

# Plastic Free Shopping Guide for Adelaide

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

### Kappy's Tea & Coffee

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

### The Honey Shoppe and Soapbox

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

### Whole+Some

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

### The Eco Station

8 Offler Ave  
Bellevue Heights  
0419 429 997  
www.ecostation.au

### Heart & Whole Bulk Foods

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

### Singing Cricket Co-op

6 High Street  
Willunga  
www.singingcricket.com.au

### The Source Bulk Foods Mitcham

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

### Happy Pantry Community Food Co-op

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

### 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

### Blackwood Health

248 Main Rd  
Blackwood  
(08) 8278 5226

### Suntralis Foods

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

### The Organic Store McLaren Vale

148 Main Road  
McLaren Vale  
0423 667 005  
www.theorganicstoremv.com.au

### Raw Bulk Wholefoods

13 Coral Street  
Victor Harbor  
**0428 196 554**  
www.rawbulkwholefoods.com.au

## EASTERN SUBURBS

### Norwood Health Foods

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

### Affordable Organics

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

### The Grind at Norwood

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

### All Seasons Wholefoods

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

### Organic Market & Cafe Stirling

5 Druid Avenue  
Stirling  
(08) 8339 4835  
www.organicmarket.com.au

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## WESTERN SUBURBS

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### 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 Organik Store & Cafe

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

### The Simple Market

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

### Little Green Grocer

547 Port Rd  
West Croydon  
0402 257 608  
[www.littlegreengrocer.com.au](http://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](http://www.drummerboy.com.au)

### True Hemp Culture

257 St Vincent St  
Port Adelaide  
0421 083 947  
[www.truehempculture.com.au](http://www.truehempculture.com.au)

## CITY WIDE, DELIVERY & OTHER USEFUL OPTIONS

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### Go Vita

Health stores with bulk food items in  
Semaphore, Oaklands Park, Noarlunga, Mount  
Barker, Fairview Green, Munno Parra  
[www.govita.com.au](http://www.govita.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](http://www.charlesworthnuts.com.au)

### Nue Foods

Australia-wide delivery service for dry food  
and household products  
[www.nuefoods.com.au](http://www.nuefoods.com.au)

### Naked Asian Grocer

Australia-wide delivery service specialising in  
dry Asian food products  
[www.nakedasiangrocer.com](http://www.nakedasiangrocer.com)

**Baker's Delight** - allow own bread bags  
[www.bakersdelight.com.au](http://www.bakersdelight.com.au)

### Lush

packaging-free toiletries and cosmetic products  
[www.lush.com/au/en](http://www.lush.com/au/en)

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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](http://www.thegrind.com.au)

### **Plant 4 Bowden**

Bulk foods, produce, refill Kombucha and juice,

Compostable packaging throughout

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

### **Gaganis Brothers** (packages, big quantities)

9-13 Bacon St, Hindmarsh

08 8346 5766

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

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### **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.

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### **Useful Websites**

*BYO containers* - find locations to BYO (including takeaway) Australia wide - [www.byocontainers.org](http://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](http://www.plasticfreejuly.org)

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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](mailto:asc@conservationsa.org.au)**

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