

CREATION TIPS: SHOPPING

We all have needs and wants. It is important to make Creation conscious shopping choices. Finding ethical companies, shopping local, and reducing our consumption are ways we can value the planet and those who live on it.



1 COMMIT TO LOW OR NO WASTE GROCERY SHOPPING

Some ways to reduce waste when shopping for groceries are to buy unpackaged fresh fruits and vegetables, bringing your own container to a bulk food store, investing in some produce bags to transport fresh foods, avoid prepared foods, and bring your own grocery bags. A good place to find unpackaged and locally sourced food is at your local farmer's market.



2 BE CONSCIOUS WHEN GIVING GIFTS

Wrapping paper can only be used once while gift bags can be reused. You can give a holiday-themed gift and care for creation at the same time. Or you can wrap your presents in newspaper, brown paper, or even a dishtowel and personalize with your own hand-drawn decorations. If you do want to use wrapping paper, think about buying from a reuse store instead of purchasing a new roll every year. Reach out to companies you are buying from and request that your order and all future ones come without the single-use plastic that envelops our habitat and harms life for all. Amazon is one company that provides the service.



3 DO YOUR RESEARCH

We live in a culture of relentless advertising, which drives overconsumption, which then fills our landfills. Be thoughtful about what you buy and from whom. Discern wants versus needs. Look for environmentally conscious companies with ethical practices. Consider packaging, durability, and sustainability in the products you choose.

4 STOP WEARING PLASTIC.

Did you know that synthetic fibers from clothing are a significant contribution to microplastic pollution? Go back to nature—wool, cotton, silk, and even bamboo and hemp. Plastic doesn't go away.



5 LOOKING FOR A NEW BOOK? CHECK OUT YOUR LOCAL LIBRARY.

Instead of buying your own copy, check out your local library for your next read. Libraries are valuable community centers, and chances are you'll only read the book once - no need to purchase every copy for yourself! If you like using e-readers, the Libby app allows you to borrow books from the library digitally.

6 BUY LOCAL

When you buy local you are buying products that were not shipped in from some remote part of the world. When shipping products, companies emit a lot of potentially damaging gases into the air and waste natural resources. If you buy products that were made or harvested locally, you can eliminate this issue.



7 BUY IN SEASON

Another way to do your part is to buy food when it is in season. If you're spending money to buy products that are out of season and grown in other parts of the world, you are encouraging products to be shipped over long distances. For example, instead of buying strawberries in the winter, buy something else and wait until strawberries are in season to buy them.



8 BUY USED PRODUCTS

When it comes to buying products, do your best to buy used instead of new. There are many things that you can buy or rent through sites like Craigslist or Fat Lama that are practically as good as new. When you buy used, you not only save yourself some money, but you are cutting down on the number of new products that are sold.

Consider the before-life and after-life of purchases. Patronize second-hand or fair trade stores. You can buy clothes, jewelry, shoes, furniture, books, movies, and toys conscientiously. If you cannot find what you need at a second-hand store, try a fair trade store for ethically sourced products.



9 SHOP LESS FREQUENTLY

Reducing the number of trips you take to the grocery store is one of the most effective Eco-friendly shopping tips. If you can cut down the number of times that you go to the store, you can save fuel and make a big difference for the environment. Many people end up driving to the store for a carton of milk. Buy more at a time and you'll spend less on gas. The only way to do that is to make a list before you go shopping. Also, don't shop when you're hungry. You tend to buy more things, especially food to compensate mentally for the hunger. Write a shopping list, stick to the list.



10 AVOID PRE-WASHED ITEMS

Many people like the convenience of pre-washed items like lettuce or salad mixes. While these items can be fairly convenient, they also cost a little bit more and can hurt the environment. Instead of buying produce that is packaged in plastic, just buy regular produce and wash it at home.



11 USE CONTAINERS FOR STORAGE

When you do have to buy a product in a big container, consider reusing that container for storage purposes. For instance, you can use boxes for storage, or when moving. When you can reuse some of the containers that you buy, it will reduce the impact of the extra packaging.

