

FOOD: FRESH, FROZEN, DRIED			
Item	Shop	Town/City	Notes
Beer	The Stroud Wine Company	Stroud	refills on tap, bring your own bottle or buy one of theirs
Bicarbonate of soda (foodgrade)	Sunshine	Stroud	Order in Sunshine from their bakery in 3kg paper bags, very cheap
	Scoopaway	Bristol	Unpackaged
Bombay mix	Scoopaway	Bristol	Unpackaged
Bread & Rolls	Farmers Market Sunshine Kendrick Street Deli Waitrose Stroudco Foodhub (order online) Loose Shop on Saturdays	Stroud	Unpackaged or in paper Stroudco Foodhub supply form Star Anise, Artisan and Salt Bakehouse
	Hobbs Bakery	Nailsworth	In paper
Brown Sauce	Sunshine Supermarkets	Stroud	Glass jars with metal lids
Bulgar Wheat	Scoopaway Zero Green Wild Oats	Bristol	Unpackaged
Butter	Farmers Market Kendrick Street Deli	Stroud	In paper
	Jolly Nice Farm Shop	Frampton Mansell	In paper
	Henry's & Woefulane Dairy	Minchinhampton	In paper
Cereal	Loose Shop Stroudco Foodhub (order online)	Stroud	Unpackaged Stroudco delivers in paper
	Shiny Goodness	Nailsworth	Rice flakes, paper bags or take your own container/bags
		Jolly Nice Farm Shop, Frampton Mansell	Round cardboard container lined with foil
Chai Tea mix		Jolly Nice Farm Shop, Frampton Mansell	Round cardboard container lined with foil
Cheese	Stroud Farmers Market Kendrick Street Deli Armadeli Supermarkets	Stroud	Unpackaged or in paper
	William's Kitchen Morrisons	Nailsworth	
Chicken, whole	Jolly Nice	Frampton Mansell	Bring your own container
	Butcher next to Coop	Nailsworth	Bring your own container
Chips (oven)	Waitrose	Stroud	Cardboard box in the take-away aisle (not frozen section)
Clotted cream	Farmers Market	Stroud	Hania cheese stall in the Shambles sells in little glass jars.

Food: Fresh, Frozen, Dried

<b>Coffee, beans or ground</b>	Loose Shop Stroudco Foodhub (order online) Golden Sheep (stall on market)	Stroud	Unpackaged Golden Sheep provide a refillable glass jar on request
	Scoopaway Zero Green	Bristol	
<b>Corn flour</b>	Scoopaway	Bristol	Fill into paper bags from large jars and weigh yourself
<b>Couscous</b>	Loose Shop	Stroud	Unpackaged
	Scoopaway Wild Oats Better Food Harvest Foods Zero Green	Bristol	Unpackaged
	The Organic Farm Shop Any farm shop Stroudco Foodhub (order online) Supermarkets	Cirencester	Glass jar, deposit scheme - return the washed jar without lid or label
	Henry's & Woefeldane Dairy shop/café	Minchinhampton	Order from Melissa Ravenhill if you want it in your own container: 07966 088225
<b>Cream cheese</b>	Waitrose	Stroud	Luxury Breton Cream Cheese in paper tubs with foil
<b>Dried fruit</b>	Loose Shop Stroudco Foodhub (order online)	Stroud	Unpackaged
	Kalamata market stall holder	Gloucester	Kalamata, Gloucester Eastgate market hall, open Mon-Sat 8:30-17:00
	Scoopaway Wild Oats Better Food Harvest Foods Zero Green	Bristol	Unpackaged
<b>Eggs</b>	Farmers Market	Stroud	local eggs
	Stancome Beech Farm Shop	Bisley	local eggs
<b>Falafel, fresh</b>	Falafel Mama	Stroud	bring own container, or use their compostable containers
<b>Fish</b>	Stroud Farmers Market Waitrose	Stroud	Unpackaged, bring your own container. If you ask at Waitrose they will put the fish in a cardboard box - refuse the hard plastic label.
	Gloucester Services	Gloucester	
	William's Food Hall	Nailsworth	
	Severn & Wye Smokery	Chaxhill nr Gloucester	Severn & Wye have a fishmonger out of this world - take own container
<b>Frozen fish</b>	Supermarkets	everywhere	Supermarkets' own, or basic ranges usually package fish in cardboard only, like fish fingers and fish fillets and fish pies for example

<b>Frozen fruit and vegetables</b>	Whitminster Garden Centre	Whitminster	Loose and weighed from freezer. Take a container and weigh it beforehand or take your own reusable plastic bag.
	Over Farm	Gloucester	
<b>Fruit</b>	Stroud Farmers Market StroudCo Foodhub (order online) Sunshine Supermarkets	Stroud	Loose, local, some organic StroudCo Food Hub: <a href="https://openfoodnetwork.org.uk/stroudco/shop">https://openfoodnetwork.org.uk/stroudco/shop</a>
	Stancome Beech Farm Shop	Bisley	
	Jolly Nice Farm Shop	Frampton Mansell	
	The Organic Farm Shop	Cirencester	
	Over Farm	Gloucester	
<b>Gram flour</b>	Sunshine Stroudco Food Hub Sainsbury's	Stroud	Usually in paper like other flour
<b>Herbs &amp; Spices</b>	Loose Shop	Stroud	Unpackaged
	Kalamata market stall		Kalamata, Gloucester Eastgate market, opening time Mon-Sat 8:30-17:00
	Scoopaway Harvest Food Wild Oats Zero Green	Bristol	Unpackaged
<b>Herbs (fresh)</b>	Farmers Market (organic veg stall)	Stroud	Unpackaged
<b>Hot Chocolate cocoa powder</b>	Teahouse Emporium	Bath	Round cardboard container
<b>Honey</b>	Stancome Beech Farm Shop	Bisley	Bring own container, or buy in glass jars direct from beekeeper
	Farmers market	Stroud	From Stonehouse beekeeper stall
	Jolly Nice Farm Shop	Frampton Mansell	In big kilner jars, from local beekeeper
<b>Jam</b>	Any farm shop Stroudco Foodhub (order online) Supermarkets	Stroud	
<b>Lasagne sheets</b>	Loose Shop Sunshine Supermarkets	Stroud	Loose Shop - unpackaged Other shops usually in cardboard box without plastic
<b>Lentils</b>	Loose Shop Stroudco Foodhub (order online)	Stroud	Unpackaged
	Scoopaway Harvest Food Wild Oats Zero Green	Bristol	Unpackaged

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<b>Mayonnaise</b>	Sunshine Waitrose	Stroud	Glass jars with metal lids minus the plastic seal
	Morrisons	Nailsworth	Morrisons own, in glass jars with metal lids minus the plastic seal
<b>Meat</b>	Over Farm Gloucester Services	Gloucester	Take own container or look in the frozen food section for basics such as chicken fillets in cardboard only
	Jolly Nice Farm Shop	Frampton Mansell	Take own container
	Butcher next to Coop	Nailsworth	Take own container
<b>Meat (chorizo, salami)</b>	Farmers Market Kendrick Street Deli Waitrose	Stroud	Unpackaged
	Gloucester Services	Gloucester	Unpackaged
<b>Meat (cooked/baked ham, pork pies, parma ham, serrano ham)</b>	Kendrick Street Deli	Stroud	Wrapped in paper
<b>Milk</b>	Delivered by Cotteswold Dairy Stroud Micro Dairy scheme	Stroud	Cotteswold Dairy, phone Mike Wood: 01453 752053 Stroud Micro dairy membership scheme, refill machine with glass bottles
	Henry's and Woefulane Dairy	Minchinhampton	Refill from urns, glass bottles provided
	The Organic Farm Shop	Cirencester	Refill milk machine, glass bottles provided
	Jolly Nice Farm Shop	Frampton Mansell	Glass bottles
<b>Millet</b>	Scoopaway	Bristol	Unpackaged
<b>Muesli</b>	Loose Shop Stroudco Foodhub (order online)	Stroud	Unpackaged Stroudco delivers in paper
	Shiny Goodness	Nailsworth	
	Scoopaway Better Food Harvest Foods Zero Green	Bristol	
<b>Mustard</b>	Farm shops and supermarkets		
<b>Nuts</b>	Loose Shop Stroudco Foodhub (order online)	Stroud	Unpackaged Stroudco delivers in paper
	Shiny Goodness	Nailsworth	Kalamata, Gloucester Eastgate market, opening time Mon-Sat 8:30-17:00
	Kalamata market stall	Gloucester Eastgate Market	
	Scoopaway Wild Oats Better Food Harvest Foods Zero Green	Bristol	

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<b>Oats (porridge or jumbo)</b>	Loose Shop Supermarkets Stroudco Foodhub (order online)	Stroud	Unpackaged Supermarket stock paper wrapped jumbo and porridge oats
	Shiny Goodness	Nailsworth	Unpackaged
	Scoopaway Better Food Harvest Foods Zero Green	Bristol	Unpackaged
<b>Olive Oil</b>	Loose Shop Kendrick Street Deli Stroud Farmers Market stall	Stroud	Refills, bring your own bottle
<b>Olives, black and green pitted</b>	Supermarkets	Stroud	Glass jars
<b>Olives, marinated</b>	Farmers Market Kalamata staffholder	Stroud Farmer's Market Gloucester Eastgate	Saturdays, can bring your own container Kalamata, Gloucester Eastgate market, opening time Mon-Sat 8:30-17:00
<b>Pies</b>	Farmers Market Kendrick Street Deli	Stroud	Unpackaged
	Over Farm	Gloucester	Unpackaged
<b>Potatoes</b>	Newark Farm Stancombe Beech Farm Shop All farmers markets and farm shops	Stroudco Food Hub Bisley	Big paper bags order through Stroudco online or maybe contact direct: 01453 842144 Stancombe sell in 25Kg paper bags
<b>Pulses: lentils, beans, popcorn, chickpeas</b>	Loose Shop Stroudco Foodhub Harvest Foods Scoopaway Wild Oats Zero Green	Stroud order online and collect in Stroud Bath & Bristol Bristol Bristol Bristol	Loose does not have paper bags, bring a jar or buy a fabric bag at the shop All others, fill into paper bags from large jars and weigh yourself
<b>Quiche</b>	Over Farm Sunshine	Gloucester Stroud	In foil tray, loose
<b>Rapeseed Oil, organic</b>	Loose Shop	Stroud	Refill, bring your own bottle

<b>Rice: wild, basmati, risotto, pudding, puffed</b>	Loose Shop Shiny Goodness (shortgrain only) Harvest Foods Better Food Scoopaway Wild Oats Zero Green	Stroud Nailsworth Bath & Bristol Bristol Bristol Bristol Bristol	Loose does not have paper bags, bring a jar or buy a fabric bag at the shop All others, fill into paper bags from large jars and weigh yourself
<b>Salads pre-prepared</b>	Kendrick Street Deli	Stroud	In containers that look like plastic but are compostable. Could perhaps take own box.
<b>Salt, rock salt for grinder</b>	Loose Shop Waitrose	Stroud Stroud	Loose does not have paper bags, bring your own jar or buy a fabric bag in the shop Waitrose: Tidman's Rock Salt (by Maldons), loose in cardboard
<b>Salted peanuts</b>	Scoopaway	Bristol	Fill into paper bags from large jars and weigh yourself
<b>Samosas, pekoras, onion baji, dhal</b>	Farmers Market (Sarah & Girish's stall) Stroudco Foodhub	Stroud order online and collect in Stroud	Bring your own box Strouco are supplied by Sarah & Girish and use compostable containers
<b>Seeds: sesame, sunflower, pumpkin</b>	Loose Shop Kalamata market stall Harvest Foods Wild Oats Zero Green	Stroud Gloucester Eastgate Bath & Bristol Bristol Bristol	Loose does not have paper bags, bring a jar or buy a fabric bag at the shop Kalamata, indoor market hall, opening time Mon-Sat 8:30-17:00, paper bags All others sell by weight in paper bags or bring your fabric bags
<b>Spices (see Herbs above)</b>			
<b>Sprouting seeds</b>	Sunshine The Organic Farm Shop	Stroud Cirencester	In paper sachets
<b>Sugar, unbleached cubes</b>	Loose Shop Scoopaway (brown, demarar etc) Sainsbury's (unbleached cubes)	Stroud Bristol Stroud	Loose does not have paper bags, bring your own jar or buy a fabric bag in the shop Scoopaway buy loose in paper bags and weigh Sainsbury's in cardboard box
<b>Sweets</b>	Sweet shops	Stroud & Nailsworth	Ask for paper bags. Huge variety incl. wine gums, mints, fudge, yoghurt peanuts
<b>Tea (loose), including Earl Grey, Green tea, Breakfast tea and herbal teas</b>	Loose Shop Sunshine Allomorphic Stroudco Foodhub (order online)	Stroud	Unpackaged Sunshine, in large paper bags kept behind the counter Allomorphic and Stroudco in paper bags
	Mr Tea's Tea	Wootton-under-Edge	take your own bags
	Scoopaway Harvest Food	Bristol	Unpackaged

Food: Fresh, Frozen, Dried

<b>Tomato puree</b>	Morrisons	Nailsworth	Small tin
<b>Vegetables</b>	Stroud Farmers Market StroudCo Food Hub Stancombe Beech Farm Shop Jolly Nice Gloucester Services Over Farm The Organic Farm Shop Jessie Smith's Farmshop	Stroud Stroud, order online, collect Bisley Nr Frampton Mansell Gloucester Gloucester Cirencester Cirencester	Unpackaged, local, some organic StroudCo Food Hub: <a href="https://openfoodnetwork.org.uk/stroudco/shop">https://openfoodnetwork.org.uk/stroudco/shop</a>
<b>Vegan ready food alternatives</b>	Supermarkets	everywhere	Look for frozen food in cardboard only. See also Take-Away food tab on this spreadsheet.
<b>Vegetarian ready food alternatives</b>	Supermarkets	everywhere	Look for frozen food in cardboard only. The new Aldi does spinach and cheddar parcels for example.
<b>Vinegar</b>	Loose Shop Supermarkets	Stroud	Loose sells apple cider vinegar refill - bring a bottle
	Zero Green	Bristol	Refills
<b>Wine</b>	The Stroud Wine Company	Stroud	refills on tap, bring your own bottle or buy one of theirs
<b>Yeast, dried</b>	Harvest Foods Scoopaway	Bristol	Unpackaged
<b>Yeast, fresh</b>	Sainsbury's bakery Tesco bakery	Stroud	Ask for it at the bakery counter
<b>Yoghurt</b>	Henry's & Woefulane Dairy	Minchinhampton	Melissa Ravenhill is happy to take orders from people who want to buy organic yoghurt and cream to collect in your own container(s) straight from the farm. Call to order 07966 088225
	The Organic Farm Shop	Cirencester	Large glass jar - deposit scheme, return jar minus label or lid for refund

Take-Away Food

TAKE-AWAY FOOD			
Item	Shop	Town/City	Notes
Catering lunches and dinners, 4 people min	William's Food Hall	Nailsworth	Give them your own dishes to fill, or request ceramic
Coffee & tea	Star Anise	Stroud	Bring your own take-away cup, they no longer provide take-away cups which is excellent news!
Cake	Sunshine Star Anise Kendrick Street Deli	Stroud	Ask for paper bag
	Hobbs House	Nailsworth	
Curry	Bengal Balti	Stroud	Aluminium containers, ask them to exclude salad and sauces and take your own plastic bag - I reuse the one they gave me ages ago. They forget every time so it takes some patience.
Falafel, fresh	Falafel Mama	Stroud	bring own container, or use their compostable containers
Fish & Chips, Vegan Patties and more	Simpsons	Stroud	Cardboard box - refuse the little sauce containers though
Indian snacks, fresh	Farmers Market	Stroud	Girish's stall, bring your own container or use his vegware
Pizza	Fat Toni's Dominos Sorrentos Sunshine	Stroud	In glossy cardboard though, refuse the little plastic sauce pots and little round props to keep the lid away from the pizza. Sunshine only do slices, ask for paper bag Greggs only do slices, always comes in paper bag
	Hobbs House	Nailsworth	ask for a fresh sandwich in paper bag or take your own beeswax wrap
Sandwiches	Subway	Stroud	in paper bags
	Greggs	Stroud	heated, in paper bag
Sausage Rolls	Greggs	Stroud	heated, in paper bag
Vegetarian snacks	Greggs	Stroud	Greggs = heated, in paper bag
	Sunshine		Sunshine = cold, ask for paper bag



## IN THE KITCHEN & UTILITY ROOM

Item	Product Name	Shop	Notes
<b>Baking Parchment, roll</b>	Parchment Paper	Green Shop, Bisley Sainsbury's, Stroud	From 'If You Care' range, unbleached, FSC certified
<b>Batteries</b>		Hardware stores and supermarkets	In cardboard boxes, can also be found in other shops
<b>Bicarbonate of Soda for cleaning</b>	Wilko's own brand DP Dripak	Wilko's Stroud Bruton's hardware shop, Nailsworth Hardware shop, Stonehouse	For cleaning (non foodgrade) in cardboard boxes
<b>Borax substitute for cleaning</b>	DP Dripax	Bruton's hardware shop, Nailsworth Hardware shop, Stonehouse	In cardboard boxes, can also be found in other shops
<b>Citric Acid for cleaning</b>	DP Dripax	Bruton's hardware shop, Nailsworth Hardware shop, Stonehouse	in cardboard boxes, can also be found in other shops
<b>Dishwasher powder &amp; tablets</b>	Sainsbury's and Waitrose own	Sainsbury's and Waitrose	in cardboard boxes
<b>Greaseproof paper</b>	Parchment Baking Paper by If You Care	Sunshine, Stroud Sainsbury's, Stroud	
<b>Hand soap, liquid</b>	Faith in Nature (refills)	Shiny Goodness, Nailsworth	take original bottle for refills
<b>Kilner jars</b>	small, big, huge	Bruton's hardware shop, Nailsworth	
<b>Laundry liquid detergent</b>	Bio D, Ecolaf Ecover	Stroud Valley Project, Stroud Shiny Goodness, Nailsworth The Organic Farm Shop, Cirencester Upcycle Eco Store, Chepstow Wild Oats, Bristol	take an bottle for refills
<b>Laundry bleach powder</b>	Ecover	Most supermarkets	in cardboard box
<b>Laundry powder</b>	Ecover	Green Shop, Bisley	large paper sack
<b>Metal cleaning pads</b>	Silvo copper pads	"Bruton's hardware shop, Nailsworth Hardware shop, Stonehouse" Most supermarkets	In metal tin

In the Kitchen Utility Room

<b>Metal lunchboxes</b>	Tiffin boxes ECO Lunch Box Elephant boxes	Giris's indian food stall, farmers market Cornflower & Calico, Stroud also Slice of Green online	metal lunch boxes with and without clips, no plastic coating inside
<b>Paper kitchen towels</b>	Green Cane Paper Towels	Sunshine, Stroud	Paper made from plantation grown bamboo and recycled sugarcane waste and a small amount of certified wood pulp
<b>Sandwich bags</b>	Paper Snack & Sandwich Bags	Green Shop, Bisley Sunshine, Stroud	From 'If You Care' range, unbleached, FSC certified
<b>Soap nuts</b>	Ecozone	Upcycle Eco Store, Chepstow	In cloth bags, 100 washes
<b>Tealights</b>		Bruton's hardware shop, Nailsworth SVP Eco Shop Hardware shop in Stonehouse	Different kinds in cardboard boxes
<b>Vinegar</b>	Refills Parsons	Refill from Loose Shop, Stroud Pickling vinegar from supermarket	in glass jars, fine to use for all purpose
<b>Washing up brush</b>	With and without wooden handles	Bruton's hardware shop, Nailsworth Stroud Valleys Project, Stroud Green Shop, Bisley	unpackaged
<b>Washing up liquids</b>	Bio D, Ecoleaf Ecover	Stroud Valley Project, Stroud Shiny Goodness, Nailsworth Abbey Farm, Cirencester Upcycle Eco Store, Chepstow Wild Oats, Bristol	take empties for refill
<b>Washing up loofah</b>	Loof Co	Loose shop, Stroud Green Shop, Bisley	loofah plant, packaged only in card. Multi-buys online
<b>Washing up scrubbing pad</b>	Scafix	Stroud Valleys Project Eco Shop, Stroud Green Shop, Bisley	made from coconut fibre, packaged only in card

In the Kitchen Utility Room

<b>Waxed cloth wraps, reusable (instead of cling film)</b>	Bees Wax Wraps Abeego Wraps Vegan Foodwraps	Stroud Valleys Project Eco Shop Loose Shop The Beeswax Wrap Co., Nailsworth The Greenshop, Bisley	Can be used to wrap all sorts of food and felt-overs, jars, bowls, etc (but not raw meat). Comes in different sizes. Made from cloth, beeswax and oil. Made in Stroud: <a href="http://www.beeswaxwraps.co.uk">www.beeswaxwraps.co.uk</a>
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In the Bathroom

IN THE BATHROOM			
Item	Product Name	Shop	Notes
Bath bombs	various	Sunshine, Stroud Made in Stroud, Stroud	loose
Bath foam	Faith in Nature	Shiny Goodness, Stroud Wild Oats, Bristol Scoopaway, Bristol	Refills, take your own Faith in Nature bottle
Bath Salts	Dead Sea Salt	Holland & Barratt, Stroud Natural Grocery Store, Cheltenham	in cardboard box
Bicarbonate of Soda for cleaning	Wilko's own brand DP Dripak	Wilko's Stroud Bruton's hardware shop, Nailsworth Hardware shop, Stonehouse	For cleaning (non foodgrade) in cardboard boxes
Borax substitute for cleaning	DP Dripax	Bruton's hardware shop, Nailsworth Hardware shop, Stonehouse	In cardboard boxes, can also be found in other shops
Citric Acid for cleaning	DP Dripax	Bruton's hardware shop, Nailsworth Hardware shop, Stonehouse	in cardboard boxes, can also be found in other shops
Conditioner soap bar	Lush	any Lush shop or online at <a href="https://uk.lush.com/">https://uk.lush.com/</a>	Difficult to use with long hair. Lush make hand-made cosmetics. The soap bars come unwrapped and you can buy little metal tins to keep them in (good for travelling with). They come in various flavours for different types of hair
Conditioner, liquid	Faith in Nature	Shiny Goodness, Nailsworth Wild Oats, Bristol	Refills, take your own Faith in Nature bottle
Cotton buds	Hydro Phil	Zero Green, Bristol Ecco Verde online	cotton buds with wooden stems, in cardboard
Cosmetics, various	Seal	Farmers market, Stroud	local producer
Dental brushes (interdental)	The Humble Co	Boots	bamboo handles, cardboard packaging
Dental Floss	Vömel	<a href="http://www.monomeer.de/">http://www.monomeer.de/</a>	Will send without plastic packaging

In the Bathroom

<b>Deodorant</b>	Ben and Anna Earth Conscious	Sunshine, Stroud Zero Green, Bristol Upcycle Eco Shop, Chepstow Lush shops and online Ecco Verde online	in cardboard box
<b>Glycerine (for making toothpaste and other cosmetics)</b>	Boots	Boots shops everywhere Sunshine, Stroud Neil's Yard, Cheltenham, Bristol, Bath etc	Boots - in glass bottle with metal lid Sunshine - in glass bottle with plastic lid Neil's Yard - in glass bottle with plastic lid
<b>Lip balm</b>	Vaseline Wild Sage	Any supermarket Zero Green, Bristol also online	in tins
<b>Men's fragrance</b>	Neil's Yard	Cheltenham, Bristol etc	in blue glass with metal lid (but small plastic tube inside)
<b>Moisturiser, face &amp; body</b>	Lavera Naturkosmetik	Sunshine, Stroud Green Shop Bisley Better Food, Bristol also online at Ecco-verde	in tin with foil, vegan
<b>Mooncup</b>	Mooncup	Sunshine, Stroud Upcycle Eco Store, Chepstow	Menstruation product
<b>Nappies</b>	Reusable	Real (reusable) Nappy scheme	<a href="https://www.recycleforgloucestershire.com/reduce-your-waste/real-reusable-nappies/">https://www.recycleforgloucestershire.com/reduce-your-waste/real-reusable-nappies/</a>
		Bambino Mio nappy scheme for South Glos	<a href="http://www.southglos.gov.uk/environment-and-planning/recycling-rubbish-and-waste/household-waste-">http://www.southglos.gov.uk/environment-and-planning/recycling-rubbish-and-waste/household-waste-</a>
<b>Panty liners &amp; pads</b>	Natracare, paper  Fabric, local producer	Green Shop Bisley The Organic Farm Shop, Cirencester Loose Shop, Stroud	in paper box
<b>Perfume</b>	Neil's Yard	Cheltenham, Bristol etc	in glass bottle with metal lid (small plastic tube inside)
<b>Razor blades for old-fashioned safety razor</b>	Astra, Gillette blue	online	in small cardboard boxes

In the Bathroom

<b>Shampoo soap bars</b>	Locally made soaps Wild Sage made in Bristol Organii Friendly Soaps Norfolk SoapsOne Village plus many more	Loose Shop, Stroud Made in Stroud Sunshine in Stroud Lush in most cities and also online	
<b>Shampoo, liquid</b>	Faith in Nature	Shiny Goodness, Nailsworth Wild Oats, Bristol	Refills, take your own Faith in Nature bottle
<b>Shaving soap bars</b>	Friendly Soaps various others	Sunshine, Stroud Crabtree & Evelyn	in paper or cardboard boxes
<b>Shower gel &amp; bath foam</b>	Faith in Nature	Shiny Goodness, Nailsworth	Refills, take your own Faith in Nature bottle
<b>Soap</b>	various	Made in Stroud Farmers Market, Stroud Sunshine, Stroud Upcycle Eco Store, Chepstow	Loose or in paper
<b>Rose Water</b>		Shiny Goodness, Nailsworth	Glass bottle with metal lid
<b>Toilet paper</b>	Green Cane Toilet Paper Who Gives a Crap	Sunshine, Stroud StroudCo Food Hub Loose shop, Stroud	Paper made from plantation grown bamboo and recycled sugarcane waste and a small amount of certified wood pulp
<b>Toothbrushes (bamboo)</b>	various shops and makes	Stroud Valleys Project Eco Shop Green Shop, Bisley <a href="https://naturaldispensary.co.uk/">https://naturaldispensary.co.uk/</a> also <a href="http://www.ecco-verde.co.uk">www.ecco-verde.co.uk</a>	Favourite: TEA Natura, bamboo, packaged in card or paper
<b>Witch Hazel</b>	Boots	Boots shops everywhere	in glass bottle with metal lid

<b>CLOTHING, TOYS, CRAFTS, GARDENING, DIY AND MORE</b>			
<b>Item</b>	<b>Product Name</b>	<b>Shop</b>	<b>Notes</b>
<b>Aggregate (sand, gravel, top soil, shingle etc)</b>	loose	Chalford Building Supplies	delivered in big bags which are then returned, or pick them up in your own containers or with a small pick up truck
<b>Clothes online</b>	various brands	ethicalsuperstore.com	
<b>Clothes locally</b>	Thought People Tree other	Eclipse, Stroud Second hand shops Vintage shops Toy shop, Stroud for ethical kids clothing	Bamboo, Hemp, Organic Cotton, other
<b>Cotton soft bras</b>		greenfibres.com	
<b>Craft materials</b>		Pegasus Art Supplies, Griffin Mill, Stroud Gloucester Scrap Store	
<b>Cement mix</b>	Hanson multitem	Chalford Building Supplies, in paper sacks	
<b>Garden twine</b>		SVP Eco shop	
<b>Glue, general</b>	Evo-stik	Pegasus Art Supplies, Griffin Mill, in a tin	
<b>Hessian sacks</b>		Morgan Supplies, Gloucester	
<b>Light fittings</b>	Baileys Home Stored	on road to Ledbury, wooden and metal fittings	
<b>Paint brushes and rollers</b>	various brands	The Greenshop, Bisley Baileys Paints	
<b>Paint</b>	Auro, Earthborne, Little Green, Fired Earth	The Greenshop, Bisley Baileys Paints	
<b>Plant labels</b>		SVP Eco shop	
<b>Polyfiller</b>		Baileys Paints, cardboard without plastic bag inside - check though as they sell different kinds	
<b>Screws, nails, hooks</b>		Morgan Supplies, Gloucester	

Other

<b>Shoes</b>	Komodo - green by nature	komodo.co.uk	UK based company, using ethically sourced hemp, bamboo also recycled material like car tyres for shoe soles etc.
<b>Slippers</b>	Sheepskin Felted wool	Farmers market various shops online (www. glerups.co.uk)	pure wool/leather
<b>White spirit</b>		Baileys Paints, in large tin (with plastic lid though)	
<b>Wooden toys</b>	various	Toy shop, Stroud	trains, baby toys and more



ONLINE SHOPS		
Products	URL	Notes
Baby supplies	littleacornstomightyoaks.co.uk	
Cotton buds by Hydrophil	ecco-verde.co.uk	
Beeswax wraps and Vegan foodwraps	beeswaxwraps.co.uk veganfoodwraps.co.uk	(to replace cling film), made in Nailsworth
Bicarbonate of Soda, food grade 1k	cabbagesandroses.com	in paper bag, expensive
Bicarbonate of Soda, food grade, 3kg	harthamfoods.com	they are currently working on offering this through Amazon
Cotton buds by Hydrophil	ecco-verde.co.uk	no plastic packaging with this product
Cosmetics & general household items	monomeer.de	
Dental floss	amazon.de georganics.co.uk	Natural silk dental floss in small glass bottle
Garden plants	bluebellcottage.co.uk	mailorder garden plants and more
Household items such as retro wooden toilet brushes, wooden hairbrushes, bamboo cotton buds, steel boxes, toys, candles, enamel ware, linen and more	boobalou.co.uk objectsofuse.com greenstat.co.uk	Eco living products Objects of Use have a beautiful shop in Oxford
Laundry soap nuts and more	soapnuts.co.uk	bulk soapnuts, castille soap, deodorant, shampoo, stain remover bar
Make up	zao.com	In bamboo packaging for most items. Mascara refill cartridges.
Mineral clay	biopark-cosmetics.net	Mineral clays in paper, no plastic packging on request, clay from India
Parcel tape, paper	greenstat.co.uk eco-craft.co.uk	narrow and wide paper tape for wrapping gifts and parcels
Shaving accessories	shavelounge.co.uk theenglishshavingcompany.co.uk mutinyshaving.co.uk	metal safety razors and blades, shaving soap etc.
Stainless steel water bottles	openfoodnetwork.org.uk/stroudco/shop	water bottles with #Stroud Refill logo, supports Transition Stroud and SVAP
Stainless steel water bottles (thermal)	sliceofgreen.co.uk	Double walled bottles hot and cold drinks (also available in Cornflower & Calico in Stroud)
Stationery	greenstat.co.uk eco-craft.co.uk	Folders, card, envelopes, paper tape, paper bags and more
Sunscreen	not-the-norm.com amazincskincare.com	non-the-norm in metal tin, made in the UK amazinc! Mineral sun block in metal tin, made in Czech Rep. (expensive)
Supplements, dietary & health	wildnutrition.com	In glass bottles with metal lids, made in the UK
Supplements and bamboo toothbrushes	naturaldispensary.co.uk	Stroud based online shop

Online Shopping

<b>Toiletries, household items, office supplies</b>	mcsuk.org	cotton buds, shampoo and shaving bars, washing powder, lunch tins, jewellery, nappies, office supplies and more
<b>Toothbrushes, toothpaste, dental floss and more</b>	savesomegreen.co.uk eco-verde.co.uk georganics.co.uk	no plastic packaging