CHECKLIST

Package-free shopping checklist

- [ ] Place cloth bags in your shopping bag before leaving home
- [ ] Select loose produce without taking plastic bags from the display
- [ ] Ask bakery staff to place bread straight into your bag
- [ ] Weigh empty containers at customer services before filling them
- [ ] Request cheese or deli items directly into your own container
- [ ] Refuse disposable carrier bags at checkout
- [ ] Start with items you already buy weekly rather than adding new ingredients
- [ ] Buy only amounts you'll use before food spoils