



Want great deals on wholesome meals?

Bulk Bin Bounty

Wholefoods • Cost Effective • Earth Friendly

We love Earth Day at the Co-op and it's coming around again on April 22nd. As in previous years, we are focusing on being Earth-friendly for the entire month of April.

This year our theme is The Power of Shopping Bulk!

As a Kootenay Co-op member you already know that every day is Earth Day. When you shop at the Co-op you are automatically voting with your food dollars for a cleaner, healthier, fair-trade way of doing business. The Co-op is owned by the community and is invested in our community's health and well being. Money generated at the Co-op stays in the community and is spent locally. You can rest assured that Co-op buyers bring in the highest and most environmentally responsible products possible at the best possible price. And all of this happens on a daily basis, **every** day! So what's so "earthy" about buying bulk?

- Bulk food has minimal or zero packaging - especially when you reuse your own bags and containers!
- Bulk food is economical. It allows those on a tight budget to consume high quality, organic, local foods freeing up money to vote for a more sustainable world with other purchases.
- More nutrition from less food. Cooking from scratch at home leaves you in control of the nutritional integrity of your foods as opposed to similar foods that are processed and prepared elsewhere.

Join the Slow Food Movement - We want to make it easy for you to enjoy the Bulk Bin Bounty at the Kootenay Co-op. There will be a Bulk Food Resource table at Customer Service and other things to help you get cooking:

- Recipes with approx costs to prepare
- Demos – recipe tasting on 6 different days
- Bulk Aisle Tours on Tuesdays – Fridays (just ask for Michelle)
- Card facts to shock, amaze & inspire you!
- This booklet with facts & recipes
- Whole Food Guide
- **Case Lot Sale April 20-25** (see items list at the back of this booklet)

Cooking with bulk foods takes forethought - if you want to make great hummus, you have to soak the beans overnight and cook them for 2 hours. It's not fast food, but with some planning, eating whole organic foods is a great way to reduce your food costs and eat better. If cooking this way is a new and daunting task – be sure to start small and enjoy what you can do and build your cooking skills from there.

Buying dry goods in bulk is the easiest and most efficient way to buy organic foods at an affordable price and reduce excess packaging at the same time.

There is a misconception that “organic foods are expensive”. As organic agriculture requires specific regulations to be met and organic food is usually more expensive to produce, the retail price can sometimes, but not always be slightly higher than conventionally-produced foods. The price of organic food tends to accurately reflect the true cost of growing. However, let's consider the other intrinsic values of organic food that has nothing to do with price.

Sustainability! Organic foods are grown in a manner that uses non-toxic fertilizers, pesticides, or herbicides. Organic foods have not been irradiated. Organic farmers use growing methods that enrich the soil rather than deplete it, preserving the land for future generations of eaters. That's our children and grandchildren.

Health and Nutrition! Foods that are grown organically and that have not been grown in depleted soils and exposed to petrochemical based fertilizers, are healthier. There are no chemical residues to be consumed by our children or ourselves. Studies show that organically grown food is measurably higher in essential nutrients. Since first and foremost, we eat food for sustenance, is it not the quality of the food we eat that ranks as the top priority?

How does buying in bulk save money?

Bulk food is simply cheaper! Food that is minimally processed and packaged and is sold in quantity, costs less! There are three important points to keep in mind when wanting to eat as organically, inexpensively and nutritiously as possible:

Plan ahead - Buy in bulk - Eat at home!

Plan Ahead

- Make a weekly meal plan. Sitting down to decide on your week's worth of dinners may take some time, but you will be surprised at how much time you save in the long run.
- Plan simple meals with less cooking on days you work or have many time commitments. Choose more elaborate menus on weekends or for special occasions.
- Create your shopping list from your meal plan.
- Buy all of the goods you need for your week's worth of dinners in one shop. (Perishables can be purchased throughout the week if spoilage is a concern.)
- Do any preparations necessary for your next dinner the night before, in the morning before you leave for work or throughout the day if you are home.
- Cook from scratch. Individual ingredients cost less than pre-packaged or prepared foods. Example: Bulk prepared hummus at the Co-op is about \$7 for 500g. The same amount of organic chickpeas canned is \$3.69 and bulk dried chickpeas are less than \$1 for the same amount. You could buy all the ingredients and make the same thing at home for **less** than \$3, but you have to plan ahead.

- When cooking dried beans, cook large amounts at a time and freeze the rest for later.
- Make extra rice. Use it for a stir-fry one night, sushi the next and the remainder in soup.

Buy in Bulk

- Purchasing in bulk not only saves on excess packaging, it costs less money.
- Dry bulk goods mostly consist of ‘staple’ foods. Use staples as the basis of your diet.
- Bulk staple foods by nature are relatively inexpensive as there is minimal handling from farm to store. Staple foods are whole foods, non-denatured and minimally processed.
- Take advantage of Co-op case lot sales and monthly specials. Buy bulk sacks of rice, grains, beans, lentils, etc. Case lot sales offer substantial savings over and above the already economical cost of buying in bulk. Split them with friends to conserve storage space.
- Buy organic produce on sale or when in season—cut up and freeze or preserve what you can’t use fresh.

Eat at home

- Eat out as a treat, not as a lifestyle.
- Eating at home with family (especially children) or friends creates a culture of: regular communication; a healthy social life; spending quality time together with the ones we love. The beneficial spin-offs of sharing a meal with friends and family are many.

Time Savers

Some practical kitchen tools can help you become even more time and energy efficient:

Pressure cooker- This invaluable stovetop or electric cooking device cooks with high-pressure steam, enabling dried beans to cook perfectly and in a fraction of the time. Great also for grains, soups and stews.

Slow cooker/Crock pot – An electric cooking appliance that maintains a relatively low temperature for many hours, allowing unattended cooking of many time consuming dishes.

Toaster Oven - These small ovens fit on a counter-top and are ideal for reheating leftovers without having to heat up your full sized oven. A healthier alternative to the microwave!

Hand Held Blender- This handy contraption can cream a soup right in the pot on the stovetop, make hummus, blend a smoothie, make baby food, etc. This small appliance does almost all the good things the big blender can do, and will save you extra washing-up time.

Bean Cooking:

- Wash, sort, and drain beans
- Cover beans with 3 times as much water as beans
- In hot weather soak beans in the fridge to prevent fermentation
- Drain beans and add fresh water
- Cook according to the chart below
- Do not add salt until beans are fully cooked

Dried Bean Cooking Chart

Bean	Soaking Time	Cooking time (Regular cookware/pressure cooker)	Yield (from 1 dried Beans) (yield is approximate)
Adzuki	0	1 hour/5-7 min	3 cups
Chickpeas	8	2.5 hours/10-15 min	3 cups
Cranberry	4	2 hours /5-9 min	2 cups
Black Turtle	4	1.5 hours/10-12 min	2 cups
Great Northern	4	2 hours/4-9 min	2 cups
Black-eyed Peas	0	1 hour/10 min	2-1/4 cups
Kidney	4	2 hours/10-12 min	2 cups
Mung Beans	4	1 hour/9-12 min	2-1/4 cups
Pinto	4	1.5 hours/15 min	2 cups
Lentils (green/French)	0	40 min/not recommended	2 cups
Lima	8	1.5 hours/3-4 min	1-1/2 cups
Soybeans	4	4 hours/35 min	2 cups
Split Peas	0	1.5 hours/not recommended	2-1/4 cups
Lentils (red)	0	30 min/ not recommended	2 cups

*Cooking times are approximate. *Follow manufacturer's instructions if using a pressure cooker.

Whole Grain Cooking Chart

1 cup dry grain	Liquid	Cooking Time	Yield
Kamut	3 cups	1 1/2-2 hrs	3c
Rye	2 1/2 c	60 min	2-1/2-3c
Triticale	2 1/2c	60 min	2-1/2-3c
Barley	3c	75 min	3-1/2c
Quinoa	2c	15 min	3c
Millet**	2c	20 min	3c
Amaranth	3c	30 min	2-1/2c
Teff	2c	20 min	2c
Buckwheat	2c	20 min	2-1/2c
Kasha (roasted Buckwheat)	2c	10 min	2-1/2c
Job's Tears (Chinese Barley)	4c	70 min	3-4c
Wheat/Spelt	3c	60 min	3c
Cous Cous	1 1/2-2c	5 min	3c
Bulgur	2c	20 min	2-1/2c
Cracked Wheat	2-3c	25 min	2-1/3c
Oats, whole	2-3c	45-60 min	2-1/2-3c
Oats, rolled	2 1/2c	40 min	3c
Flakes*: slow	2c	20 min	2-3c
quick	3c	3-5 min	3c
Rice Flakes	3c	3-5 min	3c

*Flakes that can be cooked by either the slow or quick method include: oats, rye, wheat, kamut, spelt and triticale.

Slow method: bring liquid and grain to a simmer, cover, stirring occasionally.

Quick method: bring to and keep at a boil, stirring constantly. Couscous is pre-cooked, just pour boiling water over the grain and let sit for 5 - 10 minutes. Rice flakes must be cooked gently.

**Millet can be toasted before cooking. Toasting enhances millet's flavour.

To toast: Place a heavy-bottomed pot or large pan with a lid over high heat. Place 1 cup of millet into the pot and stir constantly until the millet starts popping and jumping around. Be sure the millet does not burn. Cook toasted millet according to grain cooking directions.

Shopping in Bulk at the Kootenay Co-op

The Kootenay Co-op prides itself on its bulk department! With a selection of more than 400 items, most of them organic, means that there is more food selection in just that one aisle, than in any other area of the entire store. The bulk section is stocked full of whole food information cards and recipes (more available at customer service and on our website). We also supply plastic bags for your purchases, and we encourage you to reuse them, to further reduce waste. Better yet, bring in your own plastic, paper or cloth bulk bags. Reusable, BC-made Carebags are now available at the Co-op. **Carebags** are made of a highly durable synthetic fibre and are long-lasting, strong, lightweight and breathable. Use **Carebags** to bring home all your fruits, vegetables, nuts, grains and rice. For more information on shopping the bulk aisle, see the Bulk Shopping Guide on next page.

Facts:

- The average family spends more money on pre-packaged meals and takeout food than on fresh food.
- Americans spend, on average, less than 10 percent of their income on food, down from 24 percent in 1947, and less than the citizens of any other nation.
- According to Canadian government surveys, North Americans spend an average of 5.49% of their disposable income on food each year; the British spend 6.9%, the Germans 7.73%, the French 9.21% and the Italians 10.58%. It's interesting that this percentage climbs in direct proportion to the splendour of the national cuisines.
- The US Environmental Protection Agency (EPA) has published a study that found that the urine and saliva of children eating a variety of conventional foods contained biological markers of organophosphates, the family of pesticides spawned by the creation of nerve gas agents in World War II. These pesticides are common in conventionally produced foods. When the same children ate organic fruits, vegetables and juices, signs of pesticides were not found. Within 8 to 36 hours of the children switching to organic food, the pesticides were no longer detected in the testing.
<http://www.ehponline.org/docs/2008/10912/abstract.html>
- The Journal of Applied Nutrition tested organically and conventionally grown apples, potatoes, pears, wheat, and sweet corn over a 2-year period. These foods were purchased in the western suburbs of Chicago and analyzed for mineral content. Four to 15 samples were taken for each food group. On a per-weight basis, average levels of essential minerals were much higher in the organically grown than in the conventionally grown food. The organically grown food averaged 63% higher in calcium, 78% higher in chromium, 73% higher in iron, 118% higher in magnesium, 178% higher in molybdenum, 91% higher in phosphorus, 125% higher in potassium and 60% higher in zinc. The organically raised food averaged 29% lower in mercury than the conventionally raised food.
<http://www.organicconsumers.org/Organic/organicstudy.cfm>

Recipes from the Bulk Aisle

Basic Granola – Come taste it on Wednesday April 1st

3 cups oat flakes
1 1/2 cups barley flakes
1/2 cup oat or wheat bran
1 c milled or whole flax seed
1/2 tsp salt
1-2 cups dried fruits (apricots, dates, raisins, cranberries, crystallized ginger)

1 cup seeds (pumpkin or sunflower)
1/4 cup water (or orange juice)
2/3 cup honey or maple syrup
1 c nuts (hazel, almond, or walnut)
1 cup unsweetened coconut flakes

Stir first 8 ingredients together. Mix liquids together and stir into dry ingredients. Bake at 275 degrees F for 20-30 minutes to desired crispness. Stir every 10 minutes to prevent burning. Take out of oven when done and stir in fruits. Store in an airtight container for up to 1 month. Can also be frozen.

Adapted by Cheryl, our demo person, from The Rebar Cookbook

****Prepared granola can be costly, even when purchased in bulk. This recipe is full of inexpensive bulk items. Feel free to double (even triple) the recipe and make the best use of your kitchen time!***

8 Bean Soup – Come taste it on Thursday April 2nd

1/2 cup bulk 8 Bean mixture
1/2 cup diced potato
1 tbsp olive oil
1/2 onion chopped
2 cloves garlic minced
1/2 cup diced carrot
1/2 cup diced celery

3 tbsp tomato paste
1 tbsp chili powder
1 tsp oregano leaves
1/2 tsp cumin seed
4 cups water or stock

Soak 8 Bean mixture in 3 cups of water for at least 6 hours. Discard water and rinse thoroughly. Set aside. Using olive oil, sauté onion and garlic in a medium pot for 3-5 minutes over medium heat until onions are soft. Stir in remaining ingredients. Bring to a boil, cover and reduce heat to simmer. Cook for 50-60 minutes or until beans are tender. Add salt, adjust seasoning and serve. Makes 4 servings.

****This delicious and hearty soup is simple to prepare. A loaf of whole grain bread and a simple green salad makes this a satisfying meal. Make extra and freeze it in single serving containers for lunches or last minute dinners.***

Red Lentil Veggie Soup – Come taste it on Wednesday April 8th

2 tbsp Butter, coconut oil or olive oil
1 carrot, diced
1 cup red lentils (or split yellow Mung Beans), rinsed
1/2 tsp dried thyme
1/2 tsp dried oregano
1/2 lb chard, finely chopped
2 whole lemons

1 onion, finely chopped
2 celery stalks, diced
1/2 tsp dried basil
1 tsp sea salt (or more to taste)
4 cups of water or veggie stock

In a soup pot, warm the butter or oil and sauté onion until soft. Add carrots and celery and cook for 1-2 minutes. Add herbs, lentils and water or stock. Bring to a boil, cover and simmer until lentils are

soft, about 20 minutes. Add sea salt and chard. Cover and simmer up to 5 minutes more. Serve into soup bowls and squeeze ½ lemon into each. Serves 4.

*DOUBLE this hearty recipe to have enough for lunch the next day and freeze some in individual portions for quick meals during the busy week. This soup is so versatile- use up whatever is in your crisper in the fridge! **Suggested Variation:** Replace the veggies and herbs with 1 cup chopped cauliflower, 1 chopped yam, 1 tbsp grated ginger 1 clove crushed garlic and just before serving, a can of coconut milk.*

Moroccan Carrot Salad - Come taste it on Thursday April 9th

3 cups grated carrots	3/4 cup cooked garbanzo beans (chick peas)
1/3 cup toasted sunflower seeds	1 clove garlic, minced
3 tbsp olive oil	1/2 tsp each paprika, coriander and cumin powder
1/4 tsp cinammon	dash cayenne
1/2 tsp honey	1 tbsp minced fresh or frozen cilantro (optional)
1/2 tsp salt	3 tbsp freshly squeezed lemon juice

Place the carrots, garbanzo beans and sunflower seeds in a bowl; blend gently. Place the rest of the ingredients in a small cup or bowl, whisk together and pour over the carrot mix. Toss gently and serve. Note that this dish can also be eaten as a warm side dish - just cut the carrots into pennies and steam. Mix in the garbanzo beans just before the carrots are done steaming to heat thoroughly. Add the whisked sauce as above and blend gently. Use sunflower seeds as a garnish. Serves 4 as a side dish.

Black Bean Quinoa Tabouli - Come taste it on Wednesday April 15th

1 cup quinoa	3 Tbsp finely chopped mint leaves (or 1 tbsp dried)
4 cups fresh parsley, finely chopped	1/3 - 1/2 cup fresh lemon juice
4 firm tomatoes, finely chopped	1/3 cup olive oil
1/2 cup green onions, finely chopped	1 - 2 cloves garlic, crushed or minced
1 cup cooked black beans	

Wash the quinoa in a fine sieve. Place in a pot with 2 cups of water and allow to simmer 15 - 20 minutes until all the water is absorbed. Meanwhile, in a large serving bowl, combine the next three ingredients. Whisk together the liquids and the garlic and pour over the parsley mixture. Add the tomatoes and stir gently. Once the quinoa has cooled to room temperature, add to the tabouli bowl and mix thoroughly but gently. Serve immediately or store in the refrigerator. Serve with hummus and pita bread. Serves 4-6.

Hot Breakfast Muesli – Come taste it on Thursday April 16th

1/2 cup each whole oats & oat flakes	1/2 cup millet
1/3 cup each sunflower & sesame seeds	1/3 cup chopped nuts
1/3 cup dried fruit	pinch salt
2 tbsp coconut flakes	1/4 - 1/2 tsp. each ground cinnamon, ginger &
cardamom to taste	7 cups water
cream or milk substitute	honey to taste

Soak overnight all the ingredients except the cream and honey. In the morning simmer 20 - 30 minutes. Add cream and honey to taste and enjoy! Makes 6 generous servings. Can be stored in the refrigerator 2 to 3 days when cooked.

More Fabulous Recipes from the Bulk Aisle

Chili for the Masses

**** Serves 40-ish people, or makes masses of leftovers,
which Can be frozen in individual serving size containers.**

2 cups each dry pinto, cranberry and black turtle beans	2 1/2 cups adzuki beans
1 1/2 tbsp vegetable oil	2 large onions chopped
4 - 6 cloves garlic, minced	2 tbsp cumin seed, crushed
2 tbsp each oregano and coriander, dried	2 - 6 tbsp chili powder, to taste
2 - 796 ml cans of ground tomatoes or crushed with basil	
4 cups fresh or frozen corn kernels	extra water as needed

The night before, pre-soak all the beans. In the morning, drain the soaking water and bring the beans to a boil, in one very large pot (or two large ones) with plenty of water, until the beans are just starting to go soft (about 1.5 - 2 hours). In a frying pan, sauté the onions and garlic in the oil until the onions are soft. Add the onions and the rest of the ingredients to the bean mix(es) and bring to a simmer. Simmer for 30 minutes, adding more water as needed to keep the chili “saucy”. Serve with corn muffins and a green salad.

Corn Muffins or Corn Bread

3/4 cup cornmeal	6 tbsp oil
1/4 cup whole wheat pastry flour	2 oz. regular tofu or 1 beaten egg
1/4 cup unbleached white flour	1 cup milk or milk substitute or yogurt
1 Tbs. baking powder	1/3 cup maple syrup
1/4 tsp sea salt	Optional: sprinkle of cinnamon

Preheat oven to 375. Sift or mix all dry ingredients. In a separate bowl, mix all wet ingredients. If using tofu, puree in a blender with milk or yogurt, and then add to other wet ingredients. Stir wet ingredients into the dry ingredients, just enough to mix. Oil muffin tin or line with cupcake papers. Spoon in batter, filling cups 2/3 full. Bake for 20 - 25 minutes, until golden brown. Makes 1 dozen muffins.

Variations: For corn bread, pour into 8 - 9 inch baking pan. Bake 25 - 30 minutes, until golden brown. Adapted from the Rice Dream Cookbook

Greek Hot Rice Salad

2 cups brown rice, hot and cooked	1 tsp sea salt
1 onion, chopped fine	1/4 cup olive oil
1 tbsp lemon juice	1/2 tsp oregano

¼ cup black or kalamata olives
2 tbsp parsley sprigs to garnish

¼ cup feta cheese

While the rice is still hot, add the salt pepper and onion. Blend olive oil and lemon juice. Pour over rice. Sprinkle with oregano and toss lightly. Top with olives, feta cheese and garnish with parsley.

Mexican Potato Salad

2 chopped potatoes
1 diced avocado
1 chopped green onion
salsa
1 chopped sweet potato or yam
½ cup black beans
½ cup shredded cheese

Boil potatoes and yam until tender. Drain and cool. Add all other ingredients to the potatoes. Mix until moist with the salsa.

Avocados harmonize the liver, lubricate the lungs and intestines, reduce the risk of heart attack and aid in protein, vitamins A, D & E, lecithin, and 14 minerals, especially copper and iron.

Sunflower Cookies

1 ½ cups sprouted sunflower seeds (two days sprouting)
1 cup rice flour, arrowroot, or bulgur flour (sprouted wheat, dried and milled)
1 ½ cup cane sugar
1 teaspoon vanilla extract
½ cup butter or coconut oil melted
½ teaspoon sea salt
1 tsp almond extract

Place sunflower seeds in food processor and process to a paste. Put remaining ingredients in a bowl and add seed paste. Mix well. Batter should be thick and moist. Roll walnut sized balls, flatten and place on oiled cookie sheet. Bake at 300 degrees for 20 minutes. Store in refrigerator. *Adapted from Nourishing Traditions*

Peanut Butter Hemp Seed Cookies

1 cup hulled hemp seeds
¼ cup honey (or agave syrup)
¼ tsp baking soda
¼ cup dried cranberries
1 cup chunky peanut butter
2 eggs
¼ cup raw cocoa nibs (bulk herb section)

Preheat oven to 350F. In a large bowl, mix all the ingredients together. Roll dough onto small (quarter sized) balls and place on a greased cookies sheet, ½ inch apart. Bake for 6-8 minutes or until just cooked (no longer look moist). Allow to cool. Enjoy!

For more recipes visit our web site: www.kootenay.coop click on the recipes section, or visit our in-store customer service desk.

This booklet is printed on recycled paper

Spring Case Lot Sale

April 20-25

Great Prices for Active Members - while quantities last

**See separate
sheet for case
lot items and
prices**

Celebrate Earth Day April 22nd

Buy bulk • buy Canadian • buy local

Recipes from the Case Lot Sale

Zesty Bean Dip

1 2/3 cups Taste Adventure Instant Bean Flakes (Black or Pinto)
3 Tbs. Salsa
1/4 cup fresh cilantro or parsley

1 sliced green onion
1 1/3 cups boiling water

Combine all ingredients, cover for 5 minutes, stir and serve with lots of chips. Add additional water if dip gets too thick as it cools. (from: www.tasteadventure.com)

Coconut Green Vegetables

1 onion, chopped
1 cup coconut milk
Salt to taste

2 lbs spinach, kale or other green veggies chopped
few slices of red bell pepper

Pour in just enough water to cover the base of a large saucepan and bring it to the boil. Then put in the onion and let it cook for a few minutes before adding the green vegetables. Steam-simmer, covered, for a few minutes. Pour in the coconut milk, season and stir well to integrate the ingredients. Let the mixture cook for another 20 minutes, with the cover off, then serve hot, garnished with red pepper slices, with rice or other grains.

From the Co-op website www.kootenay.coop. For more coconut milk recipes see www.thaikitchen.com

Caribbean Rice and Beans

3 cups water
1 tbsp vegetable oil
1 cup chopped onions
1 cup chopped green or red pepper
1/2 cup coconut (shredded)
3/4 tsp. salt
1/4 cup finely minced fresh cilantro

1 1/2 cups long grain brown rice
2 cloves garlic, minced
1 hot red chili, fresh or dried, seeded and chopped
1 cup chopped fresh tomatoes
1/2 tsp. each dried thyme and oregano
1 cup cooked black eyed peas

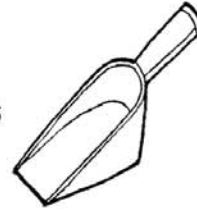
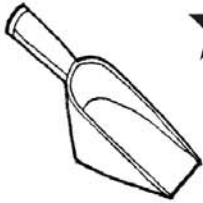
Cook rice using your usual method. Meanwhile, in a separate pot, sauté the onions and garlic until soft and golden. Add all the rest of the ingredients except the cilantro. Cook, covered, over med-low heat, stirring periodically. Just before the rice is ready, add the cilantro to the bean/coconut mixture and stir well. To serve, you can either serve the rice and bean mixture separately or you can mix the two pots together before serving - either way, it's surprisingly delicious and unusual.

Why Eat Spirulina? Because Spirulina delivers:

- Antioxidant Vegetable Nutrition - Nature's richest source of carotenoids
- B-Complex Vitamins - Supplies Thiamin, Riboflavin and vitamin B-12
- Iron - A daily dose provides more iron than two cups of spinach
- Organic Protein - Richest source in the plant world - three times that of beef
- GLA - Building block for nature's anti-inflammatory As a result, Spirulina is important for anyone needing additional nourishment including dieters, athletes, convalescents and the elderly. Just six tablets a day (3 grams) will help supply the nutrients lacking in most of our diets.

BULK SHOPPING GUIDE

★ BAGS, BOTTLES & CONTAINERS



- ★ Plastic and paper bags are provided at no charge.
- ★ Large, medium and small plastic tubs, plastic bottles and tincture bottles are provided at nominal cost.
- ★ You may also bring bags and other containers from home for filling any of the bulk items.

★ **REMEMBER** Weigh any container brought from home and mark it so you are charged for the contents only!

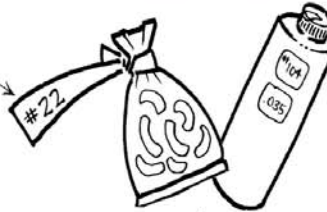
★ **NOTE:** Health Regulations will not allow the resale of bulk product after it has been packaged. PLEASE be sure you are familiar with the item, are sure you want it, are aware of the price per kilo, and have the funds to pay for it with you.

★ More Health Stuff

- ★ No Sampling.
- ★ Use scoops, tongs and tools provided, NO HANDS PLEASE.

To Help The Cashiers Process Your Order More Efficiently...

★ Write the Bin Code # (not the kilogram price) on the end portion of the bin tag.



★ Bulk liquids and pastes need bin codes too! (stickers and pencils are provided at the bulking stations.)

★ How to Build a ★ SHOPPING KIT

A simple way to organize your grocery shopping and reduce household waste



Clip your shopping list to your shopping bag.
After unpacking your groceries, keep your bag by the door.
If you drive, keep your bag in the car.

HELPFUL HINTS