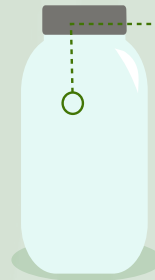


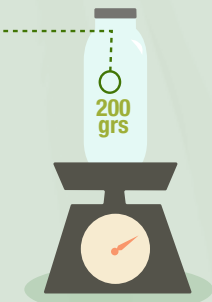
TIPS FOR PLASTIC-FREE SHOPPING

Carry your own **reusable bags** made of fabric, paper, mesh or wicker to avoid asking for plastic bags at the supermarket.



Use see-through jars that **show the content** to facilitate the identification of the product by the **cashier** when weighting and paying.

Make a note of the weight of each container, however small it may be. This will make it easier for the shopkeeper to **deduct the weight from the total** shown by the scale.



Have a **set of containers** for cereals, pulses, etc. and a set of bags for fruits and veggies.

When you get home, **put the food into glass jars and label them**. Write the expiry date of perishable foods on the containers and seal well.

