



GREEN GROCERY SHOPPING



Image by Freepik from Flatiron.com

According to the EPA, food packaging in grocery stores packaging account for 23% of all landfill waste. Groceries also contribute to food waste, both in the store and at home. Fortunately, there are many ways to shop “greener” and protect the environment.

Shop at or order from sustainable grocers. Many grocery stores are carrying organic and sustainable foods, allowing you to make “greener” choices. If you order online, shop from sustainable online grocers that use eco-friendly packaging. For some online market suggestions visit <https://sustainableamerica.org/blog/online-grocery-shopping-the-sustainable-way/>

Buy only what you need. It can be tempting to overbuy when shopping. Make a list of what you need and stick to it. This will result in less packaging and food waste.

Remember to bring your reusable bags. Find ways to remind yourself to bring reusable bags so you don’t have to buy more at check out. Only a few states have taken steps to curb single use bag use. **When traveling take a couple of reusable bags taken with you.**

Pass on plastic containers. Spaghetti sauce, juice, eggs, dairy or plant-based milk products, to name a few, come in a variety of containers. Say no to plastic and choose glass bottles/jars, cardboard boxes/cartons, or cans instead.

More tips...



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Buy local and in season. Most of produce in supermarkets is grown far away and shipped long-distances. Buying locally grown fruits and vegetables reduces transportation pollution and costs, supports local farms, and is more nutritious. Look for them at farmers markets, community gardens and co-ops, and some grocery stores.

Cut back on processed foods. Processed foods, including chicken nuggets, frozen meals, cookies, deli meats, and many cereals, contain ingredients that are harmful to the environment *and* your health. Fresh or minimally processed foods, such as fresh produce and meat, whole grains, nuts, frozen or canned veggies and fruits, and peanut butter (with no added ingredients) are more nutritious and eco-friendly.

Make sure “eco-friendly” claims are valid.

Claims like “Earth friendly”, “Clean and Pure”, and “All Natural” may attract environmentally minded customers, but they are often meaningless. To make sure a product is truly eco-friendly, check the ingredients and look for reliable eco-seals on the labels. Find out more at <https://www.ecowatch.com/eco-friendly-labels-1881939362.html>



Learn more about sustainable eating on these websites:

<https://www.healthline.com/program/the-sustainable-table>

<https://www.4ocean.com/blogs/live-the-mission/11-sustainable-grocery-shopping-tips>

<https://health.clevelandclinic.org/ultra-processed-foods/>