



# SHOPPING

The choices we make at the checkout have a considerable impact on our sustainable future.

When shopping for food and groceries, electrical appliances or household furniture, there are environmental-friendly choices. Be a wise consumer, show retailers and manufacturers that we want sustainable options.

**Grade 1** **OPT FOR EFFICIENCY**

Grade 2

Grade 3



If you are buying a TV, washing machine, refrigerator or dishwasher, buy the most energy and water efficient model you can afford. There is 97% energy saving for Grade 1 refrigerating appliances over Grade 5 appliances.



## REDUCE MEAT CONSUMPTION

Have at least one meat-free day a week. Livestock farming produces large amounts of greenhouse gas emissions. We can reduce our environmental impact exponentially with this simple switch.

**AVOID LANDFILLS**

Landfills release large amounts of methane, which contributes to climate change. Buy products with minimal packaging and look for the recycle trademark on any packaging.

## SHOP LOCAL

Whenever possible, buy local, seasonal produce that hasn't crossed the globe to get to you – so there is less of a carbon footprint.



**BUY RECYCLED**

Choose sustainably sourced wood and paper with the Forest Stewardship Council (FSC) label. Consider recycled, pre-loved furniture and wooden products.

## GO NATURAL

Choose biodegradable products that have less negative impacts on the soil and water system after you have finished using them. Or try a natural alternative.

**BYOB**

Bring your own bag when shopping, instead of using the plastic or paper ones provided by stores.

**SUSTAINABLE SEAFOOD**

When buying seafood, look for the Marine Stewardship Council (MSC) or the Aquaculture Stewardship Council (ASC) logos and eat sustainable seafood listed in WWF-Hong Kong's Seafood Guide.