



Make it a Habit and Grab it.

Tips for Creating and Sustaining a New Habit

- Have a regular pattern for shopping? Go “techno” and use applications or features on your iPhone™, Blackberry™ , or other PDAs to create a reminder for yourself.
- Purchase a bag that stays in your purse or backpack (e.g., [Chico Bag](#) or other nylon bags that have their own pouch, bags that fold-up to the size of a large wallet) and you’ll always have a bag with you.
- After you unpack your groceries, hang your bags on the door knob. The next time you go out, take the bags with you so you have them when you go to the store.
- After you unpack your groceries, put all the bags inside a main bag, and put the main bag with your keys. The next time you go to your car or bike, take the bags and toss them in the back seat, the trunk or your bike basket. The bags won’t clutter a kitchen cupboard or closet, and you’ll always have reusable bags when you shop.
- Place your reusable bags on the front seat of the car so they are prominent. If you are carrying a purse, place it on top of the bags. When you grab your purse for shopping, you will see the bags and remember to take them into the store.
- If you are in the store and find you have forgotten your bags in the car, make the extra effort and go out to the car and get them. Once you have done this a couple of times you will remember to take them into the store with you.
- Purchase a “cool” reusable bag or make your own. If your bag says something about you, you’re likely to take it with you. Make your reusable bag one of your accessories.