



# SUSTAINABLE SHOPPING

The choices we make at the checkout can have a considerable impact on our sustainable future. Showing retailers and manufacturers that we want sustainable options will create more demand for them!

When shopping for food and groceries, electrical appliances or household furniture, there are environmentally friendly choices. Whether it's an impulse buy or a once-in-a-decade purchase, your choice makes a difference.



## OPT FOR ENERGY EFFICIENCY

If you're buying a TV, washing machine, refrigerator, dishwasher or oven, buy the most energy and water efficient model you can afford. Look for the Energy Efficient Rating – **more stars means more energy efficient and potentially more savings.**



## GO NATURAL

Choose **biodegradable products** that have less negative impacts on the soil and water system after you've finished using them. Or try natural alternatives!



## LESS MEAT

Start with **at least one meat-free day a week** we can reduce our environmental impact exponentially with this simple switch.



## HELP OUR ORANGUTANS

**Up to half of all products in our supermarket baskets - like baked goods, cosmetics, confectionery and chocolate - contain palm oil.** Look for products that use certified sustainable palm oil. Go to our scorecard to learn which companies buy and use certified sustainable palm oil in their products.



**BYO BAG!**

## REDUCE WASTE

Use your own bag, instead of the plastic or paper ones given away by stores.



## BE INFORMED

**Look for the logos!** When buying seafood, look for the Marine Stewardship Council (MSC) or the Aquaculture Stewardship Council (ASC) logos so you know your seafood comes from well managed sources. Check out the [Sustainable Seafood App](#).



**If eco-labelled goods are not available from your local shops, ask for them.** Good businesses listen to their customers.



## BUY RECYCLED



Consider recycled, pre-loved furniture and wooden products. If you can't, then choose sustainably sourced wood. Look for the Forest Stewardship Council (FSC) label.

## SHOP LOCAL

Wherever possible, buy local, seasonal produce that hasn't crossed the globe to get to you – so there is less of a carbon footprint.



## AVOID LANDFILL

Landfills release large amounts of methane, which contributes to climate change. Buy products with minimal packaging and look for the recycle trademark on any packaging.



**For more information** on how to shop sustainably and ethically get hold of Australia's [Ethical Shopping Guide](#)