

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 before you fill them up. All stores should accept reusable bags (like cloth or mesh). If you get stuck, some stores offer a paper or compostable bag or container options. You can re-use these 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 following is a list of stores that sell things like food, cleaning, and beauty products package-free. Take the time to find out who sells what in your local area. If your favourite store doesn't stock something, ask!

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

CBD

House of Health

Stall 72-75 Adelaide Central Market
(08) 8231 2490
www.houseofhealthcollective.com.au

Kappy's Tea & Coffee

1/22 Compton Street
Adelaide
(08) 8231 3133
www.kappys.com.au

The Honey Shoppe and Soapbox

Shop 54, Central Market Plaza
(08) 8211 8828
www.facebook.com/thehoneyshoppe

Whole+Some

Shop 21/22 Central Market Plaza
(08) 8212 2324
www.wholeandsome.com

Oliver's Nuts Store

James Place
Adelaide
(08) 8410 9215

Gewürzhaus

Dried herbs and spices
Stall 43, Adelaide Central Market
www.gewurzhaus.com.au

NORTHERN SUBURBS

Salisbury Health Foods

Parabanks Shopping Centre
Salisbury
(08) 8281 1042

The Real Pantry

62 Murray St
Angaston
0428 517 674
www.therealpantry.com.au

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SOUTHERN SUBURBS

Clarence Park Food Co-op

Clarence Park Community Centre
72-74 East Avenue
Black Forest
(08) 8293 8166

Suntralis Foods

7/61 O'Sullivan Beach Road
Lonsdale
08 8384 7511
www.suntralisfoods.com.au

Moana Natural Health and Organics

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

Jetty Food Store

42 North Terrace
Port Elliot
0413 377 611
www.facebook.com/jettyfoodstore

The Source Bulk Foods Mitcham

Shop 5 Mitcham Sq, 119 Belair Rd
Mitcham
(08) 7226 3482

Bare Pantry

Currently looking for a new shop location around Brighton
shop@barepantry.com.au
www.barepantry.com.au

McLaren Vale Organic Health Foods

148 Main Road
McLaren Vale
(08) 8323 8700

Raw Bulk Wholefoods

13 Coral Street
Victor Harbor
(08) 8552 5491
www.rawbulkwholefoods.com.au

Blackwood Health

248 Main Rd
Blackwood
(08) 8278 5226

Happy Pantry Community Food Co-op

179 Hub Drive, Aberfoyle Park
happypantry@hvcoc.com
facebook.com/happypantrycoop

Heart & Whole Bulk Foods

7-9 Gawler St,
Port Noarlunga
0433 731 113
instagram.com/
heartandwholebulkfoods

Singing Cricket Co-op

6 High Street
Willunga
www.singingcricket.com.au

EASTERN SUBURBS

Norwood Health Foods

164 The Parade
Norwood
(08) 8332 1085
www.norwoodhealthfoods.com.au

All Seasons Wholefoods

Shop 4, 43 Wellington Road,
Mount Barker
(08) 8391 1175
www.allseasonswholefoods.com

Affordable Organics

96 Arthur St
Magill
(08) 8333 4325
www.affordableorganics.com.au

Organic Market & Cafe Stirling

5 Druid Avenue
Stirling
(08) 8339 7131
www.organicmarket.com.au

Lobethal Bulk Foods

Delivery across Adelaide Hills
0466 108 011
www.lobethalbulkfoods.com.au

The Grind at Norwood

225b The Parade
Nowood
(08) 8333 3231
www.thegrindatnorwood.com.au

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WESTERN SUBURBS

The Source Bulk Foods

Shop 8 Bayside Village Shopping
Centre, Brighton Road
Glenelg
(08) 7225 5036
www.thesourcebulkfoods.com.au

The Organik Store & Cafe

37 Broadway
Glenelg South
(08) 8295 7767
www.theorganik.com.au

The Simple Market

44 Henley Beach Road
Mile End
(08) 7080 1047
www.thesimplemarket.com.au

Little Green Grocer

547 Port Rd
West Croydon
0402 257 608
www.littlegreengrocer.com.au

Ann's Natural Health Foods

Findon Shopping Centre, 303
Grange Road, Findon
(08) 8353 7400

Drummer Boy Bulk Wholefoods

132 St Vincent St
Port Adelaide
0492 823 247
www.drummerboy.com.au

True Hemp Culture

257 St Vincent St
Port Adelaide
0421 083 947
www.truehempculture.com.au

CITY WIDE, DELIVERY & OTHER USEFUL OPTIONS

Ecological

Lots of goods to help you go plastic free.
Adelaide City, Blackwood, Magill & Brighton
www.goecolateral.com.au

Health Elements

Health stores with bulk food items in
Edwardstown, St Agnes and Elizabeth

Charlesworth Nuts - loose products sold in paper
bags or own containers
www.charlesworthnuts.com.au

Lush

packaging-free toiletries and cosmetic products
www.lush.com/au/en

Nue Foods

Australia-wide delivery service for dry food
and household products
www.nuefoods.com.au

Go Vita

Health stores with bulk food items
www.govita.com.au

Naked Asian Grocer

Australia-wide delivery service specialising in
dry Asian food products
www.nakedasiangrocer.com

Baker's Delight - allow own bread bags
www.bakersdelight.com.au

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CITY WIDE, DELIVERY & OTHER USEFUL OPTIONS cont

The Grind - bulk coffee and tea with stores

across metro area

www.thegrind.com.au

Plant 4 Bowden

Bulk foods, produce, refill Kombucha and juice,

Compostable packaging throughout

www.plant4bowden.com.au

Gaganis Brothers (packages, big quantities)

9-13 Bacon St, Hindmarsh

08 8346 5766

www.gaganisbros.com.au

Foodland

Select stores with bulk food options.

Pasadena, Norwood, Munno Para & Frewville

"Pack'n'Go" - contact stores for details

www.foodlandsa.com.au

Omega Foods (packages, big quantities)

33 Adam Street, Hindmarsh

08 8346 6499

www.omegafood.com.au

Tricky items

Meats and seafood - Ask your butcher whether they will accept containers or compostable bags.

Dairy - some cheese shops will allow your own containers (e.g. Smelly Cheese Shop Central Market). Milk and yogurt are bigger challenges. There are a few places offering an exchangeable milk bottle program (see House of Health), or switch to DIY nut milks.

Useful Websites

BYO containers - find locations to BYO (including takeaway) Australia wide - www.byocontainers.org

Refuse, Reduce, Reuse, Recycle in Adelaide community - join this active Facebook group to share ideas, ask questions and learn from others.

Plastic Free July - a website with handy hints & tips and a global movement: www.plasticfreejuly.org

Thankyou to Lynda from Transitioning Green for developing the original Plastic Free Shopping Guide for Adelaide and allowing us to update and share this resource with you.

Thanks Hannah from RRRinAdelaide for the 2022 update.

This list is not exhaustive & things change. Please send any updates to asc@conservationsa.org.au
