

Waste free *kitchen*



Fruit and veggies sometimes come excessively wrapped. Pick products that come unpacked and put items like oranges or bananas loose in your bag with your other groceries

Food and drink packaging is the biggest contributor to our household waste. Cutting down on waste production and plastic utensils will benefit your health and the environment. Always assess if you really need a certain product. The transition will be easier to implement if you aim for one change at a time when going shopping. You can buy plastic free alternatives online or in your local health food shop.

Where to *shop?*

To avoid packaging, source your fresh produce from the farmer's market. By buying locally you vote with your dollars against long food miles, against the waste of undersized or oddly shaped fruit that is thrown out at supermarkets and you support small farms. Look for bulk stores that sell food or even cleaning products unpacked. Transitioning from take away food to homemade snacks will also reduce your packaging footprint.



Three million coffee pods are used in Australia every day. Even though they are recyclable it doesn't mean it is practical or cost effective to do so and they often end up in landfill. When shopping, always aim for an alternative with less waste.

What to *buy?*

Choose products with minimal packaging and pick glass packaging over plastic. Refuse bottled water. Buy in bulk or even unpacked products. Where you can't avoid packaging choose recycled material.

What to *bring?*

Bring your own shopping bags and say goodbye to plastic! Reusable mesh bags are a great alternative to plastic produce bags. Forgotten your produce bags at home? Use the paper bags for mushrooms instead. Take your own containers to the meat and cheese counter and return egg cartons and berry containers to the farmer's market to be reused. Take a reusable water bottle and get your coffee in your own mug. When going out, bring your own container for the leftovers and have some spare cutlery in your bag for takeaways.



Plastic free and sustainable *alternatives*

Swap all your disposable items for long lasting products. Plastic containers, glad wrap or the lining of non-stick cookware and aluminium cans are made out of plastic containing a cocktail of toxins that leach into your food, especially with high temperatures or oil present. Try these plastic free alternatives:



Waste free *"side effects"*

Shopping packaging-free shifts you to buying fresh produce instead of processed food and you will eat healthier. Replace your chocolate bars, chips and soft drinks with homemade snacks and drinks. You can find simple and yummy recipes for nibbles and condiments online.