WHY BULK IS BEST



LESS FOOD WASTE

Research shows 25-50% of the food Americans purchase ends up in the garbage or compost. Buying in bulk means you can buy only the amount you need — no waste!

LOWER COSTS, LOWER PRICES



Without all those packages to design, manufacture and fill, our suppliers can offer us better costs on bulk foods than packaged foods, and we pass those savings on to you. You can save up to 50% by buying in bulk!

LESS PACKAGING WASTE



Americans discard 570 million lbs. of food packaging each day. By bringing your own containers for bulk foods, you avoid much of the waste associated with packaged products.

HOW TO BUY IN BULK

1. If you bring your own container, weigh it and record the weight while empty. Otherwise, use a bag or container provided in-store.
2. Fill your container with the amount you need, using the clean scoops and funnels provided.
3. Record the PLU number from the bin onto your container. That's it!

STORAGE TIPS

NUTS & SEEDS

For a longer shelf life, store nuts in the freezer. Unsalted and blanched nuts keep longer than salted. Package tightly in a freezer-safe container.

BEANS, PEAS & LENTILS

Keep in a cool, dry place out of the sun, which can cause a breakdown in color and flavor.

FLOURS

Most flours last up to a few months in the pantry. Extend their shelf life by storing in the freezer!

GRANOLAS

Refrigeration may increase shelf life. Keep airtight. If moisture causes cereal to become chewy, re-crisp in the oven at 325° F.

GRAINS

Because of the lack of oils, white rice has a longer shelf life, lasting 2+ years in the pantry. Brown rice lasts 2-4 months in the pantry, and millet, quinoa, buckwheat & barley last 6 months — or up to 12 months in the freezer.

mississippi market co-op