

# ZERO WASTE SHOPPING GUIDE



Simply put, Zero Waste is the lifestyle choice of reducing trash. It addresses the system of how items are made, used and disposed of. Zero Waste seeks to reduce the amount of trash in landfills and incinerators by making products that are less toxic, can be recycled, reused or composted, and that are made in a more sustainable manner.

USE IT UP  
WEAR IT OUT  
MAKE IT DO  
OR DO WITHOUT



455 Southland Drive  
[www.goodfoods.coop](http://www.goodfoods.coop)

# EVERYONE'S JOURNEY TO A REDUCED WASTE LIFESTYLE IS DIFFERENT

**FIRST**, it's helpful to establish why you would like to reduce the amount of waste that you produce. Whatever your reason, use it to keep you focused and motivated!

**SECOND**, remember that it's not about buying all the Zero Waste items that you can! Reuse what you have, and as items break down, replace them with more sustainable choices. It can take years to transition to Zero Waste.

**THIRD**, choose what works for you! We all have different lifestyle and organizational styles. If something doesn't feel right, or if you are struggling with an aspect of this change, put it aside and revisit it later. The important thing is that you find a system that works for you and your household.

# ZERO WASTE SHOPPING AT THE CO-OP

- Bring your own shopping bag. Keep your bags by the door or in your car so it's harder to forget them.
- Use cloth bags for produce.
- Shop our bulk options for food staples, snacks, household and body care products. Don't forget your reusable containers!
- Consider buying items by the case. You get a discount, and can save on packaging!
- Check out our website for recipes and DIY Zero Waste projects!



# ZERO WASTE PRODUCTS AVAILABLE AT THE CO-OP



Reusable Glass Containers



Reusable Metal Container



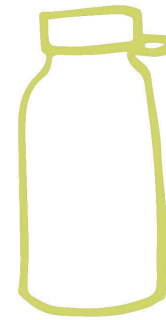
French Press



Nut Milk Bag



Tea Globe Infuser



Reusable Water Bottle



Stainless Steel Straw



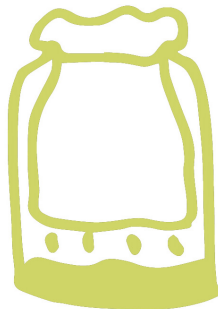
Reusable Bamboo Cutlery



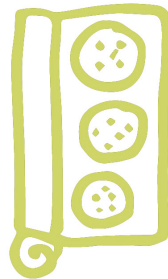
Glass Jars



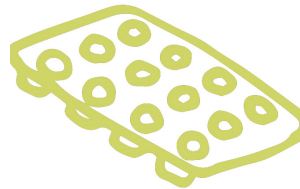
Reusable Tea Bags



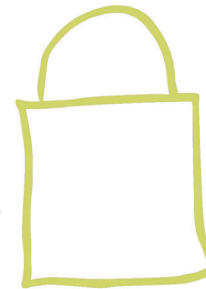
Cloth "Coffee Socks"



Silicone Baking Mats



Silicone Muffin/Cupcake Liner



Reusable Shopping Bags



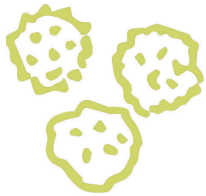
Cloth Produce Bags



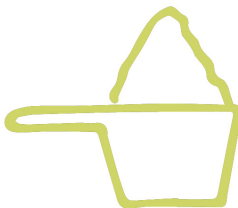
Bamboo Toothbrush



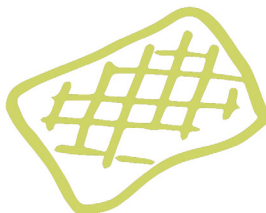
Shampoo Bar



Soap Nuts



Laundry/Washing Soda



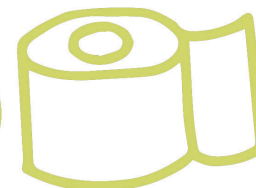
Compostable/Reusable Cleaning Cloths



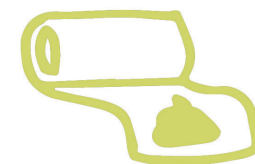
Countertop Compost Scrap Collector



Dryer Balls



Bamboo Toilet Paper



Biodegradable Pet Waste Bags



Compostable Trash Bags