**BULK FOODS WEEK**
**OCTOBER 11– 17, 2015**
**AT PARTICIPATING GROCERY STORES NATIONWIDE**

Visit us at Facebook.com/LoveTheBulk for a chance to win a bulk foods starter kit!

More than 1,300 grocery stores nationwide will offer special discounts on foods in the bulk bins during National Bulk Foods Week, October 11-17, 2015. To find a store participating near you, check out BulkisGreen.org.

More to shopping the bulk foods aisle?
- **Buy only what you need** - Less waste and lower food costs.
- **Examine the food** - See exactly what you get before you buy.
- **Bring your own pen** - Note item numbers - much easier than hunting down store pens.
- **Store safely & sustainably** - Use recycled containers and store in a cool, dark place in your pantry.

Flours & Grains
Nut Butters
Coffee & Tea
Beans
Dried Fruit
Granola
Spices
Confections

New to shopping the bulk foods aisle?

What if everyone shopped the bulk bins?

**260 MILLION POUNDS**
FOIL PACKAGING
DIVERTED FROM LANDFILLS PER YEAR
IF ALL AMERICANS PURCHASED COFFEE BEANS FROM THE BULK BINS

**749 MILLION POUNDS**
OF WASTE
DIVERTED FROM LANDFILLS PER YEAR
IF ALL AMERICANS BUGHT FRESHLY GROUND PEANUT BUTTER FROM THE BULK BINS

**78 MILLION POUNDS**
OF WASTE
DIVERTED FROM LANDFILLS PER YEAR
IF AMERICANS PURCHASED RAW ALMONDS FROM THE BULK BINS

**These natural/organic foods from the bulk bins can cost 10-40% less than pre-packaged.**

Time to celebrate an easy way to go green, save money and reduce waste - buy natural and organic foods from the bulk bins!

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*According to a 2012 bulk foods study from Portland State University Food Industry Leadership Center.*