

# Are You A Savvy Shopper?



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# Are You A Savvy Shopper?



# Savvy Shoppers Guide

Changes in the economy have led many of us to question our shopping habits and to find ways of making our money go further.

The shopping decisions we make not only have a financial impact but an environmental one as well. By taking simple actions and questioning our consumer habits we can prevent waste. Remember the best waste is waste that is never created.

Preventing waste can also save us money but if we continue to buy over packaged and environmentally unfriendly goods manufacturers will never improve their products and processes.

**Consumer choice matters** – remember shops only stock the goods that are in demand so by choosing less packaged and environmentally friendly options we exercise our consumer power and such actions help in protecting the environment and the fight against climate change.

So every time we shop we should think about the cost but also about the environmental impact of the products we are buying.



Before heading out on a trip to purchase clothes, electrical or other costly consumer products, we should begin with a few simple QUESTIONS:

- Do I really need this product?
- Can I re-use or repair an existing product?
- Can I recycle the old item before I purchase a new one?

And when shopping for food there are a few golden rules to becoming a savvy shopper:

- Make a list and stick to it!
- Never shop when you are hungry as you will make more impulsive decisions than when you are not.
- Try to buy seasonal fruit and vegetables as much as possible
- Check out the country of origin label and where possible opt for **Irish Grown**



So having followed that advice and cut out unnecessary items of course there are still things you will need to purchase. To help to make the right environmental choice when purchasing try to ask yourself the following **QUESTIONS**:

1. Can I buy this item with little or no packaging?
2. If it is packaged, can the packaging be recycled?
3. Is this a durable product, if not is there an alternative?
4. Is it cheaper to buy this in bulk?
5. If I buy a bigger quantity will it last, can I store it or freeze it?
6. Where does this product come from Can I buy an alternative that is locally sourced?
7. Is this product in season?

Realistically we all need to shop and it would be foolish to assume we can avoid it altogether. However we can all protect the environment and save cash by following the tips in this leaflet and by questioning our shopping habits, remembering these questions will become easier the more often we do it. The planet will thank you!

