

**SUSTAINABLE ITEMS ARE AVAILABLE IN LOCAL SHOPS LIKE BULK BARN, GENTLE RAIN, LITTLE GREEN
GROCER, MCINTOSH FARM, MILKY WHEY, ORGANIC OASIS, PHENNINGS, THE LOCAL
YOU CAN FIND SUSTAINABLE ITEMS IN **SUPERMARKETS** too!!!
Food Basics, Foodland, No Frills, Sobeys, Zehrs**

ORGANIC

Bananas	Foodland, No Frills, Sobeys, Zehrs
Cereal	No Frills, Zehrs
Chocolate bars	Zehrs
Coffee	Food Basics, Zehrs
Coffee/tea	Food Basics, Foodland, No Frills, Sobeys, Zehrs
Cooking oil	Food Basics, No Frills, Zehrs
Dish detergent	Zehrs
Eggs: free range	Food Basics, Foodland, No Frills, Sobeys, Zehrs
Flour	Zehrs
Frozen meals	Zehrs
Frozen veg & fruit	Zehrs
Honey	Zehrs
Jams (in glass)	Food Basics, Zehrs
Juices (in glass)	Food Basics, Sobeys, Zehrs
Ketchup	No Frills, Zehrs
Maple syrup (in glass)	Food Basics, Zehrs
Milk	Food Basics, Zehrs
Nut butters	Zehrs
Nut milk	Zehrs
Oats	Sobeys
Pasta	Zehrs
Pizza	Zehrs
Salsa (in glass)	Zehrs
Sauces (in glass)	Zehrs
Fruit (some)	Food Basics, Sobeys, Zehrs
Vegetables (some)	Food Basics, Sobeys, Zehrs
Soups	No Frills, Zehrs
Yogurt	Sobeys, Zehrs

LOCAL

Cheese	Food Basics, No Frills, Sobeys, Zehrs
Chicken	Foodland, Sobeys, Zehrs
Coffee	Foodland, Sobeys, Zehrs
Eggs	Zehrs
Frozen meals	Sobeys
Juice	Sobeys, Zehrs
Tomatoes	Food Basics, Foodland, No Frills, Sobeys, Zehrs

RECYCLED

Aluminum foil	Zehrs
Garbage bags (30%)	Food Basics, No Frills, Zehrs
Large water bottles	No Frills
Paper towels	Sobeys, Zehrs
Toilet paper	Food Basics, Foodland, Sobeys, Zehrs

GLASS CONTAINER

Condiments	No Frills, Sobeys, Zehrs
Cooking oil	Food Basics, No Frills, Zehrs
Instant coffee	No Frills, Zehrs
Jams, jellies	Foodland, No Frills, Sobeys, Zehrs
Juice	Foodland, Zehrs (Organic)
Liquid hand soap	Zehrs
Mayo	Zehrs
Milk	Foodland, Sobeys
Mustard	Foodland, Zehrs
Pickles, olives	Food Basics, Foodland, No Frills, Zehrs
Salad dressing,	Foodland, Sobeys, Zehrs
Sauces, salsa	Food Basics, No Frills, Sobeys, Zehrs
Soda pop (some)	Food Basics, Foodland, Sobeys, Zehrs
Soft soap	Zehrs
Soups	Food Basics, Sobeys, Zehrs
Soy sauce	Food Basics, Foodland, Sobeys, Zehrs
Sparkling water	No Frills, Sobeys, Zehrs
Spices	Sobeys
Vinegar	Food Basics, Zehrs

PAPER/CARDBOARD PACKAGING

Bakery products	Sobeys, Zehrs
Bar soap	Zehrs,
Cheese	Food Basics, Foodland, Sobeys, Zehrs
Coffee/tea	No Frills, Sobeys, Zehrs
Crackers	Zehrs
Detergent sheets	Zehrs
Dishwasher tabs (biodeg)	Zehrs
Dryer sheets	Zehrs
Floor cleaning strips	Zehrs
Frozen juices	Sobeys, Zehrs
Laundry soap	Zehrs
Mini pads, tampons	Zehrs
Muffin mix	Zehrs
Oats, flour, sugar	Food Basics, Foodland, No Frills, Sobeys, Zehrs
Paper cups/plates	Foodland, Zehrs
Paper towels	Sobeys
Toilet cleaning strips	Zehrs
Toilet paper	Food Basics, No Frills, Sobeys, Zehrs

USE YOUR OWN BAG

Buns & bagels	Sobeys, Zehrs
Mushrooms	Food Basics, Foodland, Zehrs
Olives, antipasto	Sobeys, Zehrs
Pet kibble	Zehrs
Some fruit	Food Basics, Foodland, No Frills, Sobeys, Zehrs
Some vegetables	Food Basics, Foodland, Zehrs