

Living Zero Waste - mostly organic, non toxic

	Packaging	Supplier
<b>Kitchen</b>		
<b>Dry bulk food</b>		
<b>Grains/Beans</b>		
Lentils, chickpeas, blackeyed peas, rice, split peas, etc.	Cotton bags	WF, KNF, G, C
<b>Nuts/Seeds</b>		
Brazil nuts, cashews, honey roasted almonds, sesame seeds, pumpkin seeds, peanuts, macadamia nuts, etc.	Cotton bags	WF, C
<b>Pasta</b>		
Spagetti, macaroni, rotini, cous cous, etc.	Cotton bags	WF, KNF
<b>Spices</b>		
Pepper, salt, cumin, cayenne, chili peppers, dried onions, veggie bouillon, nutritional yeast etc.	Mason jar	DO, SC, WF
<b>Tea/Coffee</b>		
Black tea, herbal teas, coffee, decaffeinated coffee, fair trade	Mason jar, Paper bag	WF, KNF, B
<b>Cereals</b>		
Oatmeal, granola, puffed kamut etc.	Cotton bags	WF, G
<b>Cookies/crackers</b>		
Oatmeal cookies, rice crackers,	Cotton bag, paper bag	WF, G, SB
<b>Candies</b>		
M&Ms, smarties, jelly beans, Hersheys Kisses, choc cranberries, veggie gummy bears, etc.	Cotton bag	S, WF, G
<b>Baking</b>		
Flours, icing sugar, baking soda/powder, cornstarch, sugar, chocolate chips, cocoa, oat bran etc.	Paper bag, cotton bag	WF, KNF
<b>Wet bulk goods</b>		
Oven roasted tomatoes (can 200lbs in fall)	Mason jar	H
Jams/chutneys - reusable/returnable mason jars	Mason jar	H, EC
Nut butters	Mason jar	WF
Salsa - reusable/returnable mason jars	Mason jar	GI, EC
Maple syrup	Refillable bottle	EEFC
Oils/Vinegars	Refillable bottle	not available locally
<b>Bakery</b>		
Breads, muffins, croissants, scones, foccacia, cakes	Cotton bag, metal container	TB, C
<b>Deli</b>		
Olives, spreads, pate, roasted red peppers, humous, feta, cheeses, meats, samosas, spring rolls	Mason jar, metal container	WF, P, SC
<b>Beverages</b>		
Milk/cream/chocolate milk - \$1 deposit on bottle	Returnable glass bottle	WF, G, C, KNF
Juices (apple, orange, carrot etc.)	Refillable glass bottle	Sj, JJ
Beer - bottles washed/reused, metal caps recycled - <i>return to appropriate location</i>	Returnable glass bottle	Various
Wine - bottles washed/reused	Available?	
<b>Cleaning</b>		
Chlorine-free bleach, dish soap, laundry, soapnuts, vinegar, baking soda, borax, dishwasher soap/rinse etc.	Refillable glass bottle	SD
<b>Toiletries</b>		
Diva Cup - reusable menstrual cup		WF, G
Wood Toothbrush (nylon or boar hair bristles)	Compost wood	SD
Bone and boar hair bristle toothbrush	bone, hair	Old Faithful Shop
Refillable toothpaste	Refillable glass bottle	SD
Floss (small plastic ring - landfill)	Compost cardboard packing	G, DO
Shampoo/conditioner bars	Compost cardboard packing	WF,C, G, SC
Moisturizers (solid coconut oil (face), jojoba oil etc.)	Refillable glass/metal container	SD
Essential oils (lavendar, rosemary, peppermint etc.)	Refillable glass bottle	SD
Men's reusable razors	metal blade disposable/recyclable	Old Faithful Shop or Online
<b>Gifts</b>		
Chocolates	Fancy metal container	P
Herbs	Coconut mesh container	C
Flowers	Elastic band/newspaper	Various
Candles (tapers, birthday, votives, tealights)	Bulk	WF, C, BB

**Nearest suppliers (living in Kitsilano)**

B	Bayswater Teas (Bayswaterteas.com)
BB	Banyan Books (Banyen.com)
CB	Cobs Bread (cobsbread.com)
Ch	Choices (choicesmarket.com)
DO	Drive Organics (1045 Commercial Drive)
EC	Edible Canada - Granville Island (ediblecanada.com)
EEFC	East End Food Co-op (east-end-food.coop)
G	Greens (greensmarket.ca)
GI	Granville Island (granvilleisland.com)
H	Home (can or make yourself)
JJ	Jugo Juice (jugojuice.com)
KNF	Kitsilano Natural Foods (2696 W Broadway)
NBT	Notte's Bon Ton (nottesbontonpastry.com)
P	Parthenon (parthenonsupermarket.com)
Pd	Purdys (purdys.com)
S	Safeway (safeway.ca)
SB	Sollys Bagels (sollysbagels.com)
SC	Sweet Cheribum (sweetcherubim.com)
SD	The Soap Dispensary (thesoapdispensary.com)
Sj	Sejuiced (sejuicedvancouver.com)
TB	Terra Breads (terrabreads.com)
WF	Wholefoods (wholefoodsmarket.com)