

## MINDFUL KITCHEN

Links to Wise Practices and Purchases



**Compost** locally or in your yard – methane gas escapes from our food scraps in landfills and contributes to global warming!

<https://www.amazon.com/Kitchen-Compost-Caddy-Vented-Bin/>  
<https://www.simplehuman.com/gp-kt1131>



**Fabric shopping bags** - let's ban plastic bags everywhere!

<https://colonyco.com/products/tote-bag> (on my Mother's Day list!)  
*Mariano's/Whole Foods/Trader Joes sells them or make one!*  
*Remember to take them into Walgreens, Target – wherever you shop!*



**Cloth produce shopping bags** - sadly 6 more years of

Mariano's plastic produce bags - buy and carry your own!

<https://eartheasy.com/green-home/kitchen-dining/>  
*Silicone reusable bags:* <https://www.stasherbag.com/>



**Farmer's Markets and Coops**

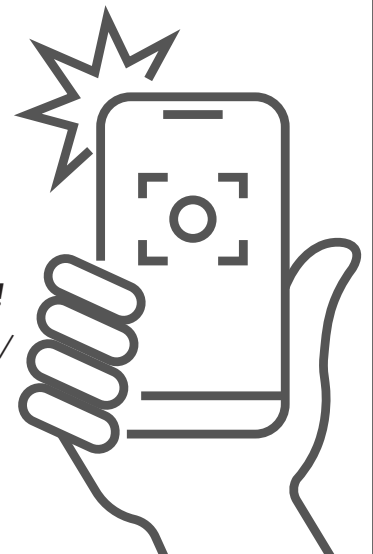
*Subscribe to no-waste food products:*

<https://www.imperfectproduce.com/join/>

**Reduce plastic dishware**

*Silicone pot/leftover lids:*

[www.amazon.com/gp/product/B015EKXFIY/](http://www.amazon.com/gp/product/B015EKXFIY/)  
*Beeswax Wraps, metal or bamboo straws, glass and metal food storage, bamboo flatware, Swell bottles – **NO MORE SINGLE USE PLASTIC!***  
<http://lifewithoutplastic.com/eat-and-drink/straws/>



*"The earth is the Lord's and all that is in it,  
the world and those who live in it"*

Psalm 24:1