

"A Peek in the Pantry"- attempting to shop more sustainably

BAKED CRISPS - paper outer bag, however the inner bags and most other crisp range outers are plastic.

OATS - paper packaging

RISOTTO RICE - cardboard box without plastic liner

COCONUT MILK- avoid some brands from Thailand that train chained monkeys to pick coconuts

TINNED TOMATOES - Organic, no additives, pricy but tasty!

CASTER SUGAR - Fairtrade only slightly more expensive than non fairtrade.



TEA BAGS - Fairtrade, cardboard outer box

TEA BAGS - Fairtrade no plastic wrapping inside or outside the cardboard outer box

TUNA - responsibly sourced, caught with a pole and line

LEMON - unwaxed, bought loose, no plastic net

BANANAS - Fairtrade, bought loose, no plastic bag

POTATOES - bought loose, no plastic bag

COFFEE - Fairtrade - in (recyclable) plastic bag

"Bring a Box to the Butcher"



All plastic packaging can be eliminated by asking the butcher to weigh your meat straight into a reusable box. Tip: take an ice block

"Give your Broccoli a Bath"



Broccoli bought without plastic wrap stays fresher for longer if stored in a mug of water in the fridge. Cut off the bottom 1/4" of the stalk first.

"Bin the Bread Bin?"



Sliced bread can be toasted straight from the freezer. Use thick crusts for open sandwiches or make into breadcrumbs - store in freezer