

# Caring for Creation Challenge: Low- or No-Waste Grocery Shopping

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This series is a small effort to encourage readers to learn more and think about ways that we each can contribute to caring for creation, God's gift to us.

## One Way You Can Care for Creation: Commit to low- or no-waste grocery shopping.

- Buy unpackaged fresh fruits and vegetables.
- Bring your own containers when shopping at a bulk foods store. (One such local zero waste grocer, as listed on [litterless.com](https://litterless.com), is The Grainery, in Baraboo, which offers bulk grains, flours and baking supplies, beans, legumes, nuts, seeds, granola, snacks, herbs, spices, teas and more.)
- Invest in produce bags to transport fresh foods. (Make your own by crocheting or knitting, or purchase some after reading this review of The 7 Best Eco-Friendly Reusable Produce Bags of 2023 at <https://www.treehugger.com/best-reusable-produce-bags-5078372> )
- Avoid prepared foods.
- Bring your own reusable grocery bags. (Again, make your own by crocheting or knitting, or sewing from leftover fabric scraps, or purchase some after reading this review of 11 Best Reusable Grocery Bags of 2023 at <https://www.thespruce.com/best-reusable-grocery-bags-4160201>, Keep reusable bags in your backpack or hang them on your doorknob so you remember to grab them before you leave for the store, or stash them in your car so they are always handy.)

## Two websites to explore:

- **Sustainably Kind Living:** <https://sustainablykindliving.com/> . “A safe, judgement-free, and educational space to explore the world of non-toxic, sustainable, low-waste, and ethical living.” They “love to dive deep into those hard to ask (and answer) questions that require a lot of nuance, patience, and understanding.” They believe “the more we learn, the more our community learns, and the more empowered we are as a whole,” and feel that the “website is meant to help our community (new and old members) find the most helpful, educational, unbiased and well-researched articles on the web.
- **The Reduce Report:** <https://www.thereducereport.com/> , The authors “help you find products that are not just eco-friendly, but actually work, through thoughtfully researched, easy to digest reviews.” They “show the value of these small decisions in the context of impact over a year, or even over a lifetime.” They “believe that being green doesn't have to mean spending more money.”



South-Central Synod of Wisconsin