

ECO-SHOPPING

Everything you buy affects the environment, but some choices are better than others.

Eco-shopping can help the environment. You just have to change your shopping habits a little.

Think about the tips below next time you go shopping!



BUY RECYCLED PRODUCTS. Did you know that the average family throws away over a ton of waste every year? This includes four trees worth of paper, 270 bottles and jars, 450 metal cans and 50 kilos of plastic. That's a lot of waste! By recycling and buying recycled products, you can help reduce all this waste. You also help save energy. For example, producing new aluminium needs 95% more energy than producing aluminium by recycling. So, start buying recycled products. You can find them almost anywhere nowadays.

AVOID EXCESS PACKAGING. Packaging becomes rubbish in the end. Try to buy products without much or any packaging at all. Everyone can do this easily by buying products in the largest size they can find. Also, just think that a family of four can save £1,500 a year in the supermarket by choosing large sizes instead of small ones.

BUY REUSABLE AND LONG-LASTING ITEMS.

A family can save up to £800 a year by buying reusable and long-lasting items. For example, avoid using disposable plates and cups at picnics, because they become rubbish in the end. So, you don't help the environment and you waste money, too. Also, use rechargeable batteries instead of disposable ones. They cost more to buy, but you can use them hundreds of times and they last for years.

Remember that eco-shopping shows companies that you care about the environment. This can make them change the way they produce their products. So, do something for the environment. Start eco-shopping!

B. Read the text again and write T for True, F for False or NM for Not Mentioned.

1. The average family throws away over 50 kilos of plastic a year. ☐
2. Producing aluminium by recycling needs more energy than producing new aluminium. ☐
3. Buying products in large sizes can help you save money. ☐
4. Disposable plates are not good for the environment. ☐
5. Many companies help you do your eco-shopping. ☐