



## Grocery Run: Meat & Cheese

Today's Plastic Free July Challenge is to **choose plastic-free meat and cheese!** Opt for freshly sliced meat and cheese from the deli at your supermarket, and bring your own container to take it away in. For meat and cheese, vendors will not always accept containers from home, but work with your local grocers! If the product is completely wrapped before it is handed over the counter in a compostable material (like parchment paper), vendors will typically serve you plastic free.

Another option is to go directly to the source! **Purchase goods from your local butcher, dairy shop or farmer's market**, or check out <https://www.localharvest.org/csa/> to find a local farmer or CSA near you. You can also buy a whole wheel of cheese, or wax-wrapped cheese and share it around. Or choose meat and cheese with limited packaging or biodegradable packaging (avoid individually wrapped cuts of meat, for example).

Finally, it might be that the biggest impact you can make to reduce plastic (and greenhouse gases to boot) is to **reduce your meat and cheese intake!** Meat and dairy products can have an extremely high carbon footprint, so experiment with "Meatless Mondays" or "Lactose-free" days, and try some new vegetarian or vegan recipes instead!