



Shared Planet Solutions

Simple - Affordable - Sustainable™

General Shopping Sustainable Checklist

The Mission

We humans, in a modern society, are consumers, so the goal of this checklist is to reduce the impact on the environment when moving stuff we consume from the marketplace to its destination. It's that simple, but it's a big deal.

What you will need

Here's what you need for sustainable shopping...

- **Reusable shopping bags:** All kinds of practical, easy on your hands, reusable shopping bags are available today, often for a dollar or two or even free at events, so there's no excuse not to have more than enough at your finger tips. **Important:** Make sure you have an adequate number of reusable bags in each vehicle and at home (if walking/riding) at all times as you never know when you will need to carry something or some things.

What to do

Being "Green" typically goes hand-in-hand with being prepared or planning ahead, so here are some tips for success as you make this a smart habit.

- Before you exit your vehicle or leave the house if walking or riding, pause for a moment and think about the number of reusable bags you will need based on what you intend on getting, and then grab one or two more just in case;
- At the checkout, make sure you tell the clerk right away that you brought your own bags or that you don't need a bag since they are typically programmed to automatically put your stuff into disposable plastic bags;
- If the store offers a cash incentive for bringing your own bags (like Target or Giant Food), make sure you let the clerk know how many reusable bags were used as this will pay for your reusable bags in no time;
- Feel good that you just made a difference and hopefully inspired others around you!

Why you should care

- 1 million disposable plastic bags are consumed each minute in the USA, which costs retailers about \$4 billion a year (and is passed onto to you as the consumer).
- Only a pathetic 0.5% to 3% of all disposable bags are recycled. Most end-up in the landfill or pollute our communities & waterways, killing innocent wildlife.
- More than 1.6 billion gallons of oil are used each year for plastic bags alone, driving the cost of oil up for all of us for a bag that serves us for only a few minutes, if that.