

Once we have worked with the list of products that each family acquires, we will see how to improve the purchase from a more Nature-friendly point of view.

IDEAS TO MAKE A MORE ECOLOGICAL PURCHASE

1. How to transport the purchase? Ask the students before giving the answer

Always opt for reusable bags or a car: plastic is a material that takes a long time to decompose and that damages the environment. Stop using plastic bags and use reusable bags. If you have forgotten them at home, opt for cardboard boxes or paper bags to carry your purchases. When you change the plastic bags for reusable ones, which are sold in many supermarkets, you help to take care of the planet. For larger purchases it is preferable to use a cart.

2. What kind of products to buy? Ask the students before giving the answer

Buy products in bulk whenever possible: When you go shopping to the supermarket, not only the plastic in the bag should worry you. It is worth starting to think about taking home less packaging, whatever the material. Remember that each product package that you put in the shopping cart is an additional waste that you generate on the planet. One way to avoid waste is to buy products in bulk, since you can take your own container from home and order only the amount you need.

3. What brands should I choose? Ask the students before giving the answer

Value the sustainable actions of brands: Many companies are modifying their production strategies to be more respectful of the environment. Therefore, we increasingly see more sustainable packaging, organic products and other attentions with which products reach the shelves of supermarkets. Value companies that are making the effort to make a difference. As consumers buy more products developed with sustainable strategies, more companies will want to do the same.

4. Do you notice the origin of the products? Ask the students before giving the answer

Choose well the products you buy at the supermarket: When making the purchase, it is better to opt for "Made in Spain" products, that is, not imported. Also consume fresh products and avoid prepared foods because they contain additives and saturated fats that are very harmful to your health. In addition, the container that contains this type of food is another waste that you generate. Remember to read labels carefully, especially if they contain the word organic. Organic marketing with attractive packaging promoting the benefits of this or that organic product is often a way to attract the consumer. But behind these products hide sugar, salt or fat. Take care of yourself and at the same time take care of the planet.

5. Are you tempted by offers? Ask the students before giving the answer

Buy products on sale: Another way to make a more sustainable purchase is to buy products that are on sale. Especially when we see 3 × 2 offers or when the supermarket itself sells some foods that are about to expire at half price. It is a way to save money and at the same time to make a sustainable purchase by avoiding throwing away food.

6. Is it important for you to know where the product is generated? Ask the students before giving the answer

Make local purchases: Shopping at the store or supermarket in your neighborhood is one of the easiest ways to help the environment; Not only will you be supporting your local community, but you will also be keeping emissions low since transportation is minimal.

7. Are you faithful to the seasonal products? Ask the students before giving the answer

Make seasonal purchases: Although you may not believe it, if you buy seasonal products you can help the environment. The reason is simple. Seasonal produce does not require as much artificial energy to grow, resulting in less environmental impact. Also in case you do not know any natural product, especially fruits and vegetables are usually cheaper when we buy them while in season.

8. Are you guided by the beauty of the products? Ask the students before giving the answer

Choose products that are "ugly": How many times have you seen some strawberries or apples somewhat "ugly" and left them picking other packaged and with better appearance? Fruits and vegetables don't have to be all perfectly shaped. In fact, all those that are not sold because of their appearance, although edible, end up in the

garbage and can generate more waste. Buy that food that even if being "ugly" will be great and incidentally take advantage of it to save, since it is clear that because it is not so attractive it will cost you less money.

9. What habits do you have when shopping? Ask the students before giving the answer

Look at your own routines: Your shopping habits and how you get to the supermarket can be more sustainable. In this sense we can make a series of improvements:

- Go to the supermarket on foot or by bicycle instead of using the car.
- If you have to use the car, make large purchases: weekly or monthly. In this way you will avoid displacement.
- Buy products in large packages. For example, a bottle of yogurt instead of a tray with several individual jars. Also take only what you are going to consume. It is not a good thing to end up throwing food away.
- Select fresh, natural foods whenever possible.

10. Important

Every Little Action Helps: Can more sustainable grocery shopping really help take care of the planet we live on? Remember that every big change begins with small steps. Therefore, any action, no matter how small, is a very important help in caring for the environment.