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FOR IMMEDIATE RELEASE:

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Bulk foods cost efficient, package-free

Los Alamos, NM – The “Bulk is Green Council” has scheduled National Bulk Foods week for Oct. 16-22 and the Los Alamos Co-op will offer a sale on bulk items to bring attention to their real costs, and to the advantages of buying bulk food items.

“The common impression is that food prices at Co-ops are higher than most grocery stores,” says General Manager Steve Watts. “In fact, bulk items are often priced lower, and using less packaging means less plastic in the waste stream.”

For example:

- Bulk walnuts are \$7.99 a pound at the Co-op, which is .50 per ounce. A grocery store brand sells for \$3.29 for a 6-ounce package, which is .55 per ounce.
- Bulk curry powder is \$19.49 per pound, or \$1.22 per ounce. A grocery store brand sells a 2-ounce package for \$6.99, or \$3.50 per ounce.
- Bulk garlic powder is \$15.29 per pound, or .96 per ounce. A grocery store brand sells a 6-ounce package for \$6.59, or \$1.10 per ounce.
- Maple syrup is \$9.99 per pound, or .62 per ounce. A grocery store brand sells a 12-ounce bottle for \$10.99, or .96 per ounce.

Buying in bulk also allows the customer to buy the quantity needed rather than a larger package, allowing the customer to buy fresher spices, grains and cereals. Matt Dreier, manager of the bulk food section at the Co-op, says items are restocked within recommended periods to maintain freshness.

Also, the Co-op offers recipes and cooking demonstrations to teach consumers how to use products that may be new to them. For example, quinoa (pronounced keen-wah) is a high-protein low-carb grain that can be used like rice as a side dish or as an ingredient in a soup or salad.

The Los Alamos Cooperative Market is a member-owned enterprise but is open to the public. Membership is not required. The next cooking demonstration will be in early November and will be announced through the member newsletter and at <http://www.facebook.com/LosAlamosCoop>.

The Co-op opened in March of this year. Its mission includes promoting awareness about food, nutrition, health, and cooperative values. Visit losalamos.coop for more information.

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Phone: 505-695-1579

Address: 95 Entrada Drive, next to Holiday Inn Express

Website: losalamos.coop

Hours: Monday – Saturday: 7 a.m. to 9 p.m., Sunday: 8 a.m. to 8 p.m.