

Green Shopping

Shopping needn't cost the earth! You can reduce your environmental impact by buying locally where possible, refusing unnecessary packaging and avoiding goods produced using synthetic chemicals (e.g. fertilisers and additives) or non-renewable components (e.g. plastics).

Further general information is available from various online ethical shopping guides:

- [Green Consumer Guide](#)
- [Ethical Consumer](#)
- [The Green Guide](#)

Exchanges

Save waste and money by exchanging goods with people instead of binning and buying new. Start the easy way by visiting charity shops and hiring or borrowing DVDs, books and tools. You could also join an online exchange such as [ReadItSwapIt](#) for books or [Freecycle](#), where a wide variety of goods change hands free of charge.

If no scheme exists for the type of thing you want to exchange, why not set one up locally?

Unwanted tools can be sent to Africa via [Tools for Self Reliance](#)

Food

Buying unprocessed food from small producers can improve health, save money and help to ensure that what we do spend goes to the people who need it most. If we buy locally-produced goods where possible, this will cut food miles and help stop climate change.

The monthly farmers' market in Milngavie offer a great selection of locally-produced, environmentally-friendlier meat, fruit, vegetables and other goods direct from the producer. Organic eggs, beef and lamb are also available from West Shirva Farm, Twechar.

To find other local sources of food, visit [Big Barn](#), which will find producers within 10 miles.

When buying foreign goods such as bananas and chocolate, look for the Fairtrade mark.

You can also grow your own food!

Avoid food waste – visit [Love Food Hate Waste](#)