

WEEK 2: REDUCE PLASTIC PACKAGING WHEN SHOPPING

Tips

- Buy fruit and veg from Farmers' markets and take your own bags. Don't have time to visit a market, try online farmer produce delivery services who deliver in cardboard boxes
- Buy sugar/rice/pasta/grains/nuts etc from bulk food stores, see our list of bulk stores in Curtin

General resources

[Types of plastics and their eco-friendlier alternatives](#)

Loose fruit and vegetables ('nude food')	
Farmers markets in Curtin	Mt Claremont, Mt Claremont Primary School, Saturdays 8am-noon Subiaco, Subiaco Primary School, Saturdays 8am-noon
Farmer Jacks Claremont Quarter, Crossways Subiaco, Woodlands	Loose salad greens (bring your own non-plastic bag) Provides brown paper bags in fruit and vege section
Galati & Sons 19 Wray Ave Fremantle	Take your own bags or they provide cardboard boxes
Online vegetable delivery	Many online vegetable delivery services do plastic free (use boxes)

Meat	
Frank's Gourmet Meats 17 Wray Ave Fremantle	They wrap meat in paper, ask them not to use a plastic bag after wrapping or take your own container

Bulk food supplies (take your own non-plastic bag)	
Clean Pantry 8/50 Harvey St Mosman Park Order online for delivery	Bulks flours, nuts, dried fruit, grains, seeds, beans, pulses, confectionary, cooking & baking ingredients. Packaged in recyclable or biodegradable and compostable paper bags made from sustainably sourced materials Wholesale for businesses
Golden Choice Subiaco Fresh Market 369 Roberts Rd Subiaco	Loose salad items, herbs, fruit and vegetables Bulk cereals, flours, dried fruit, coffee, cereals, snacks, confectionary nuts, grains, seeds, dahl, beans, spices, herbs
Happy Almonds 71 Princess Rd Nedlands	Bulk cereals, grains, flours, rice, pasta, nuts, snacks, dried fruits, confectionary Discount for using your own bag(s)
Kalkulas Brothers 185-187 William St Northbridge	Nuts, dried fruit, beans, legumes, rice, dahls, pasta, flours, grains, cereal, tea & coffee, olives, feta, confectionary, snacks, herbs, spices
Kakulas Sister 29/31 Market St Fremantle Can shop online with home delivery or pickup	Beans, pulses, tea & coffee, health & cereals, confectionary & snacks, rice, grains, seed, flour, sugar, baking, fruit, nuts, herbs, spices Offer paper and compostable bags
Storehouse	Use your own containers, use their recycled jars, papers bags, reusable produce bags, buy new jars Website includes postcodes they will deliver to

Bulk food supplies (take your own non-plastic bag)

22/219 Hampton Rd South Fremantle (owned by a Curtin resident)	Shop online or pickup, have a loyalty program
The Source Bulk Foods, Floreat Forum (shop R4) Karrinyup Shopping Centre (shop SPO272)	>350 bulk products, also reusable water bottles, reusable food wraps, waste free lunchboxes Offer paper bags, encourage you to bring your own container (BYOC), loyalty member program with discount