

## Resources to reduce our impact on our earth

### Low waste options

Canadians rank among the top waste-producing countries in the world. On average each of us Canadians produce more than 600 kilograms of waste a year. Factor in that only about 9 % of plastic actually ends up recycled and that the pandemic has dramatically increased plastic waste and it is a situation of great concern.

Many of us are rethinking our consumption habits. Those living low waste aim to follow the “waste hierarchy” refusing and reducing packaging and other items we do not need, and then reusing or repairing items whenever possible. With the amount of single-use plastic produced around the world, polluting the environment and harming wildlife, recycling is not the solution and is a last resort after the 4 r’s (refusing, reducing, reusing and repairing).

### Grocery Stores

Most grocery store have some unpackaged produce and a bulk section. Many are trying to adapt to no plastic packaging. For example, **Famous Foods**, <https://www.famousfoods.ca/> , packages bulk food in plastic bags but customers can phone or email in orders and request that their order be packaged in paper bags. You can ask for alternatives to plastic packaging.

### Low-waste stores

Low-waste stores offer a way to shop without using single-use or disposable packaging.

#### **The Soap Dispensary** [thesoapdispensary.com](http://thesoapdispensary.com)

was Vancouver’s first dedicated zero-waste and refill store. Originally providing cleaning and personal care products, it now carries over 800 bulk and refill items, including food.

#### **Nada** [nadagrocery.com](http://nadagrocery.com)

provides an easy-to-use package free online shopping experience featuring more than 750 products, many of which are local. Delivery is by Shift Delivery’s bike service.

#### **CSA’s.** <http://urbanfarmers.ca/urban-farms/csas/>

Community-supported/shared agriculture (CSA) is an alternative model of purchasing local farm products. CSA members pay at the beginning of the growing season for a share, and in return, receive a weekly harvest box, typically equalling a set value per week.

CSA’s are springing up through out urban areas. To locate a CSA near you contact Vancouver Urban Farming Society

#### **Farmers Markets** <https://bcfarmersmarkettrail.com/>

Find a farmers market in B.C. close to you.

### Groceries delivered

#### **Jarr** [Jarr.co](http://Jarr.co)

provides package-free groceries and personal care items delivered to customers’ doors . Serving North Vancouver, Vancouver, Burnaby, New Westminster and Bowen Island.

**Fulfill Shoppe** fulfillshoppe.com

stocks and delivers low-waste groceries and personal care items to customers in the Tri-Cities, Pitt Meadows, Maple Ridge , New Westminster, Burnaby, North and West Vancouver areas.

**Livlite** Livlite.ca

delivers low-waste groceries and household items to those in Vancouver and North Vancouver

**SPUD** spud.ca

delivers local and organic groceries to customers' homes. It delivers throughout the Lower Mainland from Hope to Pemberton, in the Thompson Okanagan as well as Vancouver Island, Salt Spring Island and Bowen Island.

**Takeout**

**Reusables** reusables.com

Piloted in the Spring of 2021 as a membership service, Reusables partners with Vancouver-based restaurants and food businesses to provide takeout options in reusable containers. At the time of writing, takeout could be purchased from 4 Vancouver restaurant locations. Containers can be rinsed and dropped off at those locations or picked up by Shift Delivery or Jarr.

Adapted from **Such a Waste** by Leah Payne, Edible Vancouver & Wine Country, June/July 2021

**Recycling Alternative** <https://recyclingalternative.com/>

Operating for over 30 years, Recycling Alternative is recognized for leadership, innovation, commitment and passion, delivering sustainable waste management solutions to our clients.

We work as a strategic waste partner, supporting your organization's efforts to minimize its environmental impact through innovative, customized waste reduction and recovery programs.

**Sunshine Coast**

Refill stores:

Sechelt

"Fill Good" offers plant-based foods, earth-friendly soaps and cleaning products.

"Forget Me Not" which offers household cleaners and personal care products.

Gibsons

Wabi Sabi Collective which is a refill shop in The Kube studios in Gibsons offering refill of carrier oils, ingredients for making your own skin care and household cleaning products.

(contributed by Flo Rublee)