



A BEGINNER'S GUIDE TO

# *Green consumerism*





# GROCERIES



A big step into sustainability can be made through planning your grocery shopping list in advance, to reduce your food waste and opt for more Earth friendly products

## TIPS

- Opt for local products
- Change your beef or lamb for chicken and fish
- Buy more vegetables and fruits
- Beans and legumes are a great source of protein and they have a low carbon footprint
- Try inserting at least one meat-free day into your week
- Make a list beforehand and NEVER go grocery shopping when hungry
- Always remember to bring your reusable bag

## SEASONAL PRODUCTS



- Jan/Feb: apples, mushrooms, beetroot, brussels sprouts, carrots, kale, squash, parsnips, pears, and sweedes.
- Mar/Apr: artichoke, beetroot, cabbage, spring greens, rhubarb.
- May - Aug: aubergine, asparagus, blackberries, blackcurrants, broccoli, cauliflower, strawberries, tomatoes, rocket.
- Sept/Oct: spinach, aubergine, cucumber, chillies, butternut squash, potatoes, sweetcorn, tomatoes
- Nov/Dec: apples, beetroot, brussel sprouts, potatoes, pumpkin, sweede, carrots, mushrooms.

# ZERO WASTE SHOPS



## THE REFILLERY

39 Newington Rd, Edinburgh EH9 1QW

A plastic free grocery and ethical goods store that offers over 1000 products that have been ethically sourced with zero plastic.

## WEIGH TO GO

27 Crichton Place, Leith Walk, EH7 4NY

A sustainable plastic free shop that offers refillable dried goods, affordable and where possible organic, as well as household goods.

## REAL FOODS

37 Broughton Street, Edinburgh, EH1 3JU

8 Brougham Street, Tollcross, Edinburgh, EH3 9JH

An organic, natural food retailer with over 40 years of presence in the market, that offers high quality diverse products from many small local businesses, and other suppliers.

## NEW LEAF CO-OP


23 Argyle Pl, Edinburgh, EH9 1JJ

A friendly, hands-on wholefood store. that focus on fresh, local, organic, low packaging, and reasonably priced products. The shop offers eco-friendly packaging where possible, and encourages customers to bring their own packaging from home.

## THE ECO LARDER

200 Morrison Street, Edinburgh, EH3 8EB

A dedicated zero waste, plastic and package free mini supermarket that also provides regular free workshops on creating zero waste daily essentials, such as toiletries and cleaning products.



# FASHION



## TIPS

- Look for ethical fashion labels: give preference for products labelled as Cruelty Free, Vegan, Organic and/or Fairtrade.
- Support small businesses and local entrepreneurs.
- Think twice before buying items - do you really need a new shirt?
- Cotton has one of the highest environmental impacts of all fabrics due to the amount of pesticides used, so always choose Organic Cotton.
- Be a customer of charity shops and swap shops instead of buying new items. And donate your clothes when you are ready to say goodbye to them.
- Ask yourself: who made my clothes?
- Slow Fashion is the key!

## WHAT IS AND WHY SHOULD I HAVE A CAPSULE WARDROBE?

A Capsule Wardrobe is a reduce collection of clothes that focus on 30 to 40 versatile items that match each other, creating multiple possibilities of combination. The key here is to give preference to quality and durability, instead of fast and impulsive shopping.

By having a capsule wardrobe you increase awareness when buying new items, decrease your carbon footprint and make it easier to choose what to wear in the morning! Start this initiative by analysing what you have and donating what you do not use.

### **Movies and shows recommendation:**

- Minimalism: A Documentary About the Important Things
  - Tidying Up with Marie Kondo
  - The True Cost
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# CHARITY SHOPS

Edinburgh has a large range of charity shops throughout the city, from larger and smaller charities. Not only can you get second-hand items to encourage a circular economy, but your money will also be going to a charity who's work you want to support.

To see a full list and map of all charity shops and reuse projects in Edinburgh, click [HERE](#)

## UNIQUE PROJECTS

### DEPOP

A fashion marketplace app that promotes inclusion, diversity and less waste. Depop is home to 21 million+ stylists, designers, artists, collectors, vintage sellers, sneakerheads and more, and they offer first and second hand items through their platform.

### SHRUB COOP

22 Bread Street, EH3 9AF / 13 & 17 Guthrie Street, EH1 1JG

A cooperative in Edinburgh working for a world without waste. By joining the project you can learn to fix a bike, swap your preloved things, enjoy some rescued food and be inspired by new ideas.

### ARTISAN STITCH

St Margaret's House 151, London Road, Edinburgh, EH7 6AE

The project is promoted by a lifelong sewist and provides sewing classes and creative textile art workshops, including classes of foundation sewing skills to make your own clothes.

### VINTED

Sell the clothes that have more to give. Shop for items you won't find on the high street. The Vinted free app is open to everyone who believes that good clothes should live long.

# HIDDEN GEMS



## EDINBURGH REMAKERY

127 Leith Walk, Edinburgh, EH6 8NP

An award-winning environmental social enterprise committed to diverting waste from landfill, building a stronger community, and promoting a culture of repair and reuse, that offers from computers to furniture.

## DANDELION & GINGER



29 Leven St, Tollcross, Edinburgh, EH3 9LH

A shop about all things ethical, sustainable, recyclable and enjoyable, with popular brands in sustainable organic and fairtrade fashion, that support local artisans and community projects.

## BOHEMIA

39 Bangor Road, Edinburgh, EH6 5JX

A shop that act as a bridge between traditional crafting communities and an audience who value authentic goods sustainably produced.

## WOULD YOU LIKE TO LEARN MORE ABOUT ETHICAL CONSUMERISM?

There are several other ways you can reduce your carbon footprint, become a ethical consumer and help the environment. Check out some of those projects and websites full of information and new ideas:

[Ethical Consumer](#)  
[Zero Waste Scotland](#)  
[Good on You](#)  
[Conscious Change](#)