

zero waste grocery shopping cheat sheet

STEP 1: MAKE YOUR USUAL GROCERY LIST

Be thorough! Include everything you'd normally get on a typical shopping trip. Fill it out below.

CATEGORY	YOUR REGULARS
Veggies	
Fruits	
Proteins (dairy, dried beans, meats)	
Carbs/grains (bread, rice, tortillas, etc.)	
Snacks & sweets	
Oils/fats	
Baking/spices	
Condiments	
Beverages	
Bathroom Supplies	
Household Supplies	
Other	

STEP 2: MARK YOUR "MUST HAVES" AND "WANTS"

1. Get 2 different colored pencils or markers.
2. Use one color to circle your "must haves" – food you can't live without.
3. Use the other color to circle your "wants" – food you like, but could live without.

STEP 3: ASSESS YOUR BULK OPTIONS

- Check the bulk finder app [here](#) to see what's nearby (at zerowastehome.com).
- Natural food stores often have options, & your regular store might have more than you think. Call them or go by!

STEP 5: COMPARE YOUR WASTE-FREE OPTIONS WITH YOUR GROCERY LIST

Look back at your list and underline everything you can find in bulk.

What do you really need?

STEP 4: CHECK OUT THE LOCAL FARMERS MARKET

- Check LocalHarvest.org for options near you or search the web.

Support your local farmers!



STEP 6: MAKE SOME DECISIONS

- Must-haves that you can't find in bulk: Are there any you can go without for a bit?
- Wants that you can't find in bulk: any you can give up for a little while?
- Revise your list. Cross out what you won't buy!

STEP 7: GATHER YOUR SUPPLIES.

Before you leave for the store, you'll want to gather up:

<input type="checkbox"/> Cotton bags for produce	<input type="checkbox"/> Jars & lids for liquids, sticky & powdery foods
<input type="checkbox"/> Cotton bags for bulk bins	<input type="checkbox"/> Beeswax wrap for cheese
<input type="checkbox"/> Marker/wax pencil for marking jars	<input type="checkbox"/> Reusable shopping bags to hold all your groceries
<input type="checkbox"/> Scrap of paper to write down bulk codes (or make notes on your phone)	<input type="checkbox"/> Your list!
<input type="checkbox"/> If you want a treat afterward, bring a reusable coffee mug to acknowledge your hard work 😊 and get yourself a nice coffee or tea.	

STEP 8: SHOP WITH CONFIDENCE & JUST ASK!

- Stick to your list!
- Pick the most sustainable packaging possible for packaged food.
- Don't be afraid to ask for fresh cut cheese, or meat in your own clean jar, or anything else you need!

STEP 9: TAKE YOUR FOOD HOME & TRANSFER IT

- Put dry goods in air-tight containers.
- Most produce should store well in cotton bags in the fridge.

Save your jars!



STEP 10: CONGRATULATE YOURSELF! YOU DID IT!!

How does it feel? I promise, it gets easier and faster each time you shop 😊.