

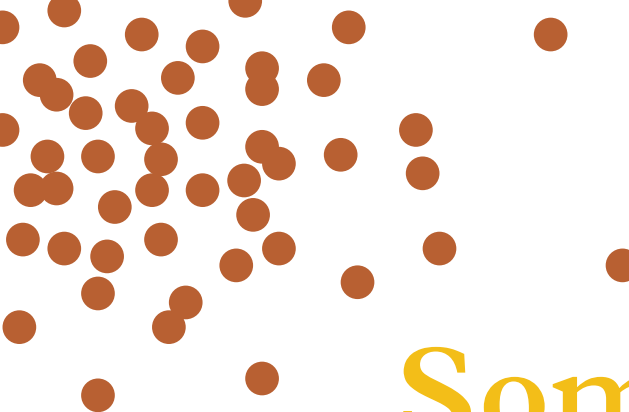
Pantry




BUSH HERITAGE
AUSTRALIA

Do a bit of research on local food suppliers that will fill your containers (olive oil, olives, peanut butter, shampoo, conditioner, honey etc.) - this will reduce a lot of waste.





Some bulk suppliers will do dry foods as well - flour, oats, grains/ rice etc. These products transport well in sturdy paper bags until you get them home.

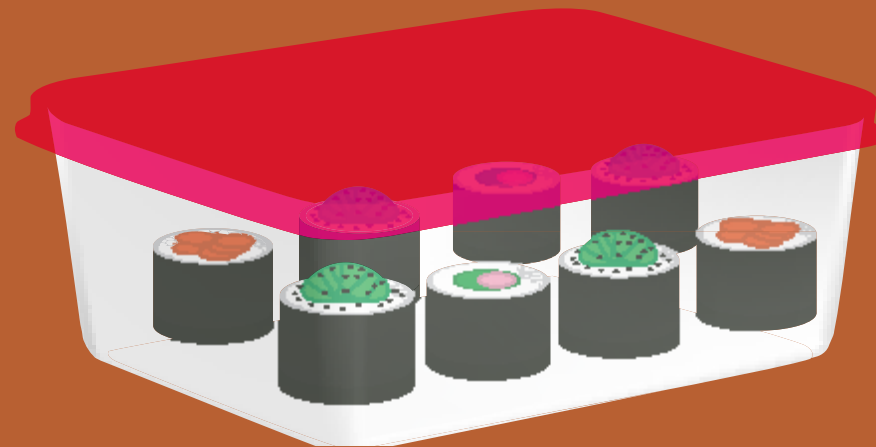


Shop in and support your local shops, where you can ask about the source of food and other products, and get a copy of the **Ethical Buyers Guide**. It's awesome. Refuse to buy products from companies/supermarkets that are not adopting sustainable, ethical practices. Our guides live in our bags all the time.

Get it here



Take your own containers for take away foods - whether it is fish and chips or curry from your favourite curry house. A sturdy tin- foil container or plastic sealable storage container can be used many times



Find a shopping buddy and shop together (thus just one car), or take in turns to do the shopping for each other. This saves on time and fuel and it's a great opportunity for a chat and a coffee on delivery.



When you go walking, take an old plastic bag/mesh bag to pick up rubbish along the way. Just put it in your wheelie bin when you get home and all that rubbish won't end up in the creeks, rivers or the sea - and it's a great thing for kids to get involved in.

