

QUICK TIPS FOR ZERO WASTE GROCERY SHOPPING

GO REUSABLE: PRODUCE BAGS



Ditch single-use plastic bags.

Conserve resources and prevent litter by swapping flimsy, single-use plastic produce bags for reusable options.

Tips for using the Produce Stand ChicoBag®:



1 Great for dry fruit and veggies. This mesh bag is especially great for apples, oranges, onions, and potatoes, because nature's ripening agent, ethylene gas, escapes.



2 Store your produce bags inside a grocery bag.

That way you never forget them when you go shopping!



3 Produce bags are machine washable-- pop them in with your towels once in awhile to keep them fresh.



4 Love the produce bag? Buy more and always be prepared with a reusable bag. Check out Amazon, ChicoBag, and Etsy, a few of the websites that carry reusable produce bags.

OTHER TIPS TO SHOP GREEN



1 Don't forget your reusable shopping bag. Leave bags in your car and purse or backpack for easy access.



2 Buy in bulk. While seeming convenient, single serving goods tend to be costly and wasteful. Instead of buying single serving yogurts, oatmeal, or snacks, buy 1 large container and separate portions into your own reusable containers.



3 Avoid over packaged foods. Shop at farmer's markets or stores that offer unpackaged fruits, veggies, and other foods. Always wash your produce, whether or not its packaged.



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QUICK TIPS FOR FOOD STORAGE

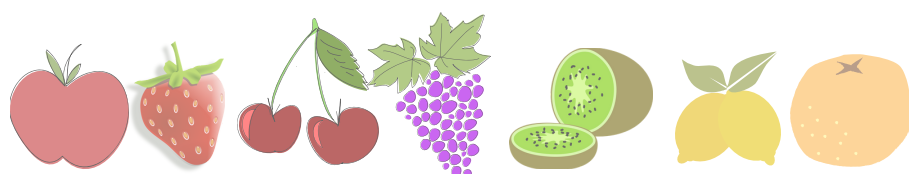
25% of the food Americans bring home is thrown away.
One way to reduce your waste at home is to be storage savvy.

Tips from Food Shift. Visit www.foodshift.org
for more tips to reduce food waste.

Store these foods **INSIDE THE FRIDGE**



Fruits: Apples, berries, cherries, grapes, kiwi, lemons, and oranges.



Vegetables: Most veggies and herbs



After ripening at room temperature:

Melons, nectarines, apricots, peaches, plums, avocados, pears, tomatoes

Store these foods **OUTSIDE THE FRIDGE**

Fruits: Store bananas, mangos, papayas, and pineapples in a cool place.



Vegetables: Store potatoes and onions in a cool dark place.



Use your friend, **THE FREEZER**

**Worried you won't eat your produce
before it spoils? Freeze it!**

Store frozen produce in airtight containers with as much air removed as possible.

OTHER TIPS



Bananas, apples, and tomatoes give off ethylene gas, which ripens produce. Store these items by themselves.

To slow molding, wash berries right before eating rather than washing all right after purchase.

Store lettuce upright in a jar of water in the fridge - this keeps it crisp.



CUPERTINO GREEN

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