

Make Smarter Shopping Decisions!

Careful shopping decisions can reduce the amount of rubbish you send to the landfill. It is easy to choose no or low cost sustainable shopping actions to improve the environment and your quality of life while saving you money.

Considering that we all shop regularly, there are ways we can reduce the impact of this activity on our environment. This can be achieved simply by thinking about the production and waste effects the products we choose to buy have on the environment.

Smart Shopping Tips To Reduce & Reuse

Buying in bulk is cheaper in the long run and gives you more product for less packaging.

Buy products that are not over packaged and always avoid unnecessary packaging on fruit and vegetables by buying loose wherever possible.

Favour the items in recyclable packaging over those that are not recyclable.

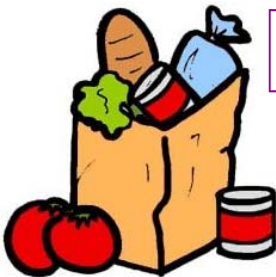
Buy refills of household detergents and other chemicals in order to use your existing pumps and dispensers.

Reuse plastic bags from previous shopping trips and refuse new plastic shopping bags until you have run out.

Yoghurt cartons can be used as pots to grow plant seedlings. Plastic food containers such as ice cream containers make ideal lunchboxes.



The activity of 'shopping' as a use of leisure time has changed during the past 50 years, so that in New Zealand (as in the USA and UK) it has grown to become the most popular leisure activity outside the home by the 1990s, especially for girls and women, for whom it is firmly ahead of sports participation, walking, gardening and cinema. (www.sustainableliving.org.nz)



New Zealanders use 800 million plastic carrier bags a year, that's over 200 per person! These bags do not decay in landfills.

For more information on sus'd, contact Hastings District Council on 0508 NO WASTE (0508-669-2783) or visit

www.susd.org.nz



Do You *Really* Need To Make That Purchase?

Before making a purchase ask yourself these questions:

- Can I provide it myself from my backyard or garden?
- Could I borrow it from a friend or neighbour?
- Is it possible to repair rather than replace a broken utensil or appliance?
- Could I hire instead of buying?
- Can I buy it second hand?
- Could I own it jointly with a friend?

Think Long Term and Long Use

- An electric shaver is preferable to several years supply of disposable razors.
- Use rechargeable batteries if you are going to use batteries.
- Why not take your own coffee mug to work?
- Use china or thicker plastic or metal cups and plates, which are washable and preferable to 'disposable' paper or light plastic.

Buy Local!

★ Where you choose to spend your money is important to the well being of our communities.

★ Choose fresh New Zealand produce in season or preserved (frozen, bottled and tinned) New Zealand produce out of season rather than imported Northern Hemisphere fresh produce to save money on packaging materials and the energy used in food transport.

Shopping tips

★ Plan ahead and do all of your shopping at once to save time, money and reduce your need for transport.

★ Make a list before you go shopping so you don't end up buying things you did not really need.

★ Minimize food and fuel costs by shopping together as a household.

Shopping ethically for goods that are not directly damaging the environment is central to developing a sustainable way of living.

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