

By picking up a Recycle for Wiltshire jute bag. The bags are sponsored by Wiltshire County Council and are available for just £1 from your local Wiltshire library.

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