# Pasta sauce I would usually buy:

A jar of tomato sauce

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Reasons:

* Sainbury’s own brand (I know I’m not paying a premium for brand names)
* Organic & vegan. I expect higher quality ingredients than the cheaper Sainbury’s own brand pasta sauces
* Glass packaging

# Packing I deem as sustainable:

1. For some reason, I think glass is a sustainable option since it seems easy to reuse/recycle
2. When packaging uses very little material (like the soup bags below)
3. A jar of tomato sauce

   Description automatically generatedA picture containing text, snack, food, convenience food

   Description automatically generatedA picture containing indoor, bottle, plastic bottle, household supply

   Description automatically generatedThe ultimate food packaging is no packaging, of which there are several stores like that near my London. The concept is you fill up your own containing. However, I do not shop there since I’m worried I’m paying a premium on the zero-packaging and prefer cheaper stores.