

SUSTAINABLE SHOPPING GUIDE

April 22nd is the day we come together to honor Mother Earth. But at Lakewinds we believe in making planet-friendly choices all year round. Every day is an opportunity to take less, reuse more, and shrink our environmental footprint. Here are just some of the ways we make sustainable shopping easy for owners and shoppers.



Local Loyalty

Of the many reasons to love Midwest-made products, environmental impact is one of the biggest. By decreasing the number of miles products travel to our shelves, we cut down on fossil fuel use and the impacts that go with it. There's an economic impact as well: local sourcing is a boon for innovative growing practices such as aquaponics and hydroponics, so Minnesotans can enjoy locally grown and raised foods even in winter. It's all part of our commitment to building a thriving organic food community.



BYOBAGS

Lakewinds stopped offering plastic grocery bags because of the harm caused by plastic production and improper disposal. But paper bags aren't much better: the US cuts down 14 million trees a year to make paper bags, and they take 13% more energy to produce than plastic. With only 20% of paper bags in the US getting recycled, reusable bags are still the most sustainable option. Toss one in your trunk or purse so you never shop without it.



Lakewinds Environmentally Friendly Practices Committee

Lakewinds is committed to making a positive environmental impact wherever we can in keeping with our five Co-op Promises. In 2017, we amped up our waste diversion practices, driving huge improvements in store composting and recycling each quarter. Diversion rates measure what proportion of our waste avoids a landfill, either by going to recycling centers or being composted into black useable soil.

WASTE DIVERSION BY LAKEWINDS LOCATION

RICHFIELD
93%

CHANHASSEN
71%

MINNETONKA
79%

Bulk Up

The bulk aisle is one of the best places to reduce waste on your co-op run. Buy exactly what you need, so less goes unused. And with 23% of landfills taken up by food packaging alone, shopping the bulk aisle can be an important piece of reducing packaging waste. Lakewinds has you covered across the co-op with bulk produce items like basil, mushrooms, and dates, and bulk eggs from Larry Schultz Farm. And remember, you can bring your own bulk containers from home to eliminate the need for bags.



TARE TIP

Before you hit the bulk bins, know the weight of your empty containers, also known as the tare. You can weigh containers at customer service or at the scale in the bulk aisle. At checkout, your cashier subtracts the tare weight from the total weight of the product. You only pay for what's inside!



Go Grass-Fed

Lakewinds brings customers 100% grass-fed beef and dairy products whenever possible to support our strict environmental standards. 100% grass-fed meats eliminate the need for corn feed, which requires copious amounts of fossil fuels to grow. By rotating animals' access to pasture year-round, the practice lessens pollution as animal waste is naturally cycled into the earth. What's more, 100% grass-fed meats are lower in fat and higher in omega-3s—as good for people as they are for the planet.

