

Reuse or recycle...

*Plastic Free Paula's
top tip*

Sometimes it seems like it's easier to throw things away than to mend them. But there are businesses who can help, and remember one woman's trash is another woman's treasure!

- Wastebusters**
Cnr Riverbank and
Ballantyne Roads
- you can drop off a huge range of recyclables here, including some hard-to-recycle or unusual items like polystyrene, batteries, broken electronics, textiles, building materials and hardware (sometimes for a small fee)
 - there is also an extensive re-use store where you can find heaps of second hand items for bargain prices, everything from clothing, kitchenware, appliances, toys, bikes to wood off-cuts, scrap metal, nuts and bolts
- Metalworks Wanaka**
54 Ballantyne Road
- if you have a broken item made of metal, Metalworks can fix it, from coffee plungers to tools
 - they also repair and repurpose materials whenever possible, and finish their work with biodegradable materials where possible

The Wanaka Waste Free Shopping Guide was proudly brought to you by:



www.plasticbagfreewanaka.org.nz

Our vision is for a reduction of single use plastic in our community and across New Zealand. Through fun events and education, we show people the harm done by single use plastics and make it easy and affordable to choose reusable options. Collectively, our town can work together to make Wanaka a cleaner, greener leader in living sustainably and in harmony with our beautiful environment.

www.therubbishtrip.co.nz

Hannah Blumhardt and Liam Prince are two no-waste nomads who have lived without a bin since 2015. They are travelling New Zealand on a zero-waste roadshow, sharing their experience of how and why individuals can reduce their waste footprint – and find it easy, fun and fulfilling!



Wanaka waste free shopping guide

2019 Update

Some of you will recall the first edition of our Wanaka Waste Free Shopping Guide, launched at the Waste Free Fair during Plastic Free July 2018. One year on, here is the updated version. Other than the ban on single-use plastic shopping bags on 1 July 2019, what has changed?

We were already lucky to have a number of great retailers and hospitality businesses who are passionate about helping our community reduce unnecessary waste. Over the past 12 months, we've seen those businesses embed their practices and add to their offerings, and more businesses get on board. You can now find a wider range of bulk, unpackaged goods, and more businesses happy to refill your containers.



Plastic Free Paula knows a few Wanaka waste free shopping tricks...

Where to start?

Remember the 5 Rs of zero waste - refuse, reduce, reuse, rot, recycle

Are you keen to cut down on your waste but not too sure where to start? If you are wondering where around Wanaka you can shop and avoid packaging waste, start here, with the Wanaka Waste Free Shopping Guide, brought to you by Plastic Free Wanaka and The Rubbish Trip.

The first part of this guide gives you some handy pointers on where to shop in Wanaka whilst refusing, reducing or reusing packaging and therefore waste. Towards the back, you'll find some extra tips to get you started on rotting your organic waste (think garden and food waste), and repairing, reusing or recycling to avoid sending items that still have some life in them to landfill.

Refuse, reduce...

Plastic Free Paula's top tip

Look for items you buy regularly unpackaged or in bulk, so that you can reuse bags, bottles, jars or containers. If you can't avoid packaging altogether, look for home compostable or recyclable packaging – glass, cardboard, paper or tins. Read on for lots of options to get you started.

Food shopping

- Soul Food Organic**
74 Ardmore Street
- o unpackaged organic produce – BYO bags/ containers or order online for a box of organic veges delivered to your home - www.organicexpress.co.nz
 - o herbs and spices loose/ in bulk behind the counter - BYO jar/ bag
 - o local olive oil, soy vinegar, tamari and brown rice syrup – BYO bottle
 - o Loving Earth and Trade Aid chocolate (both of which come in home compostable packaging)
 - o loose free-range eggs – BYO egg carton to refill

Rot...

Plastic Free Paula's top tip

Did you know that around 20% of the waste that goes to the Wanaka Transfer Station is organic? It's pretty easy to divert this from landfill. An added bonus is that if you divert your food waste from your rubbish bin, you no longer need to line it.

- Garden waste**
- o you can drop off your green or garden waste for a small fee to the **Wanaka Green Waste Facility**, corner of Riverbank and Ballantyne Roads beside Wastebusters
 - o there are also community-run green waste facilities at Luggate and Lake Hawea – in Hawea, go to **Sailz** to pick up the key and pay the small fee
 - o set up your own compost at home – check out <https://www.wastebusters.co.nz/at-home/composting-at-home/> and <https://www.facebook.com/doctorcompost/> to get started
- Food waste**
- o food waste that goes to landfill breaks down and produces methane, a potent greenhouse gas
 - o there are easy options for “rotting” your food waste instead:
 - o Bokashi bins – just throw all of your daily food waste – including raw or cooked meat, bones, citrus, egg shells, etc – into the bin with a handful of Bokashi bran. When the bin is full, set it aside to ferment for two weeks then bury it in your garden. Within another couple of weeks you'll have rich soil. Get your QLDC-subsidised Bokashi bins and bran from **Wastebusters**
 - o worm farms – require a little more care than a Bokashi bin. Get a subsidised batch of worms and all the know-how you need to start your own worm farm from **Central Wormworx**, wormworx1@gmail.com or 021 1322 964
 - o a lot of food waste can go straight into a standard compost too, but generally not citrus, onions, meat or fish
- Pet waste**
- o try the **EnsoPet** Waste Composting Kit, available online from www.zingbokashi.co.nz.

- Cling film/ sandwich bags/ tin foil**
- o reusable snack bags:
 - o locally made by Remarkabubz at the **Wanaka Artisan Market**
 - o Munch brand from **Soul Food** (upstairs)
 - o silicon pot/ bowl covers – form a vacuum seal and withstand up to 220 degrees, so can be used for roasting – at **Kaleidoscope, Kitz Design or Wonder Room**

- Beeswax wraps**
- o a great alternative to cling film:
 - o locally made by Remarkabubz at the **Wanaka Artisan Market**
 - o Lily Bee Wrap brand at **Wonder Room**, Hunt & Gather brand at **Soul Food**, Latitude brand at **Fedeli**, Munch brand at **Health 2000** and Earthware brand at **The Coffee Shack**
 - o or make your own!
 - o Follow our instructions here: <https://plasticbagfreewanaka.files.wordpress.com/2018/07/honeywrap-instructions1.pdf>
 - o find cotton fabric offcuts at **Wastebusters**
 - o get beeswax from **Wholefood Haven**

- Postage bags**
- o find certified home-compostable postage bags from www.betterpackaging.co upstairs at **Soul Food**

Takeaway lunches

- o take your own container when you buy your lunch – most places round town will thank you for this – we’ve tried **Yohei Sushi, Aki Sushi caravan, Adam & Eve, Fedeli, Big Fig...** just ask!
- o how about setting up a lunchbox library at work, so there’s a container to grab if you forget yours?

- o a wide range of dried organic wholefoods in bulk - from a variety of flours and grains, chickpeas and lentils through to nuts, seeds, dried fruit, sugars, etc. Either BYO bag or container, or purchase prepacked in large plain brown paper bags that are home compostable or recyclable
- o buy fresh milk in refillable glass bottles – pay a deposit the first time, then return the bottle for refilling
- o BYO jar for delicious local honey in bulk

Mediterranean Market *20 Ardmore Street*

- o unpackaged/ loose produce, including greens – lettuce, mesclun, rocket, baby spinach – BYO bags/ containers
- o loose nuts/ dried fruits, including peanuts and hazelnuts in shells and fresh medjool dates - BYO bags/ containers
- o deli food, from meats, to cheese off the round, through to antipasto – BYO containers
- o oils on tap - local and imported olive oil, as well as soya and canola oil. Purchase one of Mediterranean Market’s empty bottles the first time you buy oil, and after that you can bring the same bottle back to refill
- o fresh bread from Wholesale Bakery and Adam & Eve – BYO bag

Wholefood Haven *24 Dunganon Street*

- o get unpackaged/ loose produce, including leafy greens – BYO bags/ containers
- o herbs and spices loose /in bulk behind the counter - BYO jar/ bag
- o oils, vinegars and tamari – BYO bottle
- o nut butters, honey, tahini, molasses, apple and maple syrups – BYO jars
- o Loving Earth and Trade Aid chocolate (both of which come in home compostable packaging)
- o dried organic wholefoods in bulk – chickpeas, beans, brown rice, buckwheat groats, oats, flours, coconut and sunflower seeds - BYO bags/ containers
- o buy fresh milk, cream and yoghurt in refillable glass bottles and jars – pay a deposit the first time, then return the bottle for refilling
- o fresh bread – BYO bag

Honest Wholefood Co. *www.honestwholefoodco.co.nz*

- o refillable home-delivered bulk foods and household essentials!
- o buy refillable kitchen and pantry essentials including oils, baking supplies, tea and coffee, cereals, beans and pulses, nuts, seeds and fruits, pasta and rice, Fix & Fogg peanut butter
- o use your own containers, or theirs, or reusable brown paper bags
- o pick-up and delivery service available to Wanaka, Albert Town, Luggate and Hawea

- The Butcher's Block & Smokehouse**
33 Reece Crescent
 - unpackaged meat from the deli counter – BYO containers
- Adam & Eve's**
54 Reece Crescent
 - freshly made unpackaged bread – BYO bag
- The People's Bread Co**
Wanaka Artisan Market/ Wanaka Food & Produce Market
 - fresh unpackaged sourdough bread, including a gluten-free option – BYO bag to the market, or order online
 - <https://store.buckybox.com/peoples-bread>
- Wanaka Food & Produce Market**
Wednesdays 12-4pm
Recreation Centre
 - shopping local is a great way to reduce waste because:
 - food and goods don't have to be packed up for travelling long distances
 - you can explain to the grower or producer that you don't want their beautiful product in a packet, and brainstorm alternatives together. For example, even if the seller has already packaged the goods, often you can ask to have them transferred to your own bag/ container and have the seller keep their bag/ container for reuse
- Wanaka Artisan Market**
Thursdays 3-6pm
Bullock Creek, by Speights Ale House
 - bulk bin/ pick and mix section, including nuts, seeds, oats, grains, dried fruits, chocolates and sweets - BYO bags
 - 'nude food' misted produce section – BYO bags
 - unpackaged live mussels – BYO container/ bag
 - Trade Aid sugar and 100g chocolate blocks, all come in home compostable packaging
- New World Wanaka**
20 Dunmore Street
 - bulk bin/ pick and mix section, including nuts, seeds, oats, grains, dried fruits, chocolates and sweets - BYO bags
 - 'nude food' misted produce section – BYO bags
 - unpackaged live mussels – BYO container/ bag
 - Trade Aid sugar and 100g chocolate blocks, all come in home compostable packaging
- Four Square Wanaka**
70 Ardmore Street
 - small produce, bulk food/ pick and mix sections with nuts, snack foods, etc – BYO bags
- Revive Sparkling Water Kefir**
Wanaka Artisan Market/ Wanaka Food & Produce Market
 - hand crafted living probiotic beverages
 - return your bottles for sterilisation and refilling and you will receive a small bottle deposit back

Drinks/ beverages

- Coffee**
 - you can buy home-delivered whole or ground coffee beans from local micro-roastery **See Crow Fly** (info@seecrowfly.coffee) - sign up for weekly delivery and get a refillable glass jar to leave in the mailbox each week
 - order Kawatiri whole or ground coffee in reusable containers from **Honest Wholefood Co.**

- **Wonder Room** - Joco brand – glass or ceramic
- **The Coffee Shack**, 75 Brownston Street – glass, bamboo or ceramic
- **Fedeli**, 47 Helwick Street – Keep Cups
- **The Good Spot**, 34 Anderson Road – Keep Cups
- **Health 2000** – bamboo cups
- **Wholefood Haven** – Pukka cups
- Lots of cafes round town will give you a discount for bringing your own cup
- Forgot your Keep Cup? Borrow a cup at **The Good Spot** or **The Coffee Shack**, and look out for the Again Again cup return scheme, launching in October at local cafes

- Tea flasks**
 - pick up a travel tea cup or insulated flask with integrated strainer from **Wonder Room**, **Health 2000** or **Wholefood Haven**

- Drink bottles**
 - get reusable metal drink bottles at:
 - **Health 2000**
 - **Kitz Design**
 - **Simply New Zealand**
 - **Wonder Room**
 - **The Central Store**
 - **Soul Food** (upstairs)
 - find reusable glass water bottles at **Gifted Design Store**

- Lunch boxes**
 - find Meals in Steel stainless steel lunchboxes at **Soul Food** (upstairs) and **Fedeli**
 - get ceramic lunchboxes with sealing plastic lids from **Wonder Room**
 - buy a glass takeaway salad bowl with fitted plastic lid for your lunch from **Fedeli** (then get great prices for refills)

- Straws**
 - get reusable metal straws made in Wanaka from upcycled food-grade steel dairy pipes at **Metalworks Wanaka**
 - **Soul Food**, **Fedeli**, **Wonder Room**, **Health 2000** and **Wholefood Haven** also have metal reusable straws

- Bags**
 - find our popular Plastic Bag Free Wanaka reusable cotton shopping bags at lots of retailers around town, including **Soul Food**, **The Coffee Shack**, **New World**, **Health 2000**, **Wholefood Haven**, **Florence's** (Cnr Cardrona Valley and Orchard Rds)
 - find Onya bags made from recycled plastic bottles at **Soul Food**, and reusable bags made from recycled plastic at **Wonder Room**
 - get Rethink reusable 100% organic cotton produce bags at **Wholefood Haven** or **Sailz Lake Hawea General Store**, 33 Capell Avenue
 - you can also find reusable produce bags in the produce section at **New World**, **Wonder Room** or **Soul Food**, or make your own from (washed) old net curtains!

- pick up home compostable scrubbing pads from **Wholefood Haven**
- cotton/cellulose dishcloths – avoid synthetic cloths and sponges that leach microfibres and are destined for landfill. Instead, try home compostable varieties:
 - **Four Square** – Budget brand 100% cotton dishcloth
 - **Gifted Design Store, 19 Helwick Street** – Spruce 100% cotton/cellulose dishcloths
 - **The Workroom** – Bianca Lorenne 100% cotton cloths
 - **Wholefood Haven** – 100% biodegradable dishcloths

- Make-your-own supplies**
- pick up bars of Dr Bronner’s castile soap at **Wholefood Haven** – you can use these to make your own dishwashing and laundry liquid – check this page for the recipe: <http://therubbishtrip.co.nz/recipes-and-inventions/low-waste-dishwashing-and-laundry-soap/>
 - get washing soda for homemade dishwashing/ laundry liquid at **Wholefood Haven** or **Honest Wholefood Co.**
 - pick up Epsom salts in a brown paper bag from **Soul Food** – useful for home cleaning, either with water or liquid dish detergent

Pet care

- Cleaning**
- pick up unpackaged bars of dog soap upstairs at **Soul Food** or from www.barenakedsoap.nz

Reuse...

Reusable food and other packaging

*Plastic Free Paula’s
top tip*

Be cautious about single-use packaging that claims to be compostable. In practice, it will rely upon a well-balanced home compost heap, or a commercial composting facility (there isn’t one serving our district). It may contaminate recycling, and if it ends up in landfill, it won’t break down at all due to the lack of oxygen. The best packaging is reusable!

- Coffee cups**
- single-use coffee cups aren’t recyclable (or readily compostable), so find reusable coffee cups at lots of places around town:
 - **Kitz Design, 35 Helwick Street**
 - **The Central Store** – Zuperzozial brand
 - **Originz** – Cuppa Coffee brand
 - **Simply New Zealand, 3 Helwick Street** – Cuppa Coffee brand
 - **Kaleidoscope** – Oasis Eco Cup bamboo fibre-plastic composite

- for instant coffee, Trade Aid comes in home compostable Econic packaging – available at **Wholefood Haven**

- Tea**
- loose leaf teas are preferable as most tea bags have plastic in the sealant
 - **Soul Food, Wholefood Haven** and **Honest Wholefood Co.** sell loose teas – use your own bags/ jars
 - tea bags that DON’T have plastic are generally folded and stapled, rather than sealed around the edges – try Red Seal, Dilmah Organic
- Beer**
- BYO bottles/ flagons at lots of places around town:
 - **Ground Up Brewing, 4 Gordon Road** – local craft beer
 - **Rhyme & Reason Brewery, 17 Gordon Road** – local craft beer
 - **The Bottle-O Wanaka, 1 Ardmore Street** – craft and standard beer
 - **Pembroke Wines & Spirits, 24 Dunganon Street** – Emerson’s and Ground Up beer
 - Swappa crate at **Liquorland Bullock Bar, 71 Ardmore Street**, for Lion Red/Brown, Speights, Tui, Export Gold, etc – return your crate of empty 745ml bottles to be sterilised and reused

Bathroom products

- Unpackaged soaps**
- locally made **Bare Naked Soap** from www.barenakedsoap.nz or **Honest Wholefood Co.**
 - **Wholefood Haven** – Ecostore and locally made Bare Naked Soap
 - **Soul Food** (upstairs) – lots of varieties, from locally made to Ecostore
 - **Originz, Pembroke Mall, 139 Ardmore Street** – fancy but cheap varieties
 - **The Workroom, 75 Brownston Street** – large olive oil soap cubes
 - **Kaleidoscope, 44 Helwick Street**
 - **Wonder Room, 80 Ardmore Street**
 - **Wanaka Artisan Market** – buy direct from local artisan producers
 - **Health 2000, 24 Helwick Street** – olive oil soaps
 - **Honest Wholefood Co.** – locally made Bare Naked Soap

- Dental care**
- Bamboo toothbrushes are home compostable, although you’ll need to remove the plastic bristles first with tweezers. Get them at:
 - Go Bamboo – available at **New World, Soul Food, Wholefood Haven**
 - Humble Brush – available at **Soul Food** and **Aspiring Pharmacy, 29 Helwick Street**
 - Grin charcoal-infused toothbrush – **Soul Food** and **Wanaka Pharmacy, 41 Helwick Street**
 - Munch charcoal-infused toothbrush – **Health 2000**
 - ecobrush – order online at www.dogooder.co.nz

- Find Nature Body toothpaste powder in glass jars at **Wholefood Haven**
- ecofloss – silk dental floss in a recycled and refillable glass bottle – order ecofloss and refills online at www.dogooder.co.nz

Cotton buds ○ get Go Bamboo home compostable cotton buds at **Wholefood Haven, Soul Food, New World, Aspiring Pharmacy**

Plasters ○ get Patch home compostable bamboo patches upstairs at **Soul Food**

- Shaving** ○ avoid plastic shavers that are designed to be disposable – switch to metal safety razors that only require the recyclable blades to be replaced
- try asking at **Ali Barbers, 71 Ardmore Street**, if they can order you in a safety razor and blades (most barbers are happy to do this)
 - use a bar of shaving soap instead of foam that comes in a can – you’ll need a shaving brush for this
 - get a shaving brush from **Soul Food** or **Aspiring Pharmacy**
 - buy Ethique shaving soap at **Health 2000** and **Aspiring Pharmacy**
 - go to www.barenakedsoap.nz for shaving soap in a recyclable tin
 - or think about not shaving – pick up beard oils and balms in glass bottles at **Wonder Room** and **Wanaka Pharmacy**; or try an epilator for legs, bikini line or underarms (the pain reduces over time and the results last much longer...)

Shampoo/ conditioner/ cleanser/ moisturiser/ deodorant bars ○ you can use bars instead of bottled products for all of these common toiletries

- buy locally made **Bare Naked Soap** shampoo and conditioner bars from www.barenakedsoap.nz or **Honest Wholefood Co.**
- get the popular Ethique range of toiletry bars, which come in home compostable packaging, at **Health 2000, Wholefood Haven** or **Aspiring Pharmacy**
 - while some of these may look expensive, they really last a long time, so are actually good value
- **Wholefood Haven** also have Nature Body deodorants in cardboard tubes, plus moisturiser, face mask, and night cream in glass jars
- try Timaru-based **Aoraki Naturals** (www.aorakinaturals.com) shampoo bars - order online

Shampoo/ conditioner/ body-/ handwash refills ○ if you prefer the liquid form of these toiletries, get refills of Ecostore brand from **Wholefood Haven** or **Honest Wholefood Co.**

Menstrual cups/ washable pads ○ these are zero waste and low-cost alternatives to tampons and disposable pads

- get menstrual cups from **Wholefood Haven, Soul Food** and **New World**
- get washable pads at **Wholefood Haven**

Toilet paper/ tissues ○ **Smart Ass** toilet paper and tissues are made from sugarcane and bamboo fibres and come in home compostable packaging – order online at www.smartass.co.nz. Available in boxes of 48 TP rolls or 24 tissue cartons for around \$50 each. Subscribe for regular TP deliveries to save 15% (you can cancel the subscription at any time without further charges)

- Greencane toilet paper and tissues are made from 70% recycled sugarcane and bamboo fibre and 30% certified wood pulp and come in home compostable packaging – buy at **Soul Food** (upstairs)
- **The Central Store, 40 Reece Crescent**, stocks individual rolls of TP wrapped in home compostable paper

Cleaning products

Liquid refills ○ get refills of Ecostore dishwashing liquid, laundry liquid or powder, or Earthwise toilet cleaner, glass cleaner, disinfectant, cream cleanser, delicates wash and oxygenated whitener at **Wholefood Haven** – BYO bottles

- get refills of Ecostore dishwashing and laundry liquid at **Soul Food** – BYO bottles
- get refills of Ecostore bathroom, toilet or all-purpose cleaners, dish liquid or powder, and laundry powder from **Honest Wholefood Co.** use your own containers

Laundry ○ get Eco Planet and Next Generation laundry powders, both of which come in a cardboard box with a cardboard scoop, from **New World**

- pick up Go Bamboo pegs (home compostable with a recyclable metal spring) from **Soul Food** or **Wholefood Haven** or stainless-steel clothes pegs from **Wonder Room**
- find Ethique laundry bars at **Health 2000** for handwashing or travel

Dishwashing ○ **Aoraki Naturals** (www.aorakinaturals.com) in Timaru make bars of dishwashing soap that you can order online

- Contact **Metalworks Wanaka, 54 Ballantyne Road** to make you a metal cage for your bar of dish soap
- dishbrushes – check out **Soul Food, Wholefood Haven** or **Honest Wholefood Co.** for wooden-handled brushes with replaceable, home compostable heads, or home compostable veggie brushes from Go Bamboo or Ecostore