



SHOP SMARTER CHECKLIST

The Own Your Impact guide to *smarter shopping*



BRING YOUR OWN BAGS

Keep good quality reusable bags or a basket in the car or near your front door to use for all shopping – not just at the supermarket. You might even want to invest in a foldable one 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!

REMOVE UNNECESSARY TEMPTATION

Say no to junk mail and unsubscribe from online stores' mailing lists. Buy only what you need, only when you need it – not just because something is on sale or new.

BORROW BEFORE BUYING

From books and clothing to toys and tools, look at your options to borrow from family, friends, neighbours, local libraries and hire outlets before you buy something you'll rarely use.

SHOP YOUR OWN WARDROBE FIRST

If you feel like you've got nothing to wear one of the best things to do is clean out your wardrobe. Remind yourself exactly what you own already. Take the items you never wear to a charity shop to make space, and then try to wear all of the items you keep at least once before you add to your collection again.

BECOME A SECOND-HAND BARGAIN HUNTER

Need something new? It only needs to be new **to you**, so check buy-sell sites like Gumtree and eBay and your local op shops or swap meets first. Or ask around, there might be someone in your local Buy Nothing group who's keen to find a new home for an unused item.

CHOOSE QUALITY

Try to buy items you absolutely love or that are exactly what you need, even if they cost a bit more. Quality items that are fit-for-purpose are likely to get more wear or use than something that was never quite right. A well-fitted, well-made \$100 piece of clothing or a more expensive appliance may actually get much more use over a much longer period than five \$20 items purchased because they were cheap and sort-of did the job.

BE PREPARED

Take your own water bottle when you head out shopping – you'll stay hydrated, won't have to shell out for bottled water, and you'll reduce plastic waste.

Share your own tips and ideas for owning your impact by tagging us on Facebook and Instagram [@OWNYOURIMPACTWA](#) or using [#OWNYOURIMPACTWA](#) in your posts.