

Rethink The Way You Shop, For Greater Quality of Life

If balancing your needs and wants is a constant struggle, try rethinking the way you shop. It'll lead to savings, a more functional household and less food waste.

Avoid impulse buying – here are some tips

- At the start of the week, work out a meal plan, so you know exactly what you need to buy. Never go grocery shopping when you're hungry, and stick to the items on your list.
- Freeze leftovers for soup or a gut-healing broth.
- Shop for non-perishable items in bulk.
- Before splurging on a big item, keep it on a wishlist for a while, until you're sure you want to buy it, and you've compared prices.

Don't fall for scarcity marketing tactics

There are very few items you won't be able to find again if you don't purchase them right now, at this super-exclusive price.

Learn about labels

Always check labels. Items made from natural materials, such as linen, cotton, cashmere or bamboo, can make a lasting difference to your closet. For the most part, try to avoid items made from polyester, nylon, acrylic and spandex, as they're made from petroleum.

Browse farmer's markets and antique shops

This not only helps you to shop locally and source fresher items, but you'll also save on transport and reduce your carbon footprint.

Start a veggie garden

It's really easy to grow lettuce, tomatoes, peas, strawberries and herbs, which means you have less to shop for when you cook or make a salad, and you'll reduce food waste.



Toll-free:
Request a call back: *134*905#
Get in touch online: <http://app.lyrawellbeing.health/>
Your company code:

lyra wellbeing

<https://www.consumercredit.com/blog/guest-post-5-ways-to-rethink-your-grocery-shopping/>
<https://www.washingtonpost.com/food/2024/06/18/grocery-shopping-for-one-food-waste/>
<https://www.earthday.org/toolkit-how-to-shop-for-your-clothes/>