



## SMART SHOPPING

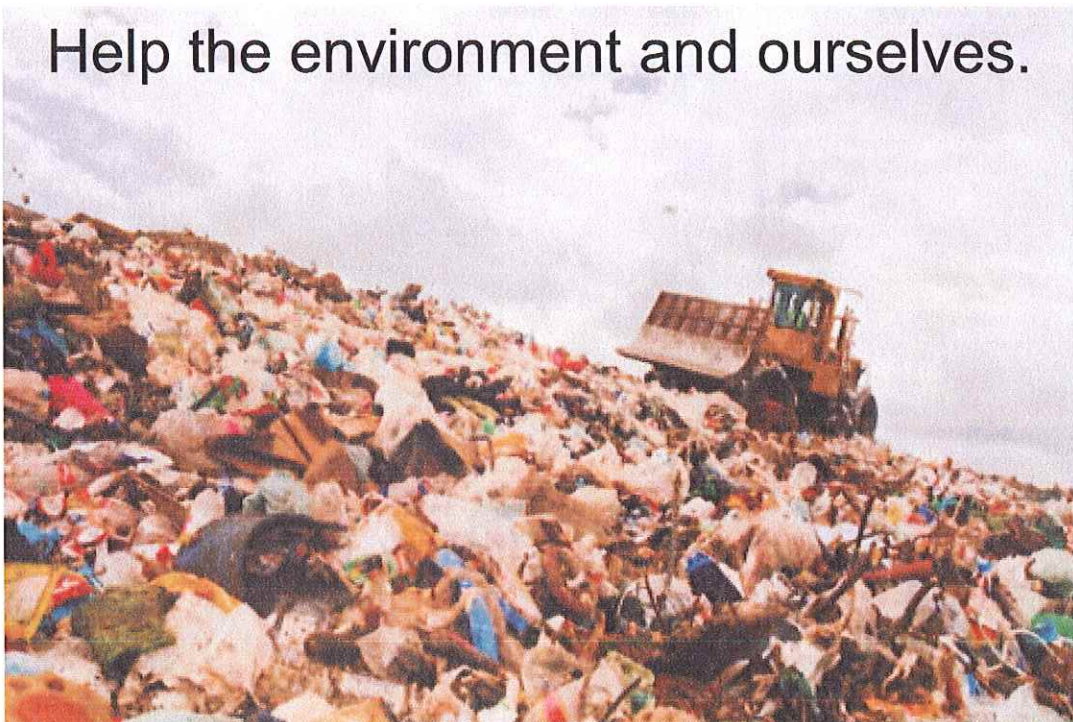
Successfully avoiding waste means **RETHINKING** our actions. Small changes when shopping can make a significant difference to reducing waste and conserving our natural resources. When shopping ask yourself these questions:

- Do I really need this product?
- How am I going to dispose of it?
- Is it reusable?
- Is it recyclable?
- Can I buy the same or similar product with less packaging?

When choosing what to buy there are many different factors that will influence what you purchase such as the cost and flavour. Next time look at the item you are about to purchase. Have you thought about how an item is packaged? What is the item made from? Where and how is it made?

**Let's avoid this!**

**Help the environment and ourselves.**



**Waste Hotline 1300 725 415**







**NetWaste**

A COLLABORATIVE APPROACH

## SMART SHOPPING

There are many different choices to make. Here are a few suggestions:

- Look for products with minimal or no packaging. →
- Avoid disposable products such as plastic cups, tissues and nappies.
- Choose items that can be reused. Buy cloth napkins instead of serviettes. →
- Choose products that are recyclable or are made from recyclable materials. →
- Make a shopping list to avoid buying items you don't need.
- Buy products in bulk or concentrate. →
- Buy fresh fruit and vegetables instead of processed and place them directly in your shopping trolley. Say no to plastic bags. →
- Avoid plastic bags, take a bag, box or basket.
- Don't forget your green bags leave them on the front seat of the car instead of the boot. →



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