

# Plastic free shopping guide for Adelaide

---

## Tips for Plastic Free Shopping

---

### Plan ahead

Knowing what you need to buy in advance will help you know what containers/bags to bring.

### In Store

Ask your store what containers they are happy for you to use. Most will weigh your jars or containers for you before you fill them up. All stores should accept reusable bags (like cloth or mesh). If you get stuck, some stores offer a paper bag or otherwise compostable bag or container options. You can re-use these multiple times before composting.

### Good, better, best

Make the best decision you can with the time and resources you have available. Start with the easy things and work your way through the more difficult as you strengthen your new habits.

### Using this guide

The follow are a list of stores that sell things like food, cleaning, and beauty products sold package-free. Take the time to find out who sells what in your local area. If your favorite store doesn't stock something, ask! This purpose of this guide is to assist in reducing your plastic consumption - therefore, as great as organic stores and markets are, they are not included here unless they sell bulk goods or items that assist in reducing plastic use.

## CBD

---

### House of Health

Stall 72-75 Adelaide Central Market

Adelaide

(08) 82312490

[www.houseofhealthcollective.com.au](http://www.houseofhealthcollective.com.au)

### The Honey Shoppe and Soapbox

Shop 20, Central Market Arcade

Adelaide

(08) 8211 8828

[www.thehoneyshoppe.com.au](http://www.thehoneyshoppe.com.au)

### Whole+Some

Shop 21/22 Central Market Pl

Gouger Street Adelaide

(08) 8212 2324

[www.wholeandsome.com](http://www.wholeandsome.com)

### Coffee Bean Shop

58-59, 44-60 Gouger St

Adelaide

(08) 8410 2525

[www.thecoffeebeanshop.com.au](http://www.thecoffeebeanshop.com.au)

### Kappy's Tea & Coffee Merch

1/22 Compton Street

Adelaide

(08) 8231 3133

[www.kappys.com.au](http://www.kappys.com.au)

# Plastic free shopping guide for Adelaide

---

## NORTHERN SUBURBS

---

### **The Wholesome Living Store**

32a Main North Road  
Willaston  
(08) 85206202  
[www.thewholesomelivingstore.com](http://www.thewholesomelivingstore.com)

### **Salisbury Health Foods**

Parabanks Shopping Centre John St  
Salisbury  
(08) 8281 1042

### **The Real Pantry**

62 Murray St  
Angaston  
0428517674  
[www.therealpantry.com.au](http://www.therealpantry.com.au)

## SOUTHERN SUBURBS

---

### **Clarence Park Food Co-op**

Clarence Park Community Centre  
72-74 East Avenue  
Blackforest  
(08) 8297 6249

### **The Source Bulk Foods**

Shop 8 Bayside Village Shopping Centre  
Brighton Road Glenelg  
(08) 7225 5036  
[www.thesourcebulkfoods.com.au](http://www.thesourcebulkfoods.com.au)

### **The Organic Store and Cafe**

37 Broadway  
Glenelg South  
(08) 8295 7767  
[www.theorganik.com.au](http://www.theorganik.com.au)

### **Suntralis Foods**

7/61 O'Sullivan Beach Road  
Lonsdale  
08 8384 7511  
[www.suntralisfoods.com.au](http://www.suntralisfoods.com.au)

### **Singing Cricket Co-op**

6 High Street  
Willunga  
[www.singingcricket.com.au](http://www.singingcricket.com.au)

### **Moana Natural Health and Organics**

Shop 4/ 1 Griffiths Drive  
Moana  
(08) 8327 3833

### **McLaren Vale Organic Health Foods**

148 Main Road  
McLaren Vale  
(08) 8323 8700

### **Jetty Food Store**

42 North Terrace  
Port Elliot  
0448 147 097  
[www.jetty-food-store.business.site](http://www.jetty-food-store.business.site)

### **Raw Bulk Wholefoods**

13 Coral Street  
Victor Harbour  
(08) 8552 5491  
[www.rawbulkwholefoods.com.au](http://www.rawbulkwholefoods.com.au)

# Plastic free shopping guide for Adelaide

---

## EASTERN SUBURBS

---

### **Blackwood Health**

248 Main Rd  
Blackwood  
(08) 8278 5226

### **The Source Bulk Foods Mitcham**

Shop 5 Mitcham Square, 119 Belair Road  
Mitcham  
(08) 7226 3482

### **All Seasons Wholefoods**

Shop 4, 43 Wellington Road  
Mount Barker  
(08) 8391 1175  
[www.allseasonswholefoods.com](http://www.allseasonswholefoods.com)

### **Organic Market and Cafe Stirling**

5 Druid Avenue  
Stirling  
(08) 8339 4835  
[www.organicmarket.com.au](http://www.organicmarket.com.au)

## WESTERN SUBURBS

---

### **The Simple Market**

44 Henley Beach Road  
Mile End  
(08) 7080 1047  
[www.thesimplemarket.com.au](http://www.thesimplemarket.com.au)

### **The Field Wholefoods**

Shop T35 Brickworks Marketplace  
Cnr Ashwin Parade and South Road  
Torrensville  
[www.thefieldwholefoods.com.au](http://www.thefieldwholefoods.com.au)

### **Little Green Grocer**

547 Port Rd  
West Croydon  
0402257608  
[www.littlegreengrocer.com.au](http://www.littlegreengrocer.com.au)

### **Gaganis Bros**

9-13 Bacon Street  
Hindmarsh  
(08) 8346 5766  
[www.gaganisbros.com.au](http://www.gaganisbros.com.au)

### **Drummer Boy Bulk Wholefoods**

132 St Vincent St  
Port Adelaide  
01492823247  
[www.drummerboy.com.au](http://www.drummerboy.com.au)

# Plastic free shopping guide for Adelaide

---

## OTHER HELPFUL STORES AND INFO

---

### **Ecolateral**

Lots of goods to help you go plastic free

Blackwood

Magill

Brighton

[www.goecolateral.com.au](http://www.goecolateral.com.au)

### **Health Elements**

Health stores with bulk food items

Edwardstown

St Agnes

Walkerville

### **Plant 4 Bowden**

Bulk foods, produce, refill Kombucha and juice,

Compostable packaging throughout

[www.plant4bowden.com.au](http://www.plant4bowden.com.au)

### **Foodland**

Stores throughout metro Adelaide

Bulkfood options

Pasadena & Frewville "pack'n'go" - contact stores for details

[www.foodlandsa.com.au](http://www.foodlandsa.com.au)

### **Omega Foods** (packages, big quantities)

33 Adam Street

Hindmarsh

08 8346 6499

[www.omegafood.com.au](http://www.omegafood.com.au)

### **Go Vita**

Health stores with bulk food items throughout metro Adelaide

[www.govita.com.au](http://www.govita.com.au)

## **Tricky items**

*Meats and seafood* ~ it can be hard to go completely plastic free with these items. Some butchers are happy to put meat straight into your container (E.g. Something Wild Central Market) providing it is very clean. Another option is bring compostable bags for the butcher to put your goods in.

*Dairy* ~ some cheese shops will be happy to pop their products into your container, just as mentioned with meats (E.g. Smelly Cheese Shop Central Market). Milk and yogurt are bigger challenges. There are few places offering an exchangeable milk bottle program (see House of Health), however you may find it easier to switch to DIY nut milks.

*When all else fails* ~ if you really can't find the item you are looking for plastic free, try to buy it bigger quantities; multiple smaller packages = more waste.

***This list is not exhaustive and stores do come and go, so if something needs updating please write to [lynda.curtis@gmail.com](mailto:lynda.curtis@gmail.com)***