

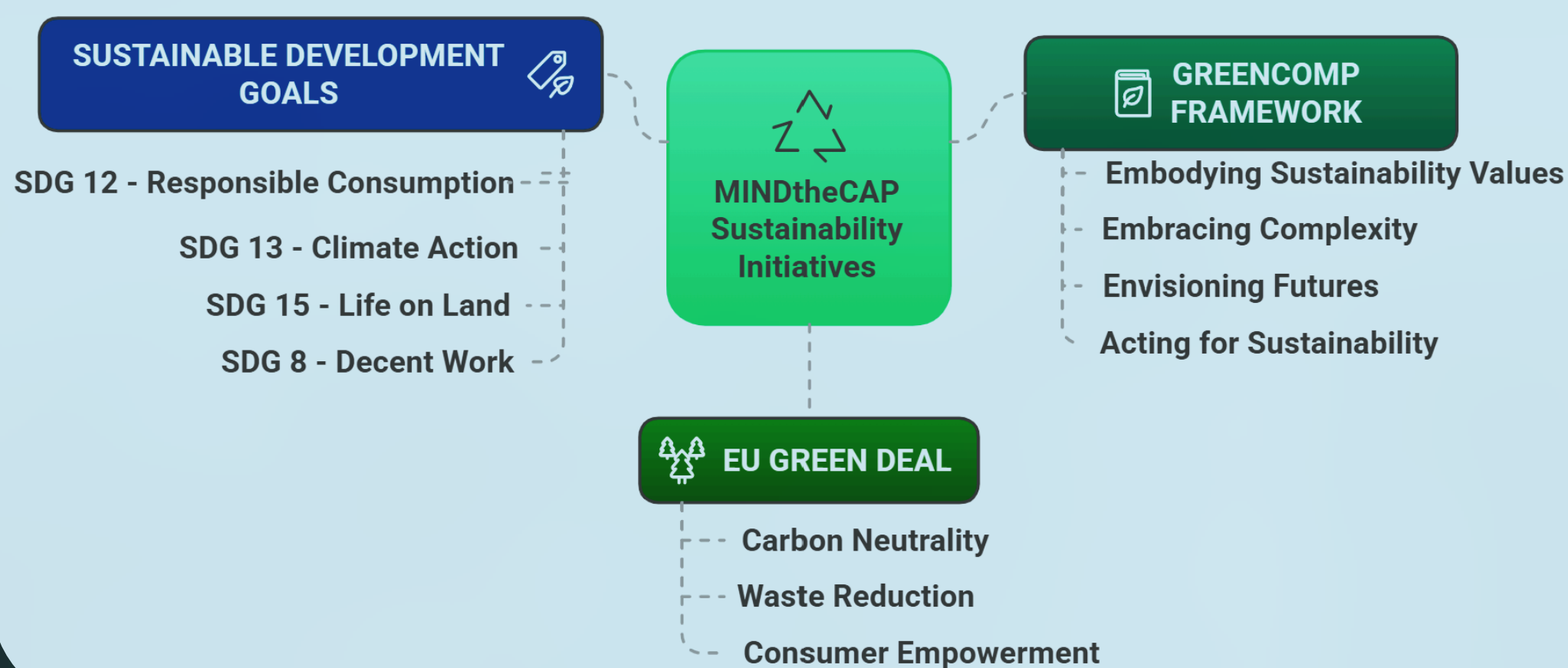
# ENVIRONMENTAL BEHAVIORS GUIDELINE AT THE GROCERY SHOP

## PRACTICAL TIPS FOR SUSTAINABLE SPENDING IN EVERYDAY GROCERY SHOPPING

### WHY THIS MATTERS?

Climate change and environmental degradation are significantly influenced by our everyday consumer choices. The **Grocey Store** is a critical space where individuals can adopt sustainable, climate-conscious behaviors that collectively drive positive environmental change.

#### Integrating Sustainability Initiatives and Frameworks



### KEY MESSAGES OF THE GUIDELINE

- ✓ Choose local & seasonal produce
- ✓ Prioritize low-packaging or bulk goods
- ✓ Minimize food waste with mindful planning
- ✓ Support fair trade & ethically produced items
- ✓ Use reusable bags and containers
- ✓ Opt for organic when possible
- ✓ Avoid impulse buying - buy what you need
- ✓ Learn to read labels critically (origin, certifications, etc)

Download the full guide from our

**Catalogue of Innovative Educational Resources**

[www.mindthecap.eu](http://www.mindthecap.eu)

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 **Food 25**



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### TAKEAWAY

Every item you put in your basket is a vote for the kind of world you want, so:

**Shop consciously!**

**Act globally!**

**Start locally!**

