

## Doing your bit for the environment whilst SHOPPING



Buy Fairtrade.

Buy goods with less packaging.

Support local farmers markets – buy food locally.

Re-use plastic carrier bags instead of obtaining more.

Use a basket or cotton shopping bag instead of plastic carrier bags.

Support and buy fruit & vegetables from the local vegetable box scheme.

Pick your own Fruit and vegetables from local farms because it is more sustainable and environmentally friendly.

When buying clothes buy clothes made locally if possible.

Consider joining a LETS scheme!