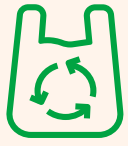


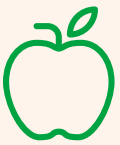
Tips for plastic-free shopping



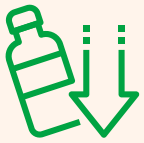
Carry your own **reusable bags** made of fabric, paper, mesh or wicker to avoid asking for plastic bags at the supermarket



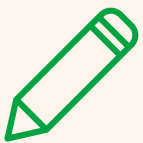
Use see-through jars that show the content to **facilitate the identification of the product by the cashier** when weighting and paying



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



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



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

