

# Guide to Zero Waste Shopping at the Co-op





## Little choices make a difference

As a leader in sustainable action, North Coast Co-op's stores are equipped to make it easy for you to save money *and* reduce waste while shopping. We invite you to join us in moving toward a zero-waste future...

### When you come and go

- Sort your scraps in our tri-sorting waste bins
- Plan your meals ahead of time
- Use your phone to create shopping lists

### At the register

- Choose not to print your receipt
- Bring your own reusable bags, save 5¢
- Take a free box

### At the Bakery and Juice Bar

- Use your own cup for coffee, smoothies, juice or kombucha, save 25¢
- Refuse plastic straws
- Skip the stir sticks



### At the Deli and Salad Bar

- Use your own container for prepared foods, soups and salads—ask a clerk for assistance
- Bring your own utensils

### In the aisles

- Prioritize local products
- Choose recyclable packaged items
- Use reusable bags for the Produce Department, or skip the bag all together





Choose from  
more than  
500 items!

## Take advantage of the Bulk Department

Bulk products are identical to their packaged counterparts, but are cheaper because you aren't paying for packaging. You can even use your own container! Bring it to Customer Service to determine the tare weight before you get bounty from Bulk. Once weighed, fill it up and write down the PLU number. We won't charge you for the weight of containers.

### Food

- Pasta
- Rice
- Beans
- Nut Butters
- Coffee & Tea
- Herbs & Spices
- Honey
- Seaweed
- Dried Fruit
- Trail Mix
- Nuts
- Granola & Cereal
- Cooking Oil
- Vinegar
- Flour
- Oats
- Candies
- Sugar & Substitutes
- Cheese
- Olives
- Chips
- Quinoa
- Couscous
- Soup & Dip Mix
- More!

### Wellness

- Hand Soap
- Body Wash
- Body Lotion
- Shampoo
- Conditioner
- Skin Cleanser

### Home

- Dish Soap
- All Purpose Cleaner
- Laundry Liquid Soap
- Laundry Detergent Powder

### Pet

- Dog Food
- Cat Food
- Treats
- Bones



Buy as little  
or as much  
as you need!





# NORTH COAST COOP



[www.northcoast.coop](http://www.northcoast.coop)



## ARCATA LOCATION

811 I St., Arcata • (707) 822-5947  
Open daily: 6am to 9pm

## EUREKA LOCATION

25 4<sup>th</sup> St., Eureka • (707) 443-6027  
Open Daily: 6am to 9pm