

SHOP CONSCIOUSLY!!





CHECK YOUR FRIDGE BEFORE YOU GO SHOPPING.

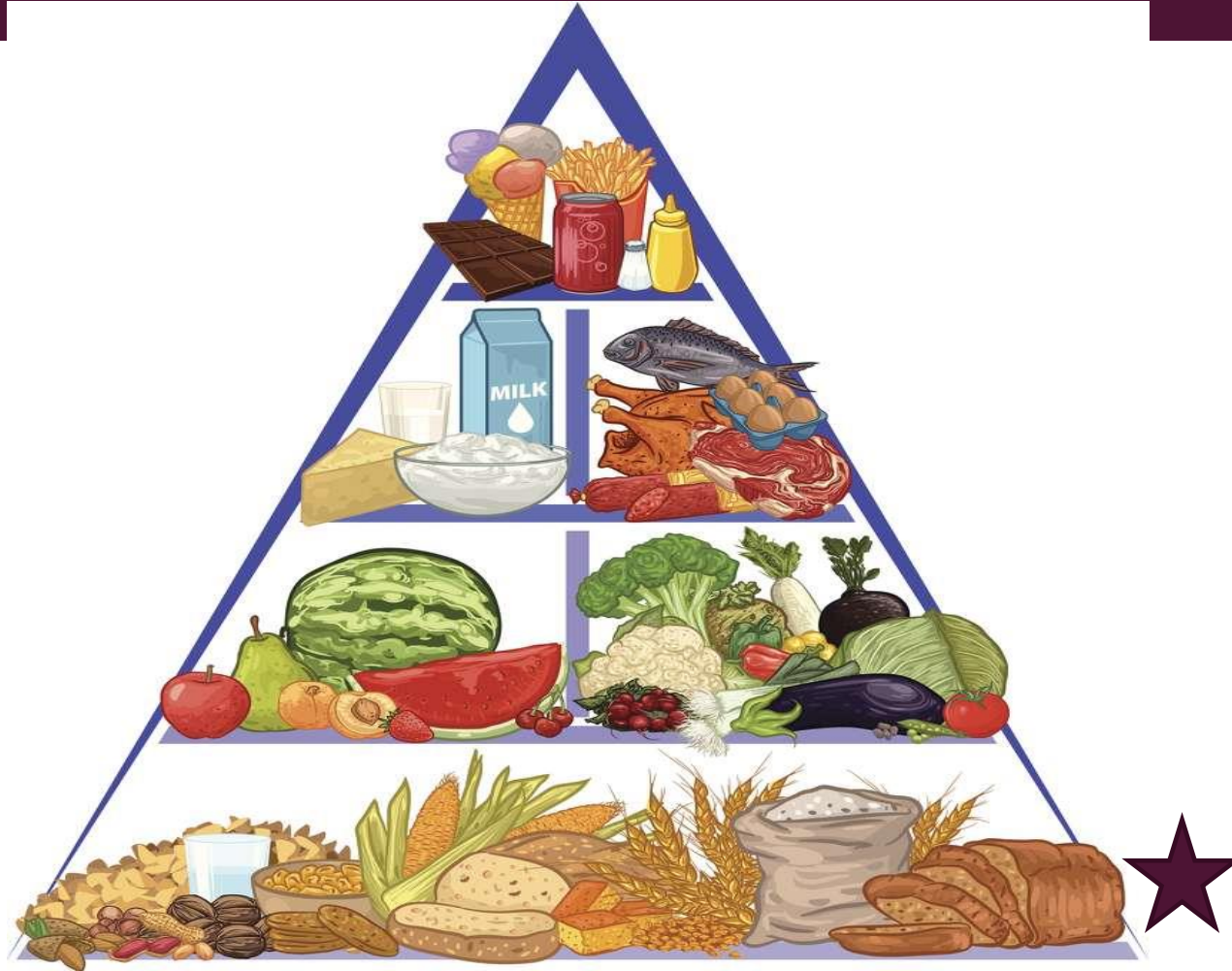
Look what's missing!

CHECK YOUR SUPPLIES BEFORE YOU GO SHOPPING!!!!

What do you need ??



MAKE A LIST OF THE FOOD YOU ABSOLUTELY WANT TO HAVE IN YOUR FRIDGE



CREATE A MEAL PLAN FOR THE WEEK IF YOU CAN.





WRITE A SHOPPING LIST BEFORE YOU GO SHOPPING!!

Good tip!



NEVER GO TO THE SUPERMARKET HUNGRY!

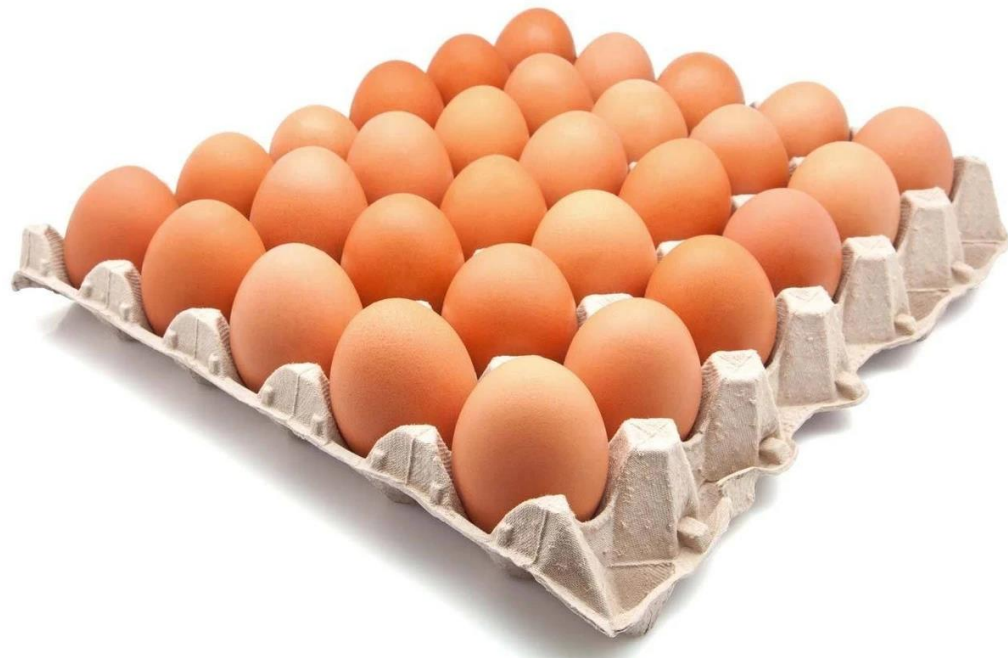
Still your hunger before!



ONLY BUY AS MUCH AS YOU REALLY NEED!!

Buy just the most important things .

ALWAYS CONSIDER WHETHER YOU REALLY NEED THE BULK PACK.





BE CRITICAL OF PROMOTIONAL AND BAIT OFFERS

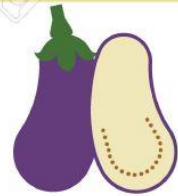
GIVE PREFERENCE TO REGIONAL PRODUCTS.



BUY SEASONAL FOOD.

(SUMMER FOOD)

SUMMER FOODS : SEASONAL VEGETABLES AND FRUITS



EGGPLANT



BLUEBERRY



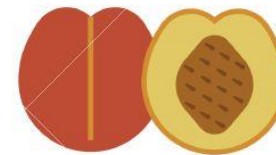
BLACKBERRY



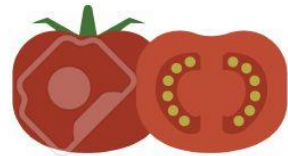
RASPBERRY



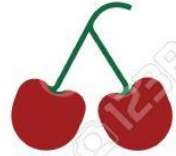
PLUMS



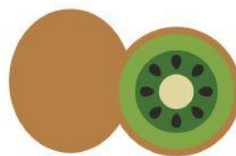
PEACHES



TOMATOES



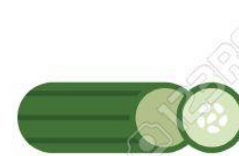
CHERRIES



KIWI



CANTALOUPE



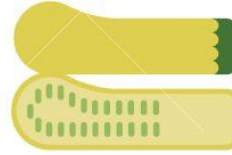
CUCUMBER



WATERMELON



BELL PEPPERS



SUMMER SQUASH



CORN

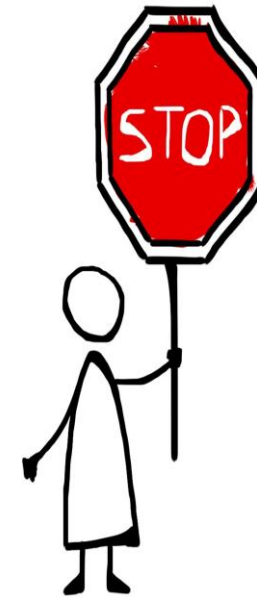


GRAPES

BUY PRODUCTS PRODUCED IN AN ENVIRONMENTALLY-FRIENDLY MANNER.



AVOID IMPULSE BUYING. ✕





MAKE A HABIT OF CHECKING SELF-LIFE AND USE-BY DATES WHILE YOU SHOP

Consume food on right time!

USE CLOTH BAGS, PAPER BAGS OR SHOPPING BASKETS FOR YOUR SHOPPING

Yes !!



No !! ✘





IF THE SUPERMARKET IS AROUND THE CORNER; USE YOUR BICYCLE OR WALK.

Going shopping by bicycle or by feet helps to protect the climate!

GOING SHOPPING BY BICYCLE OR ON FOOT SAVES YOU GAS MONEY.



GOING SHOPPING BY BICYCLE OR ON FOOT HELPS YOU GET MORE EXERCISE AND IMPROVES YOUR QUALITY OF LIFE ON A DAILY BASIS.





THANK YOU FOR LISTENING!!

