

# HS<sup>3</sup><sup>TM</sup>

## Sustainable Shopping Tips

**Paper or Plastic?** At the checkout choose paper instead of plastic. While the best choice is a reusable cloth or canvas bag, paper bags are more easily reused and recycled. (*The Green Book*, Rogers & Kostigen, 2007).

Less Waste, Saves Money, Healthy Eating



**Buying Bread:** Try out bread made of wheat and oats. Try to find sliced loaves of bread that are wrapped in only a single wrapper. Double-wrapped loaves have at least 20% more packaging per gram of bread. According to Rogers and Kostigen, the waste generated by this additional wrapper across all households in the US and Canada could weigh nearly sixty thousand pounds or the total weight of all the food you will ever eat in a lifetime. (*The Green Book*, Rogers & Kostigen, 2007).

Less Waste, Saves Money, Healthy Eating



**Buying Fruit:** Save money, eat healthier fruit by buying fresh instead of canned or frozen fruits. The process of canning fruit is at least ten times more energy intensive than picking fruit. According to Rogers & Kostigen, if every household replaced just one pound of canned fruit with a pound of fresh fruit during the summer months, the total energy saved could operate the kitchen appliances of over 21,000 households for a year. (*The Green Book*, Rogers & Kostigen, 2007).

Less Waste, Saves Money, Healthy Eating

