

A GUIDE TO GREEN GROCERY SHOPPING

How to be Green on a Low Budget

SHOPPING SUSTAINABLY IS EASY AND AFFORDABLE!



SEASONAL

Buying fruits and vegetables which are in season tend to be a lot cheaper and more sustainably grown. They also have a lighter carbon footprint as they didn't have to travel far to reach you!

ORGANIC

Organic produce is grown sustainably without the use of pesticides and other harmful chemicals which is not only healthier for us, but also for the environment. You can get organic produce for cheap prices if you shop in bulk or visit your local farmers markets!



MEAT-FREE

Conventionally raised livestock contribute to a large quantity of our global greenhouse gas emissions and climate change. By replacing meat with plant-based proteins such as legumes you can significantly cut your carbon footprint!

NON-GMO

Genetically modified crops are artificially engineered to become resistant to herbicides and to produce insecticides; these foods can be harmful to our health and the surrounding environment. Try to look for the non-GMO label the next time you go shopping!



SHOPPING TECHNIQUES



Try to buy food locally and in bulk; this way you can save a lot of money, reduce waste (fresh locally grown organic foods tend not to be packaged), and have enough to feed yourself for a week. If you are a busy college student, you can make meals in bulk over the weekend and freeze the leftovers to eat during the week!