

Take the **Plastics Crisis Challenge**

12 weeks to a lot less plastic in your home
and in your life!

Resolve to shop greener in 2023!

Americans love to shop! We also throw away more stuff—and its plastic packaging—than any other country. Do we really need all this stuff? How about a New Year's resolution to shop more sustainably?

Here's how to revamp your shopping habits:

- Plan ahead to avoid impulse purchases.
- Make a list of what you really need.
- Shop at the store that has what you need.
- Skip window shopping, especially online.
- Choose things that are well made and last longer.
- When buying clothes, choose classics over “fast fashion.”
- Shop "gently used" items at thrift stores.
- Resist buying things just because they are on sale, unless they are on your list.
- Join a neighborhood "Buy Nothing" group or shop Freecycle.



Remember: you're buying the packaging, too.

- Buy food and personal care items in bulk, with refillable containers.
- Choose paper, glass and aluminum packaging over plastic.
- Skip the plastic bag, bring your own.
- If your bags are in the car, load purchases into a cart and bag at the car.
- Bring used plastic to the bag collection bin at your grocery or Target store.

Hey,
great vintage
sweater!



Thanks! It
was my aunt's.
On Black Friday we do
a clothing swap
instead of going
shopping!

Online and In-Store Resources

Reduce buying

Buy Nothing Project
buynothingproject.org

FreeCycle
freecycle.org

Buy in bulk

Food coops
grocerystory.coop/food-co-op-directory

CSAs
landstewardshipproject.org/csa-farm-directory

Farmer's Markets
twincitiesmom.com/2022-farmers-market-guide/

Buy with refillable containers

The Tare Market
thetaremarket.com

Upcycle plastic bags

nextrex.com/view/programs

