

Plastic-Free Grocery List

Haggen Grocery Store



Suggestions-First, take it slowly.

- 1) Read the first part of the guide and order only the items you can afford. Not everyone can afford to purchase no-plastic grocery bags, produce bags, containers, juicers, paper towels, tortilla presses, etc. Do what you can, then do more when you can afford it. This isn't a fad, but a long-term shift in the way we shop. It's okay to move slowly, as long as you keep on going.**
- 2) When you make your shopping list, take a look at this guide. Add a couple of items every time you shop and eventually this will become normal for you. You'll find the brands that work for you and that are low plastic or plastic-free.**

A couple of things to know about Haggen—each of these items may not be available in every store (local buyers have some discretion), but if you fill out the store request at the back of this book and give it to the manager, Haggen will honor your request.

Haggen will allow you to bring your own mass-produced cardboard box (no reusable containers) in which you can put cheese, meat, and seafood from the deli or butcher counter, or anything in the salad bar.

We suggest

[these-https://www.amazon.com/gp/product/B00KG4H0US/ref=s9_acsd_al_bw_c_x_5_w](https://www.amazon.com/gp/product/B00KG4H0US/ref=s9_acsd_al_bw_c_x_5_w).

200 containers should last you a year (or more). Don't be shy about asking the counter salespeople to put your cheese/meat/seafood/etc. in your plastics-free package. They're really nice and extremely accommodating. Also, keep in mind that the plastics used to line their butcher paper have PFCs in them, which are known to cause endocrine problems, reproductive problems, and birth defects. Be bold, because this matters.

Bring your own shopping bags (ChicoBags fold into their own mini-bags) and produce bags (these are great-

https://www.amazon.com/EcoKeeps-Reusable-Produce-Premium-Shopping/dp/B01M0854QF/ref=sr_1_3?s=home-garden&ie=UTF8&qid=1499719412&sr=1-3-spons&keywords=produce+bags&psc=1)

Some Haggens sell their own reusable produce bags, but if you don't have them and they don't sell them, use the paper bags by the mushrooms.

Consider purchasing mini canvas bags for bulk spices. Label them with letters so you can take pictures of the bag next to the item number and avoid twist-ties.

https://www.amazon.com/gp/product/B003DKUTNM/ref=oh_aui_detailpage_o01_s00?ie=UTF8&psc=1

Throughout the grocery list, we will list the groceries with the least plastic. If there is more than one item with little or no plastic, we'll list the most local. We will also give you the state in which the item is distributed (sorry, local sourcing is almost impossible to determine with our current labeling system, with the exception of single-ingredient items), and whether the item is about the same price as similar items, more expensive than similar items, or less expensive than similar items.

In addition, you may want to consider purchasing no-plastic options in lieu of saran wrap and Ziplocs. They can be expensive, so purchase a little at a time. Our favorites-

https://www.amazon.com/gp/product/B01MYRWIBV/ref=oh_aui_detailpage_o02_s01?ie=UTF8&psc=1,

https://www.amazon.com/gp/product/B00WFH66TU/ref=oh_aui_detailpage_o05_s00?ie=UTF8&psc=1

A citrus juicer is also nice so you can make your own orange juice instead of purchasing it in plastic. A favorite-

https://www.amazon.com/gp/product/B00YBP918M/ref=oh_aui_detailpage_o02_s01?ie=UTF8&psc=1

Also, in lieu of paper towels-

https://www.amazon.com/gp/product/B00FM7LHHG/ref=oh_aui_detailpage_o03_s00?ie=UTF8&psc=1

If you want to go really deep,

Tortilla maker-

https://www.amazon.com/gp/product/B00HWEIKZO/ref=oh_aui_detailpage_o07_s00?ie=UTF8&psc=1

Meat slicer (make your own sandwich meats MUCH cheaper and without plastic wrapping)-

https://www.amazon.com/gp/product/B01IW22Z6E/ref=oh_aui_detailpage_o09_s00?ie=UTF8&psc=1

Key-

No Plastic-NP

Little Plastic-LP

^ - Item is more expensive than similar items

∨ - Item is less expensive than similar items

> - Item is about the same price as similar items

O - Organic

WA, NY, etc. - State of origin

Produce-

You can purchase all produce in canvas or mesh bags, if you bring them. Occasionally they sell mesh bags near the produce area and sell canvas bags near the bulk area. If you don't have any on you, look near the mushrooms for paper bags and use these. Haggen makes an effort to include organic and local produce when they can, but there is a large difference between stores. If you want more organic/local produce, ask the manager and talk to your friends about asking the manager.

Look in bulk for LOTS of dried fruits

Bulk-

Haggen stores typically have a large bulk area. Prices are cheap and basic staples are abundant. Either bring your own canvas bags or purchase them at the store. Write a letter

on each bag, then take a picture of the filled bag and the item # so you can give this information to the checker without having to use a twist-tie.

Bakery-

Bread-You can purchase many types of bread fresh-made in paper bags. These can be cut into thick slices (or thin slices if you have a meat slicer—see beginning of this pamphlet). It might help to have a well-sealed breadbox if you want the bread to last, or plan to cut immediately and put bread in the freezer.

Bagels-These are sold in the Haggen bakery section. Put them in your own reusable bag.

Buns-No good option at Haggen.

Cereals/Energy Bar Aisle-

There are many little-plastic cereals. These may have PFCs in the liner, so it might be better to purchase them in bulk if possible. Nature's Path is from WA and is organic.

Oatmeal-Snoqualmie Falls Lodge oatmeal is from WA, has no plastic, and is less expensive than other oatmeals.

Energy Bars-All energy bars come in plastic containers. The best option is recycling them with Clif Bars. They will take any energy bar wrappers-
<https://www.terracycle.com/en-US/brigades/7>. Panther Almond Snack Bar and Erin Baker's breakfast cookies are both from WA.

Oils, Vinegars-

Olive Oil-Napa Valley Naturals, CA, NP, >

Coconut Oil-La Tourangelle, Spectrum, France, NP, >

White Vinegar-Heinz, PA, NP, ^

Balsamic Vinegar-Bariani, CA, NP, >

Olive Oil-Napa Valley Naturals, CA, NP, >

Apple Cider Vinegar-Braggs, CA, NP, >

Soy Sauce-Kikkoman, CA, LP, √

Worcestershire Sauce-Lea and Perrins, PA, LP, ^

Dressings-Lots of options with Amy's, CA, LP, >

Baking Ingredients/Spices Aisle-

Flour-many no-plastic options, but a local option is Fairhaven Mills, WA, OR, ^

White Sugar-Get this from the bulk area

Brown Sugar-C and H, NY, LP (liner-PFCs?), ^

Baking Soda-Get this from the bulk spices area—may be separate from the regular bulk area

Baking Powder-Get this from the bulk spices area-may be separate from the regular bulk area

Baking Mix-Fisher, WA, LP (liner-PFCs?), ^

Rolled Oats-get from bulk area

Vanilla-Morton and Bassett, CA, LP (cap), ^

Salt-Mortons is in cardboard with metal pourer, also look in bulk spices area for TONS of options in terms of sea salts

Pepper-Whole peppercorns are in the bulk spice area

Spices-Look in bulk spice area first and use your cloth spice bags (see above). If not available, there are options in the spice aisle that have glass bottles, plastic caps

Beans/Legumes-

Lentils-Brown, green and red lentils are available in the bulk area. Be sure to bring your own canvas bags or purchase them there.

Black, Kidney, Pinto, etc.-Available ready-to-go in cans, or in bulk if you have time to soak them.

Nuts-

Look in the bulk area—they have TONS of nuts that can be put in prepurchased canvas bags. If you don't have these, use the paper bags near the mushrooms. Take a picture of the

item (with a number on the bag) near the item number so you don't have to use their twist-ties.

Peanut butter-Eliot's Adult Nut Butters, OR, NP, ^

Almond butter-Maranatha, CA, NP, ^

Canned Veggies/Fruits/Meats/Soups-

Look for dried fruits in the bulk area

Veggies, fruits, tuna, soups-all in metal containers, no plastic that we know of

International Foods-

Tortillas-no good options at Haggen, but you can make your own (these are MUCH better and easy to make) using MA SE CA corn flour and a tortilla press (see introduction).

Hot Sauce-LaVictoria, CA, NP, >

Pasta-O Organics, CA, LP, O, V; Barilla, IL, LP, V

Grains-

Look in the bulk area of Quinoa, Couscous, rice, wild rice, etc.

Breads-

Look in "bakery" section

Snacks Aisle-

Crackers-Lots that are low in plastic. Partners crackers are from Kent, WA, ^. Annie's are LP, CA, O, and >

Potato Chips-Pringles are LP, especially if you rip off the foil liner from the cardboard, TN, >

Tortilla Chips-Que Pasa, WA, O, V

Salsa-Organics, CA, NP, ^; Pace, TX, NP, V; Tostitos, GX, NP, V; Haggen, WA, NP, >

Condiments/Jams Aisle-

Catsup-Kilter Bears Breath Ketchup (kind of spicy), WA, LP (lid), or Sir Kensington (not spicy), NY, LP (lid)

Mayonnaise-Best Foods (small, 8 oz. jars—working on adding larger jars), NJ, LP, ^

Yellow mustard-No good option, but you can order good local, glass container mustard from Mustard and Co. from Ballard

Dijon Mustard-Tom Douglas, WA, NP, ^

Jam-Cascadian Farms, WA, NP, ^

Honey-Anna's, WA, NP, ^

Olives-Manzanilla Olives, CA, NP, v; Festival, WA, NP, ^

Health and Beauty-

Bar Soap-Yardley, NY, NP, v; Zurm, ME, NP, v; Dr. Bronners, CA, NP, ^

Shampoo-No good option, but can order shampoo from Lush and return the container for reuse

Conditioner-No good option, but can order conditioner from Lush and return the container for reuse

Nail Polish-Sally Hansen, NY, LP, ^

Mascara-No good option at Haggen, but Lush sells a reusable mascara bottle

Foundation-Maybelline, NY, LP, v

Deodorant-Schmidt's Deodorant, OR, LP, ^

Shaving Cream-Williams Shaving Bar, NY, NP, v

Toothpaste-No good option at Haggen, but Uncle Harry's Natural Products sells a good one from Redmond, WA Contact uncleharrys.com

Moisturizer-No good option at Haggen, but Lush sells moisturizer in reusable bottles and LaConner Handmade makes a good one in a glass bottle (plastic lid) handmadelaconner.com.

Body lotion-No good option at Haggen, but check with Lush and Handmade LaConner

Face cleaner-Basis skin bar, CT, LP, v

Toner-No good option at Haggen, but look into Lush and Handmade LaConner

Sunscreen-Elemental All-Good Butter, CA, LP, O, ^

Juice-

Only Santa Cruz Juice and Knudsen Juice make juices in glass. They are both from CA, and both cost more than brands that use plastic. Lots of good options

Coffee/Tea-

Coffee-You can bring your own reusable cloth bag and grind your own coffee on the spot in the bag

Tea-Many of the teas have cardboard boxes and wax paper liners

Water-

Voss water is made in Norway, but has no plastic. It is more expensive than other brands. Consider using your own reusable metal bottle.

Meat/Seafood-

Bring your own mass-produced containers (no Mason jars, other reusable containers) to the meat and seafood counter and they'll be happy to use it. Most meats are about the same price or lower price at the counter as pre-wrapped meats. If the meat/seafood counter doesn't have the option you want, look into Hempler's meat brand from Ferndale.

Deli Counter-

Sliced Meats-Use your own compostable boxes (see paragraph 4 in the introduction). The deli counter will take these for both meat and cheese. If you want to dig a little deeper, order a piece of meat from them and cut it yourself using a meat cutter (see introduction).

Sliced cheeses-see above

Dairy-

Milk-Twin Brook Creamery has glass reusable bottles. They make milk, cream, half and half, and chocolate milk. They are about the same price as other dairy products, once you purchase the reusable bottle.

Cheese-Shop at deli/charcuterie counter, and and bring your own single-use compostable container (see introduction).

Sour Cream-Haggen has no good option, but you can make your own

Cream Cheese-Haggen has no good option, but you can make your own

Butter-Irish Roll Butter, MT, NP (wrapped in wax paper), √

Eggs-Naturally Organic, WA, NP, O, >

Cleaners -

Many cleaners have no good alternatives in terms of plastics, but can be made at home inexpensively and quickly

Window cleaner-Biokleen is from WA but is contained in plastic. For those who want to dig deeper, you can make a good one using water, vinegar, and a drop of hand dishwashing soap

Automatic dish soap-There are several types in cardboard boxes with metal spouts

Hand dishwashing soap-Biokleen is from WA but is contained in plastic. For those who want to dig a little deeper, hand bar soap works just as well (use a spray of vinegar for glasses). One of us uses a sponge and Dr. Bronner's bar soap, which works like a dream and is quite inexpensive.

Wood Cleaner-No good no-plastic option, but Method is from CA; if you want to dig a little deeper, try this

<http://www.ms-notsoperfect.com/2011/03/make-your-own-wood-cleaner.html> using ingredients in glass bottles

Bathroom cleaner-No good no-plastic option, but Biokleen is from WA; if you want to dig a little deeper, try this-

<http://www.apartmenttherapy.com/how-to-make-your-own-bathroom-cleaners-shopping-list-recipes-108150> using ingredients in cardboard/glass containers

Granite cleaner-No good no-plastic option. If you want to dig a little deeper, this stuff is great (use vodka in a glass bottle)-

<http://www.onegoodthingbyjillee.com/2012/06/diy-homemade-granite-cleaner.html>

All-purpose cleaner-No good no-plastic option, but Method is from CA. If you want to dig a little deeper, try this-

<http://www.thespruce.com/make-your-own-aromatic-vinegar-spray-1706898>

Gritty cleaner (Bon Ami, Comet, etc.)-Bon Ami, MD, >; Barkeeper's Friend, IN, >

Pet Food-

Dog food-Rachel Ray, LP, >

Cat food-Friskies, LP, ^

Dog/cat treats-BeggarCo, UT, LP

Chewy treats-all have plastic casing, but Smokehouse is made in US, ^

Paper Products, bags-

Toilet Paper-No plastic-free options. 7th Generation is made from recycled paper. To dig deeper, you can order

https://www.amazon.com/gp/product/B007636DIW/ref=oh_aui_detailpage_o06_s00?ie=UTF8&psc=1. Each roll is packed in paper.

Tissues-Green Forest-US, NP

Napkins-Full Circle, US, LP, >; 7th Generation, US, LP, ^; Best option is to get cloth napkins and re-wash

Matches-Diamond Greenlight, US, LP, √

Candles-Vineyard Hill Naturals, US, NP, ^

Sandwich bags-No good option, but if you want to dig deeper you can purchase If You Care Paper snack and sandwich bags from Amazon

Ziploc bags-No good option at Hagggen, but you can purchase silicone bags on Amazon (see introduction).

Compostable garbage bags-Naturbag, MN, ^

Compostable plates, cups and bowls-While they do have bleached paper options for plates and bowls, unbleached is best. They have no compostable cups. If you want to dig a little deeper, get plates-

https://www.amazon.com/Earths-Natural-Alternative-Bagasse-Sugarcane/dp/B00IRX5YIY/ref=pd_cart_rp_1_3?encoding=UTF8&psc=1&refRID=83DS1B8W6X7YBD3EEWJA,

bowls- https://www.amazon.com/gp/product/B00IRX5UZC/ref=s9_acsd_al_bw_c_x_3_w,

cups-

https://www.amazon.com/Repurpose-Compostable-Plant-Based-Clear-12-ounce/dp/B00NNR3S3S/ref=pd_sbs_121_17?encoding=UTF8&refRID=GJ3EEND1P4F2WD3CRZC7&th=1

Compostable cutlery-No good option. To dig a little deeper, try Perfect Stix available on Amazon.

Paper towels-All are wrapped in plastic. Green Forest is made of recycled paper and made in the U.S. To dig a little deeper, try https://www.amazon.com/gp/product/B00FM7LHHG/ref=oh_aui_detailpage_o03_s00?ie=UTF8&psc=1.

**Frozen Foods-
Ice Cream-No good option—Cuisinart makes an awesome ice cream maker**

**Popsicles-No good option, but these are pretty cool for making your own popsicles-
https://www.amazon.com/gp/product/B002YVGNHC/ref=oh_aui_detailpage_o01_s00?ie=UTF8&psc=1**

Frozen vegetables-Stahlbush (from OR) seems to have little plastic, but the plastic on the inside of the paper may have PFCs. Better to purchase it in season and freeze it.

Frozen fruit-Stahlbush (from OR) seems to have little plastic, but the plastic on the inside of the paper covering may have PFCs. Better to purchase it in season and freeze it.

**Wine/Alcohol-
Many wines/alcohol types in glass bottles. If purchasing wine, please be sure that it is made in WA and has a cork made of cork, not a plastic one.**