

# The Package Deal:

Provided by your Recycling  
Block Captain, Spring  
2018. More guides at  
<http://tiny.cc/wpatcapt>.

## How to Cut Costs & Waste with Bulk Purchasing

According to the Oregon Dept. of Environmental Quality, packaging makes up nearly one-fifth of municipal waste in Oregon! Much of this material is not recyclable, and even if it is, it requires a lot of materials, energy, and other resources to produce. And that translates to higher costs for consumers. **The bottom line: cuts in packaging mean cuts in our environmental impact and household costs!** Buying in bulk is a key way to do this.

### Bulk Purchases Means Cost Savings

Buying in bulk can save you money! These cost savings come from not having to pay for the package, plus you can save by buying only the amount you need instead of a large container. Be sure to bring your own bag or lightweight container to save on waste. And seek out places that offer bulk products other than food!



**Some Options to Buy in Bulk:**  
WinCo, Safeway, Market of  
Choice, Fred Meyer, First  
Alternative Co-ops

#### Cost savings examples from Winco:

- Oat cereal: buy 12-oz box of Cheerios for \$2.98 vs. bulk for \$1.27 = **\$1.71 savings**
- Cinnamon: buy 4.12-oz in a jar for \$3.55 vs. bulk for \$1.03 = **\$2.52 savings**
- Dried basil: buy 1.25-oz in a jar for \$3.14 vs. bulk for \$0.26 = **\$2.88 savings**

#### Cost savings examples from the First Alternative Co-op:

- Everyday Shea shampoo: buy 32-oz. for \$12.49 in a bottle vs. \$9.18 bulk = **\$3.31 savings**
- Everyday Shea hand soap: buy 18-oz. for \$6.49 in a bottle vs. \$5.16 bulk = **\$1.33 savings**

*Note: Pricing is subject to change.*

### Spotlight: Lorie & Stephanie's Story

Corvallis residents Lorie Bailey and Stephanie Heindel share insights into packaging reduction after a self-imposed challenge to change their shopping behavior.

***"Our motivation was to reduce the amount of packaging waste we generate, especially plastic."***

#### What did you do, and how did you do it?

We started purchasing more of our groceries and other household items from the bulk section at First Alternative Co-op.

*Read more on other side*



# Lorie & Stephanie's Story continued...

## Did you have any “aha” moments or things that surprised you?

We were surprised by the number of items available in bulk, especially the high quality, locally-produced and organic products. Also, all the other household items available in bulk: dish soaps, hand soaps, lotions, laundry detergent, etc. If there's something you buy in a container that could be re-usable, there's a good chance you'll find it in bulk at the Co-op.

## What tips do you have for others?

- Have a good place to keep all your empty containers organized to take to the grocery store. We keep ours on a shelf in the garage. You also might want to keep a few empty containers in your car or bike bag for unplanned shopping. The Co-op used to provide extra clean containers for customers to use, but they are not legally allowed to do that anymore.
- It helps to know that the containers don't have to be completely empty when you refill them – you just weigh what is already in them first before refilling.
- It takes more time and patience to shop – weighing the tare for your containers, filling them up, writing down the code.



*“Start with just a few items to start buying in bulk and remember to take the containers with you. Take pride in filling up your recycling cart less often. It's better for the environment to reuse than to recycle.”*

## How Can You Get Started?

There are so many ways to reduce packaging, even beyond buying from the bulk bin!

### Which of these tips will you choose to start your journey?

- ☐ Increase the proportion of food and other products that I buy in bulk
- ☐ Vote with my dollars by choosing the product that uses less packaging
- ☐ Avoid purchasing items in single serving sizes
- ☐ Buy loose products when available (such as fruits and vegetables)
- ☐ Cook and preserve food myself instead of buying the packaged version
- ☐ Download online/digital media instead of buying CDs/DVDs/books
- ☐ Avoid shipping waste by buying products from local stores, rather than online



This guide was created by the Waste Prevention Action Team of the Corvallis Sustainability Coalition; printing sponsored by Republic Services and Shelton Turnbull. For more guides and info about the Recycling Block Captain program, please visit <http://tiny.cc/wpatcapt>.