

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>

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 - 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

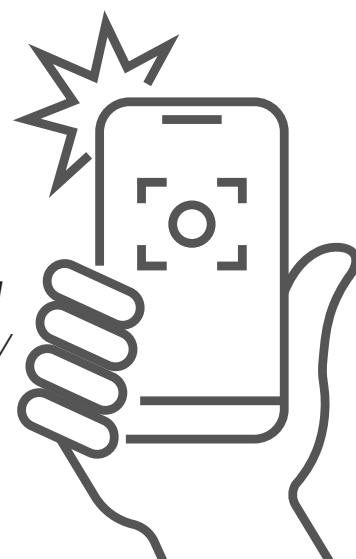
Silicone pot/leftover lids:

www.amazon.com/gp/product/B015EKXFIY/

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