

AFFORDABLE WHOLEFOODS RAISES THE BAR ON SUSTAINABILITY



After our experience with Cyclone Debbie and the impact of the floods on the Lismore community, we have been reflecting on our own position with sustainability within the store. Personally we saw so much waste from the flood, nothing in the store could be salvaged in keeping with hygiene, health and safety regulations. So every tub, every container, every-thing went to the Waste & Recycling Centre (aka our local tip).

We have always supported and encouraged the use of recycled materials in both our **Lismore** and **Coffs Harbour** stores, keeping our own business as sustainable as possible without losing the quality and freshness we are known for. Being environmentally aware is important to us and a huge part of our business. As a result of this, where we can, we offer the best in the way of supplying our customers with paper bags for their produce or glass jars in multiple sizes. We also support customers bringing in their own clean jars for filling to save on paper and plastic waste.

Another recyclable product we sell that supports sustainable living are the well-known Eco-Silk bags. These can be used just as you would a regular plastic shopping bag from the supermarket, or to put larger quantities of dried goods in.

After our experience with the flood, it brought to our attention even more than ever how every little bit counts and so we have now expanded the options for our local shoppers by being the first in the Northern NSW region to introduce a new recyclable shopping pack that contains 5 bulk food drawstring bags, 3 fruit and vege bags and 1 large shopping bag all made from organic cotton that is GOTS certified (pictured above).

The pack comes to us from **Dreamtime Mentors**; an Indigenous Corporation that promotes a 'Zero Waste' lifestyle and makes available sustainable and ethical products and services for communities around Australia.

Please Note: Unfortunately at this time we cannot use porous fabric or paper packaging for items purchased & packed through our online store. This is due to quality and safety standards in relation to food that is being transported via post. At this time our choice to use heat sealed zip lock plastic bags is based on our commitment to providing you with a quality product that is fresh on arrival to your door. We encourage you re-use and recycle these zip lock bags where you can.

Read this short article on how a wholefoods diet can support the environment and sustainability.