

# Shopping for the Planet

Learning to use our influence as purchasers for a better world  
Inspired by Pope Francis' encyclical 'Laudato Si' (2015)

## Simple actions in the supermarket



### Paper

Buy sustainably sourced paper. Products labelled 'sustainably sourced' do less damage to the planet.



### Recycled

Source products from recycled paper. This can be toilet paper, tissues, note pads & napkins.



### Plastic

Swap plastic bottles, cups and cutlery for paper alternatives. Plastic stays in the environment for hundreds of years.



### Bamboo

Bamboo is a sustainable resource. Switch from a plastic toothbrush to bamboo.



### Packaging

Change your plastic packaging as most of it can't be recycled. Buy carton milk instead of plastic bottles.



### Biodegradable

Buy biodegradable products when possible. These include cling wrap, alfoil, baking paper and bin liners.

*An initiative prepared by Council for Integral Ecology*

*Words by Ann (O'Callaghan) Henry*

# Shopping for the Planet

Learning to use our influence as purchasers for a better world  
Inspired by Pope Francis' encyclical 'Laudato Si' (2015)

## Simple actions in the supermarket



### Wrapping

Take your soft plastics to recycle stations. Many stores provide a collection point for returning your soft plastics.



### Soap

Consider changing your plastic soap bottles for bars of soap. This will reduce your plastic.



### Palm Oil

Palm oil is taking the natural habitat from orangutans. Look for products that don't include palm oil.



### Fair Trade

Look for the fair trade symbols on products. This ensures workers are offered fair pay and have better working conditions.



### Difference

Make a difference today. If we all make small changes in our choices when shopping it adds up.



### Planet

Our planet is crying out for our help. You can make a difference to the health of our planet.

*An initiative prepared by Council for Integral Ecology*

*Words by Ann (O'Callaghan) Henry*