



Principles for responsible shopping



Know what you need

Make a shopping list before setting off to the shop or supermarket. This will not only remind you of what you need, but will also help stop you buying things you don't need.



Take your own bag

When you go shopping, take a cloth bag or a basket with you. They are kinder on the environment and last longer than plastic bags.



Cut out the waste

Study the product packaging. Choose products that will result in the least amount of waste after use.



Choose carefully

Buy products that are environmentally friendly, not simply those that are most heavily advertised or most popular.



Do something more exciting!

Don't encourage shopping as a form of entertainment. If you want to have fun with your children, go to the cinema, swimming pool or park, or just out for a walk.