

Shopping

Food

- Try a CSA (Community Supported Agriculture). Missoula and environs have quite a few.
- Take mesh bags to the store to put veggies in rather than use the store supplied plastic. Search online for “reusable produce bags” and you’ll see quite a variety.
- Buy foods in glass, cardboard or metal containers rather than in plastic.
- Take your own reusable bag for any kind of shopping. We keep ours in the car, wash them and put them back for the next trip.
- Farmer’s markets not only have food without extra packaging, but they also have upcycled goods.
- Buying food in bulk saves on packaging as well.



Clothing

- Buy from thrift shops. Reducing the flow of items to the landfill is an important step.
- Try to buy clothes made from natural fibers. All of the synthetic fibers are like micro pieces of plastic and are making their way to the ocean.
- [Upcycling](#) is the term used for making new things out of old. Our grandmothers made rugs and quilts from scrap fabrics, and now companies are taking old or damaged items and making them into new clothing. Check out some of them [here](#).

Household

- Replace dishwasher detergent pods in plastic tubs with old-fashioned powdered soap in cardboard boxes.

- Buy chlorine and phosphate free powdered detergents in cardboard boxes.
- Use bar shampoo and conditioner - Some feel that since the natural soap does not contain all the additives in liquid shampoos, conditioner is not necessary. Wrapped in paper, not plastic.
- You can also purchase shampoo and conditioner in bulk, provide your own container and reuse it.
- Purchase moisturizers and lotions in bulk, provide your own container and reuse it.
- Use powdered toothpaste
- Buy toothbrushes made from bamboo.
- Try creation friendly cleaners - [Here are just a few examples.](#)

Other

- Buy products made from recycled materials.
- [Upcycle](#) on the Hip Strip in Missoula is dedicated to products repurposed from something else.