



# GROCERY SHOPPING CHECKLIST

The Own Your Impact guide to *smarter food shopping*



## BRING YOUR OWN BAGS

Keep good quality reusable bags, a basket or box in the car or near your front door to use for your trips to the supermarket. You may even want to invest in a foldable bag to carry on you for those unexpected purchases.

## GO RECEIPT-FREE

If you've got the option and don't need your receipt, let the cashier know – it's one less piece of paper for you to throw away.

## ASK YOURSELF WHY YOU'RE ABOUT TO SHOP

If it's just for something to do rather than a genuine need then there are hundreds of more worthy ways to spend your time. Meet a friend for coffee and a chat, head out for a walk, volunteer for a local cause, make a cake, check in on a neighbour, clean out your wardrobe, go fruit picking – the list goes on!

## MAKE A LIST

Start your grocery shopping before you leave home. Check your pantry, fridge and freezer to see what you need. Make your list on your phone or snap a photo of your blackboard – that way it's paperless too.

## STICK TO YOUR LIST

Avoid impulse purchases. Over-buying leads to high rates of food waste – in fact the average household discards around \$1,000 worth of spoiled or leftover food each year.

## HAVE A SNACK

You'll be less likely to succumb to temptation and buy only what you need if you shop when you're not hungry.

## CONSIDER THE 'PACKAGING-IMPACT' OF EVERY ITEM

As you pull from the shelf, fridge, freezer or bargain-bin stop for a second to think about whether there is a similar item with less packaging. If so, buy that instead. Think about buying items loose or in bulk, or swapping those wrapped in plastic for those housed in paper, glass or steel instead.

## GO LOOSE OR BYO IN THE FRUIT AND VEG AISLE

Retailers may supply plastic bags for fruit and vegetables, but it doesn't mean you have to use them. A cheap set of mesh bags will last for years and replace hundreds of plastic bags in the process.

## TAKE YOUR OWN CONTAINERS

It's perfectly acceptable to take your own reusable containers made from glass, stainless steel or plastic to the deli counter or bulk food section.

## CULL THE EXCESS BEFORE YOU PAY

Before you head to the register, stop and see if you can remove an item or two from your trolley or basket this week. If you have less in your fridge or cupboard, you'll be more likely to use it before the end of its shelf life.

## PUT THE BAGS BACK

Make sure you return your empty reusable bags to the car or place where you are most likely to grab them next time so you aren't caught short!