



- Shopping to reduce Carbon emissions that are polluting our atmosphere
- Shopping to reduce the use of pesticides and herbicides
- Shopping to preserve responsible agriculture
- Shopping to preserve the environment, biodiversity, and the health of our planet (including ourselves)
- Shopping Canadian

The above categories can be found in shopping venues and practices. There is more information about each venue at the end of the document.

You will still need to check items when you are shopping. Products and sources are always changing, but these are great places to start sustainable shopping.

Shop Local

Why is this important?

- If we don't maintain local agriculture, especially small, responsible agriculture with limited use of chemicals, we will lose our agriculture industry to large corporate farms, and to imported food. At the very least buy Ontario and Canada.
- Shopping locally means that less fuel (oil) is used and there are fewer emissions going into the atmosphere. (Carbon stays in the atmosphere for 100s to 1000s of years.) We are also supporting our own industry.
- Every time you buy from outside the local area, foods are shipped, causing extra emissions. Eat seasonally! We can live without pomegranates in January! :)

Shopping Venues and Practices that support responsible Local Agriculture:

- **Organic Oasis**- Country store and farm that has mostly homegrown produce. If you take your own bags, they will happily take produce from their bins in the back and bag it for you. They also have plastic bagged produce in a cooler. They are primarily organic- even bulk spices, pecans and some pasta.
- **Baileys Local Foods** - Bailey's Local Foods offers buying local with easy online ordering and a convenient pickup location or delivery. It is essentially an online farmers' market where, unlike CSAs or box programs, you can pick and choose exactly what and how much you want to purchase from dozens of farmers and producers within a 100 Km radius of the Waterloo Region. Some organic, and usually plastic bagged, but totally local, and you make the choice.
- **Supermarkets** are trying! Most now have unbagged, local fresh produce. Unfortunately, they also provide rolls of plastic bags to put them in. However, you can put the produce in our own bags. Most of it is bundled with an elastic or a twist tie, and will be checked out with a price per bundle or per item. Be a label reader to check origin and organic or not. Sobeys' fresh produce is all USA origin right now, until they complete their current contract.

Shop Organically

Why is this important?

- Synthetic herbicides and pesticides (and fertilizers) were initially seen as miracle additions to soils and crops to enable greatly increased food production. We now know that they accumulate in soil, produce, animals, aquatic systems- and us. Work is ongoing to figure out ways to mitigate this bioaccumulation.
- In humans, there is mounting evidence that herbicides and pesticides are associated with adverse health effects associated with chemical pesticide exposure include toxicity, carcinogenicity, dermatological, gastrointestinal, neurological, respiratory, reproductive, and endocrine effects.
- In Nature they can cause significant reduction in biodiversity. Water animals, insects and birds, have been particularly vulnerable, especially in areas where there is

Other Local Venues:

- **Pfennings Organics** - stress on organic but they also have local items
- **Little Green Grocer** - a variety of local items and imported items. Some organic. Source for Ontario grown peanuts. Some bulk items available – cranberries, peanuts etc.
- **Gentle Rain** - lots of organics, some local items, some bulk items - lentils, beans etc. Fresh produce in plastic.
- **Oak Manor Farms** - focus is on flours, grains and beans, - all organic, most local - but need to check bags for origin. (Also sold at Organic Oasis.)
- **MacIntosh Farms** - a traditional farm - eggs, meat and vegetables. Chickens are free range.
- **Jewels Under the Kilt** - locally (Fergus) grown nuts
- **Greener Pastures Eco Farm** near Woodstock
- **Farm Gate shops** - various locations and items for sale - not all organic but usually only local products.
- **McCully Hill Farm Market**
- **The Wild Hog Country Market** (local produce in season, not organic. You may bring your own bags.)

Shopping Venues and Practices that support responsible Organic Shopping:

- Reading labels is essential! Most stores now indicate the origin of produce. If it's not there, you can ask. As well as origin, the label should indicate if the food is organic.
- **Organic Oasis**- Country store and farm that has mostly homegrown produce. If you take your own bags, they will happily take produce from their bins in the back and bag it for you. They also have plastic bagged produce in a cooler. They are almost totally organic- even bulk spices, pecans and some pasta. Fruit in season, some organic grown on site.
- **Pfennings Organics** - stress on organic, not always local items
- **Gentle Rain** - lots of organics, some local items, some bulk items - lentils, beans etc. Fresh produce is plastic bagged.
- **Oak Manor Farms** - focus is on flours, grains and beans, - all organic, most local - but need to check bags
- **Baileys Local Foods** - Bailey's Local Foods offers buying local with easy online ordering and a convenient pickup location or delivery. It is essentially an online farmers' market where, unlike CSAs or box programs, you can pick and choose exactly what and how much you want to purchase from dozens of farmers and

concentrated agriculture (much of SW Ontario).

- There is increasing evidence that the consumption of organic foods is likely to reduce exposure to pesticide residues.
- Organic farming methods reduce pollution, conserve water, reduce soil erosion, increase soil organisms that create healthy soil, increase habitat, and use less energy.

producers within a 100 Km radius of the Waterloo Region. *Some organic, and usually plastic bagged, but totally local. You make the choice if you want organic.*

- **Little Green Grocer** - a variety of local items and imported items. Some organic. Be a label-reader!
- **Supermarkets** are trying! Organics are few in number and usually plastic-wrapped. Be a label-reader!
- **Farm Gate shops** - various locations and items for sale - not all organic but usually only local products. Ask :)

Shop Plastic-Free

Why is this important?

- Plastics, once considered a wonder product, have become a planetary nightmare.
- They are an oil product, and contribute greatly to carbon and methane emissions.
- Extracting and transporting fossil fuels for plastics creates emissions.
- During manufacture, refining plastics creates emissions.
- Landfills where plastics are sent are a major source of methane emissions.
- Plastic production is expected to triple by 2060, which would significantly increase emissions.
- Canadians use about 125 KG per person of plastic each year and only 9% is recycled.
- Plastics are not bio-degradable.
- They eventually break down into microscopic microplastics which remain in the environment for centuries, impacting people, animals, marine life, birds, insects and plants.
- Research is ongoing, but Microplastics may be present in major organs, including brain tissue.
- Some mimic hormones, creating DNA damage and reproductive disorders and compromising immune responses.

Shopping Venues and Practices that support responsible Plastic-Free Shopping:

Plastic Alternatives: Food purchase:

- Choose items packaged in recyclable materials: Glass, tins, butcher paper
- Shop in bulk: Bulk sections often have flour, grains, pasta, tea, coffee, snacks, candy, dried fruit that are plastic-free.
- Shop at farmer's markets: Farmer's markets offer local, plastic-free food.
- Bring your own bags and containers: Some stores allow customers to bring their own containers, mesh bags etc.

Specific Strategies and Locations:

- Unpackaged fresh fruit and vegetables
 - Research where you can buy produce such as oranges, onions loose or in paper bags
 - Reusable cloth or mesh bags
 - Brown bags for mushrooms available in major grocery stores
- Plastic wrapped meat/poultry
 - Ask for butcher paper (waxed not plasticized) compostable, available at meat counter
- Plastic wrapped deli meats
 - Ask for butcher paper from deli counter
- Plastic wrapped cheese
 - Ask for butcher paper at farmer's markets
 - smaller selections available grocery store deli counters and speciality shops such as Wild Hog and Milky Whey
- Bread, buns, bakery products
 - Paper bags and boxes (will not be able to bring your own unused bags)

- Microplastics can affect various systems in the human body, including the digestive, respiratory, endocrine, reproductive, and immune systems.
- Microplastics exist at the North and South poles, the bottom of the ocean and the top of Mount Everest.
- 2/3 of grocery-store produce and 76% of baby food is packaged in plastic.
- Sustainable shopping means avoiding plastic whenever possible.

- Home storage in reusable containers or bags
- Rices, cereals, pastas
 - Bring clean, repurposed container to bulk stores
- Teas, coffees, spices, candy, nuts, dried fruits
 - Bring clean, repurposed container to bulk stores
- Nut butters
 - Bulk at health food, bulk stores
- Milk, Yogurt and Kefir
 - Returnable glass bottles and jars at Little Green Grocer or Gentle Rain- Avoid plastic bottles.
- Juices
 - Purchase in glass bottles from health food section/stores
- Other beverages, including water
 - Purchase in cans or glass bottles

Plastic Alternatives: Personal Hygiene Products

- Dental floss and tooth brushes in compostable products i.e. silk, plant based, bamboo
- Toilet paper and paper towels: paper wrapped at grocery stores/ bamboo product at Little Green Grocer, Gentle Rain, Organic Oasis

Plastic Alternatives: Cleaning Products

- Bottled laundry detergent/ pods and conditioner
- Use Vinegar! The wonder cleaner!
- Bulk purchase using repurposed container
- Laundry Detergent strips, dryer strips (Often contain PVA Polyvinyl Alcohol, an oil product - New science measurement techniques suggest that it degrades into microplastics.)
- Dishwasher pods
 - Tablets in plastic free packaging (Check labels for PVA)
 - Make your own DW soap, PVA and palm oil free!
- Paper towels
 - Bamboo option at Little Green Grocer
- Bottled shampoos, conditioners
 - Bulk purchase using repurposed container
 - Bar products
- Plastic liners for garbage/compost bins
 - Use compostable bags

Shop Palm Oil Free

Why is this important?

- Vast palm plantations in Southeast Asia have caused untold ecological devastation, **destroying the tropical rainforest and its biodiversity.**
- 235 animal species are on the brink of extinction in Southeast Asia, including the Javan and Sumatran rhinos, the Sumatran tiger, and 80% of primates in the region, such as the Bornean Orangutan.
- more than half of all packaged products Americans consume contain palm oil—it's found in lipstick, soaps, detergents and even ice cream!
- Companies can source their palm oil responsibly in part thanks to the criteria established by the [Roundtable on Sustainable Palm Oil \(RSPO\)](#).
- No product is guaranteed palm oil free unless they have been certified Palm Oil Free by Orangutan Alliance or the International Palm Oil Free Certification Trademark Programme.

Shopping Venues and Practices that support responsible Palm Oil Free Shopping:

- These are few and far between - But there are some!
- Both Gentle Rain and the Little Green Grocer have made an effort to stock palm oil free products.
- Products to watch for are palm oil free Nature's Aid shampoo and conditioner cakes at Gentle Rain (They work :)
- No Pong deodorant cream at the Little Green Grocer is palm oil free.
- Daisies and Doilies carry a line of cosmetic lotions that are certified Palm Oil Free: The Eco-Alchemist.
- Look into Crush and Brush tooth tabs- no plastic tubes waste, and no palm oil- sold at Gentle Rain.
- It is worth noting that sometimes if you see RSPO palm oil in a product, it's an item to promote. That rewards monitored and sustainable palm oil, instead of wholesale slash and burn. Earth love, e.g. has a policy that products are either Sustainable Palm Oil (RSPO) or Palm Oil Free

The many, many disguises of Palm Oil!

This list could live in the message pad section of your cell phone. When in doubt, whip it out and check. Aha!

- Cetyl palmitate (and Octyl Palmitate -Names with palmitate at the end are usually derived from palm oil, but as in the case of Vitamin A Palmitate, very rarely a company will use a different vegetable oil)
- Cocamidopropyl Betaine
- Elaeis Guineensis
- FP(K)O – Fractionated Palm Oil
- Glyceryl Stearate (Glycerine)
- Hydrated palm glycerides
- Linear alcohol ethoxylate
- OPKO – Organic Palm Kernel Oil
- Palmitate - Vitamin A or Absorbyl Palmitate (Note- very common ingredient in breakfast cereals- 100 % are derived from PKO- Palm Kernel Oil)
- PHPKO – Partially hydrogenated Palm Oil
- PKO fractionations: Palm Kernel Stearin (PKs); Palm Kernel Olein (PKO)
- Sodium Coco Sulphate
- Sodium Dodecyl Sulphate (SDS or NaDS)
- Sodium Isostearoyl Lactylate

- Sodium Laureth Sulphate (Can also be from coconut, but will usually say if it is)
- Sodium Lauryl Sulphate (can also be from Ricinus Oil)
- Sodium Palmitate
- Sodium Stearoyl Lactylate
- Sodium Lauryl Sulfoacetate (Coconut and/or Palm)
- Stearic Acid (Palm)
- Steareth -2
- Steareth -20

Shop Fair Trade

Why is this important?

- The only global sustainability standard where farmers and workers have representation at all levels of governance, including 50 percent of decision-making power in the general assembly.
- The only certification system to set minimum prices for all major commodities - an essential safety net for producers.
- We're also leading the way on [living income and living wage](https://www.fairtrade.net/en.html), setting reference prices that companies can choose to pay, to do their part towards fair incomes.
- Banning toxic pesticides and GMO seeds
- Protecting biodiversity and responsible water use
- Incentivising organic farming practices
- Training and programmes on adapting to climate change
- Incorporating climate criteria into our standards

<https://www.fairtrade.net/en.html>

Shopping Venues and Practices that support responsible Fair-Trade Shopping:

Fair trade is available at many locations in Stratford. The key is to watch for this symbol on products you buy.



Fair trade products can be found at Gentle Rain, Little Green Grocer and Organic Oasis.

- Tea
- Bananas
- Cocoa - Chocolate
- Coffee (also watch for Bird-Friendly to maintain tree canopy for migrants)
- Nuts and oils
- Wine
- Rice
- Sugar
- Honey



Sustainable Shopping Venue

- **Pfennings Organics:** <https://www.pfenningsorganic.ca>
60 Erb Rd, St. Agatha, ON N0B 2L0
(519) 725-4282
- **Little Green Grocer:** <https://www.thelittlegreengrocery.com>
129 Downie St, Stratford, ON N5A 1X2
(519) 305-8544
- **Gentle Rain:** <https://thegentlerain.ca>
30 Rebecca St, Stratford, ON N5A 3P1
(519) 271-0388
- **Oak Manor Farms:** <https://oak-manor.myshopify.com>
756907 County Rd 5, Tavistock, ON N0B 2R0
(519) 662-2385
Please note Oak Manor products are available at the Little Green Grocer and though Bailey's Local Foods
- **MacIntosh Farms:** <https://www.mcintoshfarms.ca>
The shop on the farm is closed but there is a very good website and the products are available at the Stratford Market, the Little Green Grocer, Gentle Rain, The Flour Mill on Ontario St. and at a shop in Listowel; they are at the Stratford Saturday Market
- **Jewels Under the Kilt:** <https://www.jewelsunderthekilt.com>
6325 5th Line, Fergus, ON N0B 1J0
(519) 362-1585
- **Greener Pastures Eco Farm:** <https://www.greenerpasturesecofarm.ca>
774766 Oxford Rd 14, Woodstock, ON N4S 7W3
(226) 377-1011
- **McCully Hill Farm Market:** <https://mccullys.ca>
4074 Perth Line 9, St. Mary's, ON N4X 1C5
(519) 284-2564
- **Organic Oasis:** <https://organicoasis.on.ca>
2301 Perth County Line 43 RR #1, Stratford, ON N5A 6S2
(519) 625-1177 (Erb Rd, right before Amulree)
- **Baileys Local Foods:** <https://www.baileyslocalfoods.com>
16 William St W, Waterloo, ON N2L 1J3
(519) 897-5099 - does delivery to Stratford at a cost of \$10.00
- **The Wild Hog Country Market:** <https://www.wildhog.ca/>
2785 Line 34, Perth East, ON N5A 6S5
(519) 271-0606