

CO-OP SHOPPING

Co-Op: A food co-operative (co-op) is a local grocery store that is owned and operated by members of the community. This differs from chain grocery stores that are typically owned by outside investors.

Why Co-Op Shop? Co-ops are known for partnering with local farms and vendors to give the community the best ingredients and products sourced close to home.

- Meat sold at the co-op is more likely to be sustainably raised
- The produce sold is more likely to be organic
- The co-op itself is more likely to recycle plastic, cardboard, and food waste
- Money spent at the co-op helps to build the local economy
- Typically more options for bulk buying and allows customers to bring their own jars

'CUSE CO-OPS



Green Planet Grocery

Location: West Syracuse

- 3514 W Genesee St.

Shop for bulk items such as:

- Grains, beans, nuts, seeds, snacks, herbs, spices and teas!



Syracuse Real Food Co-Op

Location: East Syracuse

- 618 Kensington Rd. (near Westcott St.)

Shop for dry bulk items such as:

- Granola, grains, beans, legumes, nuts, seeds, snacks, herbs, tea, spices, coffee, honey and oil!

BULK BUYING

Bulk buying refers to buying large quantities of goods for a cheaper unit price. In the case of grocery shopping, it also refers to the "Bulk Section" or wall of food dispensers at the grocery store which offer packaging and plastic free foods that are priced by their weight.

PROS OF BULK BUYING

- Buying in bulk might feel more expensive up front, but if done correctly you'll save money in the long-run.
- Ever wanted to try something but didn't want to buy the whole box? This is an opportunity to try new items in small quantities!
- Bulk buying foods is a great way to give a second-life to your old pasta and peanut butter containers by bringing your own jars to the store.

Remember: Buy what you eat! It's exciting to see food outside of their packaging and tempting to overbuy but if you never eat it, it's wasteful to the planet and your pocket!



BULK DO NOT'S

Fresh produce shouldn't be bought in bulk unless you can consume it all before it goes bad.

- **Tip:** If the food is on sale and you can't pass up a good deal, use what you can and freeze the rest.

Don't break the bank for bulked goods. If bulk buying isn't a financially feasible option for you, you can still reduce your shopping impact!

- **Tip:** Look for goods in canned, paper, or glass packaging instead of plastic.



BYOJ (BRING YOUR OWN JAR)

1. Always make sure the container you use is clean!
 - Old pasta, jelly, and peanut butter jars work great.
2. Weigh the empty container. This value is known as the **tare**.
 - Write the tare weight on the bottom of the container or the lid so you don't have to re-weigh the container.
 - If you don't have a scale at home, the customer service desk at a grocery store can usually help!
3. Bring your jar to the bulk section and fill it up!
4. Write the **PLU number** of the item on the container. You can opt to do this in your phone or on a piece of paper if you'll reuse the container for other items.
 - "PLU number" stands for product look up number. Bringing this number to the cashier ensures you get charged for the correct item.
5. Bring your items to the cashier and report the tare and PLU number.

CAN'T TARE? DON'T CARE

Some grocery check-out services (like **Wegmans**) are not equipped to subtract the tare from the total weight. If you bring your bulked item to the register you could get stuck paying for the weight of your item **and** the weight of your jar!

- For dry ingredients like nuts and beans, use a reusable knit-bag with small openings.
- For powdery dry ingredients like flour or sugar, use a paper bag.

These sustainable containers will add negligible weight and ensure you only pay for what you're eating. Make sure to transfer them to better sealed, sturdier containers when you get home.

SHOP TILL YOU DROP

Sustainable Shopping Centers in Syracuse

Second-Hand Clothes

Salvation Army
Thrifty Shopper
Cluttered Closet
Plato's Closet
Goodwill
3Fifteen



Why Shop Second-Hand?

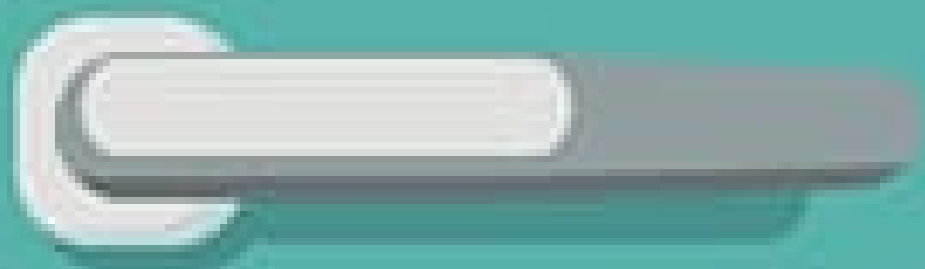
In a fast-fashion world where trends are quickly changing, clothes are constantly being thrown out. When you buy second-hand you:

- Save money
- Save energy and water
- Find cool vintage clothes

Remember to always bring your reusable bags!

Put them in your car so you don't forget!

QUICK REMINDERS



Syracuse Real Food Co-Op

Location: East Syracuse
▪ 618 Kensington Rd.

Green Planet Grocery

Location: West Syracuse
▪ 3514 W Genesee St.



Opt for metal cans
or glass containers
over plastic.

Remember to always
bring your own bag!

