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This week Ireland’s Classic Hits Radio looked at ways we can decrease our packaging waste on our weekly shop.

**Tips to cut back on packaging waste….**

1. **Reuse Produce Bags**

Buy [reusable cotton produce bags](http://www.lifewithoutplastic.com/store/bags.html?cat=158) for fruit and vegetables, and always choose loose varieties.

1. **Reuse Containers**

Take large glass jars or other reusable containers and use these wherever an item needs to be weighed.

1. **Bring a Cloth Bag for Bread**

Use a solid cloth bag to buy bread and dry bulk items. You can buy these online in various sizes, or use a small pillowcase. Bea Johnson of the [Zero Waste Home](http://zerowastehome.blogspot.ca/) blog and book recommends washable wax crayons for writing the product code on the bag.

1. **Always reuse your shopping bags**
2. **Opt for Recyclable Packaging**

If you must buy a pre-packaged item, always choose recyclable packaging made of glass, metal, or paper over lower-grade plastic packaging.

1. **Avoid Products With Excess Packaging**

Be prepared to refuse items based on packaging.

1. **Shop at Stores That Support These Practices**

All of this is made easier by shopping at stores that support zero waste practices, i.e. The Refill Mill, and similar shops in your area.

**For more information:**

[www.epa.ie/our-services/monitoring--assessment/waste/national-waste-statistics/packaging/](http://www.epa.ie/our-services/monitoring--assessment/waste/national-waste-statistics/packaging/)

[www.askaboutireland.ie/enfo/irelands-environment/health-and-wellbeing/waste/plastic-waste/](http://www.askaboutireland.ie/enfo/irelands-environment/health-and-wellbeing/waste/plastic-waste/)

[www.therefillmill.ie](http://www.therefillmill.ie)

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