

Low Waste & Package Free Shopping

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Low-Waste Living for Beginners

- **Eat real food, not food wrapped in plastic.** Processed food, convenience food and to-go food almost always come in plastic wrappers and containers. Real food you cook yourself does not.
- **Refuse single-use plastic.** Say no to plastic shopping bags; plastic straws and stir sticks; plastic utensils, plates and cups; and other disposable plastic items.
- **Ban the bottle.** Stop buying water, soda, energy drinks, juice and other beverages packaged in plastic bottles.



Reusable bags and water bottles.

Hit the farmer's market and second-hand stores

Start Composting

Mindful Grocery Shopping

Repair before replace Mindset

How to Shop - The Zero Waste Kit

- **Bring a Reusable Bag**
- **Bring a mesh or cloth produce bag**
- **Bring your own glass jars and bottles**
- **Bring your own metal containers**



Where to Shop

- The Bulk Section
 - Produce Aisle
 - Farmers Markets and Open-Air Markets
 - Second-hand and yard sales
-
- ❖ Mason & Greens
 - ❖ Mom's Organic
 - ❖ Yes! Organic
 - ❖ Glut Food Co-op
 - ❖ Takoma Park Silver Springs Co-op



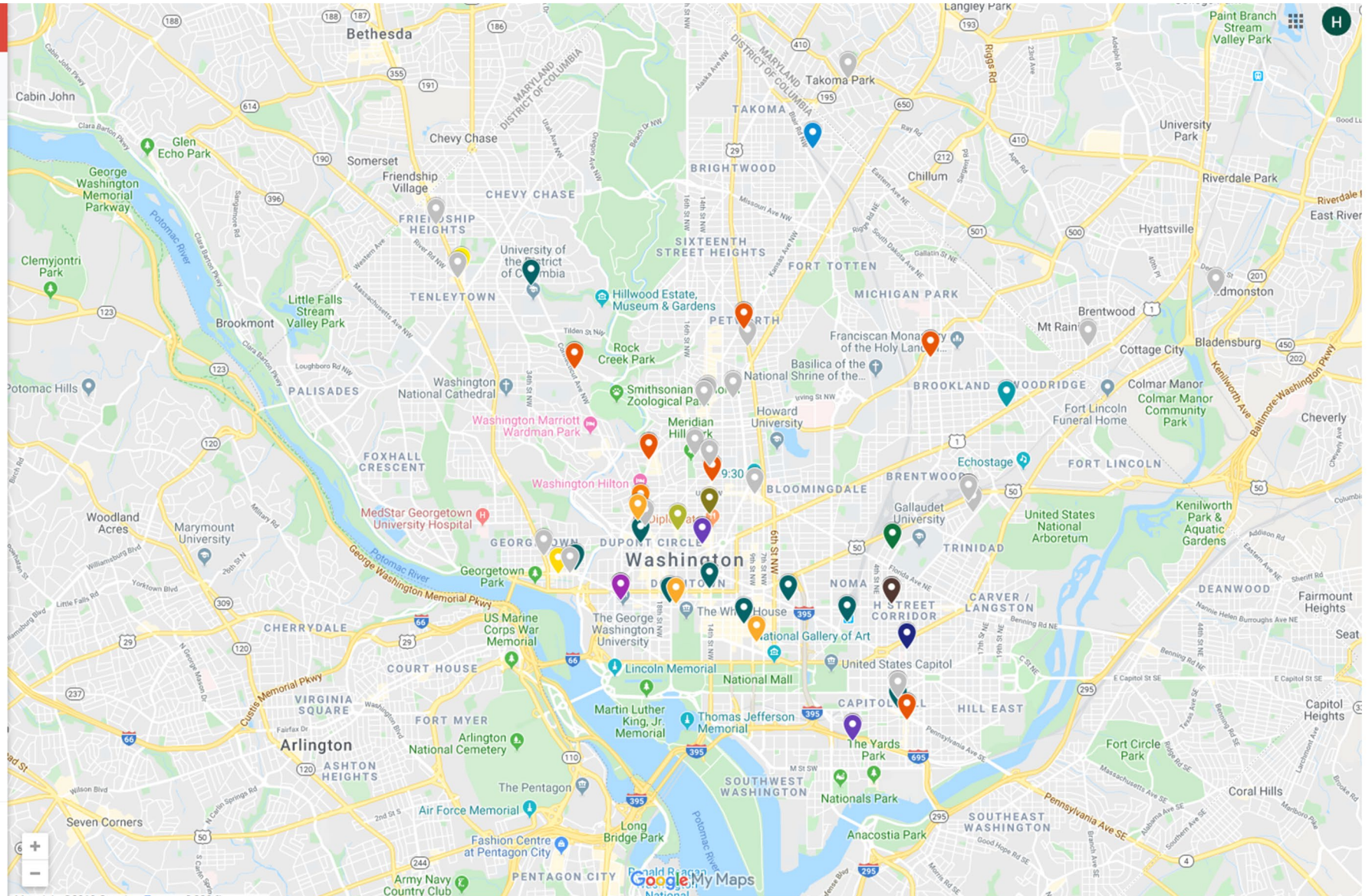
Package Free Stores DC

1,576 views

SHARE

Package Free DC - Where to Shop - Ma...

- Bread, baguettes
- Bar soap
- Coffee, beans, legumes, grains, nuts, seeds...
- Bar soap, bath bombs
- Coffee, beans, legumes, grains, nuts, seeds...
- Beeswax wrap
- Baking, grains & legumes
- Bar soap, bath salts, body scrubs
- Bar soap, shampoo bar soap
- Bar soap, shampoo bar soap, conditioner, d...
- Beer
- Beer, fresh pasta, nut butters (be sure to tar...
- Beer, homebrew grains
- Cheese
- Cheese, fruits, vegetables
- Chocolate candy
- Chocolate chips, chocolate candy
- Coffee
- Coffee, beans, legumes, grains, insects
- Glassware, stainless steel straws (package...
- Other / No data



Alexandria Reuse Directory

The City of Alexandria is committed to recovering resources sustainably. Reducing waste and reusing is the most effective way to save natural resources.

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Shop Package Free & Refill

Individual styles

MASON & GREENS

WHOLE FOODS

THE SPICE & TEA EXCHANGE

COMMUNITY MARKET

THE FRESH MARKET

HARRIS TEETER

HARRIS TEETER

HARRIS TEETER

MOM'S ORGANIC MARKET

GLOBAL FOOD

LA MART INTERNATIONAL MA...

TRADER JOE'S

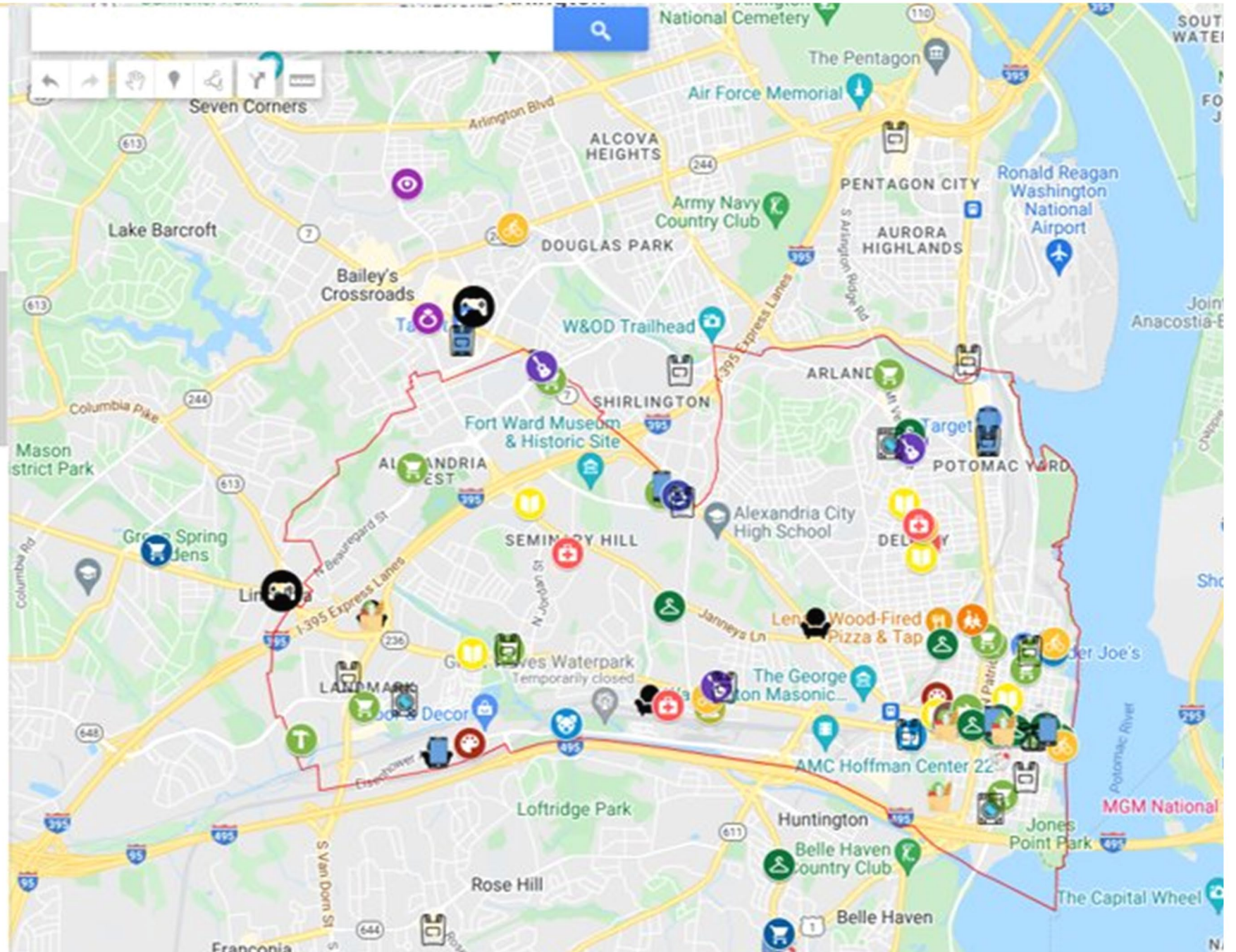
ELIZABETH'S COUNTER

BALDUCCI'S

(Donate & Shop)

Individual styles

Galerie



What to Buy

- Choose more fruits and vegetables
- Choose foods lower on the food chain – beans and grains
- Choose items with a long shelf life





What to Buy

- Grains and Rice
- Pasta
- Wheat and Oats
- Flour
- Bread
- Cheese
- Dry Beans
- Oils and Vinegar
- Fresh Herbs
- Soap
- Detergent
- Shampoo
- Beer
- Coffee and loose-leaf Tea
- Vegetables
- Fruit
- Spices
- Some Pet Food
- Nuts and Dry Fruit
- Popcorn
- Honey
- Kombucha
- Nut Butter

Food Storage Tips

- Decant items once you get home
- Use airtight glass jars and containers
- Use Large Buckets Containers
- Beeswax Wraps are great for cheeses
- Mesh bags for herbs and greens
- Label Maker!! – Make your own date labels.

SaveTheFood.com

Tip: Use the desiccant packets in your storage containers.

Tip: SaveTheFood.com storage directory



FRUIT AND VEGETABLE STORAGE GUIDE

Inside the Fridge

- Apples, berries, and cherries
- Grapes, kiwi, lemons, and oranges
- Melons, nectarines, apricots, peaches, and plums (after ripening at room temperature)
- Avocados, pears, tomatoes (after ripening at room temperature)
- Almost all vegetables and herbs

Outside the Fridge

- Bananas, mangos, papayas, and pineapples: store in a cool place
- Potatoes / onions: store in a cool, dark place
- Basil and winter squashes: store at room temperature, once cut, store squashes in fridge.

More Tips

- Store bananas, apples and tomatoes by themselves and store fruits and vegetables in different bins.
- To prevent mold, wash berries just before eating.
- Consider storage containers designed to help extend the life.

What Not to Buy

- Processed Food
- Bottled Water
- Choose items with a long shelf life
- Snacks can be made at home
- Chips – Potatoes are package free; you can make chips!
- Bake Cookies, Brownies and Granola Bars for sweet snacks



Thank You!

Questions & Answers

Additional Resources:

PackageFreeDC.com

Savethefood.com

Litterless.com

[City of Alexandria Reuse Directory](#)

