

## Grocery Substitution List

Item	Brand Now Buy	Less Plastic Alternative
<b>Bread</b>	Rudi & Udi's GF	Dempsey's Bakery (local) or Homemade
<b>Chips</b>	Beanitos, Garden of Eatin	Air popped Popcorn
<b>Crackers</b>	CrunchMaster, Food Tastes Good	Homemade, Dempsey's Bakery (local)
<b>Cookies</b>	Enjoy Life, Pamela's	Dempsey's Bakery (local) or Homemade
<b>Milk</b>	Horizon, Organic Valley, Redwood Hills	Local Dairy in Glass
<b>Yogurt</b>	Stonyfield, Redwood Hills	Larger Containers or Homenade
<b>Cereal</b>	Natures Path, Udi's	Homemade Granola
<b>Flours</b>	Lundberg, Bob's Red Mill	Larger Bags in Paper Same Brands
<b>Protein Bars</b>	Larabars, Rise	Homemade
<b>Hummus</b>	Sabra, Cedar Lane	Homemade
<b>Pasta</b>	De Boles, Lundberg	??
<b>Produce</b>	Organic Brands, Earthbound Farms	Farmers Market or Azure Standard Bulk