



TIP TUESDAY

A weekly guide to help you
kick your plastic habits.



Fall Harvest

Fall is the season of farmer's markets and festivals! Most [fruits and vegetables](#) are at the end of their season. Here are some helpful tips on how to reduce your plastic footprint while stocking up on all that NY/NJ has to offer.

Carry In Carry Out: Reduce plastic bags and containers by bringing reusable cloth bags or mason jars with lids to the market. Most farmers pre-weigh and price their products allowing you to easily use your own containers.

Shop Local: Use one of the two links to view local farmer's markets in NY and NJ. Local food distribution cuts down on the production and consumption of plastic and offers fresh, local produce on a weekly basis.

Save for Later: Instead of using Plastic Saran Wrap try making your own beeswax and cloth wrap for food storage. You can also use BPA Plastic-free containers that can be stored in the freezer, are dishwasher/microwave safe and come with air-tight seals to keep food fresh for a longer period of time.

[Click here for Farmer's Markets in NJ.](#)

[Click here for Farmer's Markets in NY.](#)



[Click here for a listing of Fall Festivals in NJ.](#)

[Click here for a listing of Fall Festivals in NY.](#)

Go Plastics-Free and end your plastic habits today!

- 1) [Click here to sign our pledge](#)
- 2) Tell us how you're doing and share your ideas
- 3) Encourage others to take the pledge
- 4) Spread the word via Social Media