

# SMALL CHANGES START HERE.

Your guide to smarter shopping with  
The Source Bulk Foods.



the source  
BULK FOODS

# SMALL CHANGES REALLY DO ADD UP

**When we think about living more sustainably, it can feel like a challenge. We don't need to completely change the way we shop, cook and live overnight.**

## **Just small changes at a time.**

The habits that last are the smallest ones. The simple actions that slowly become part of your everyday life without constant effort or attention.

A simple switch, like buying rice in bulk instead of pre-packed supermarket rice, could save dozens of plastic packets from entering landfill each year.

And with plastic taking up to 450 years to break down, your small changes can have a big positive impact!

The habits that stick are the simplest. Bringing the same jars back to refill. Keeping pantry staples topped up before they run out.

Swapping one everyday product for a better quality, healthier alternative.

You don't need to be perfect to make a difference.

This booklet is here to inspire small changes, new ways of thinking, and simple swaps to make a difference to the planet and your health.



Sustainable living should feel practical, approachable and realistic, no matter how busy life gets. This guide is here to help you build small habits that fit naturally into your everyday routines, no perfection required. Because the biggest changes often begin with the smallest steps.

# A BEGINNER'S GUIDE TO BUYING BULK FOOD

**You will feel like a kid in a candy store when you shop with us!**

**The rows of bins, full of all types of amazing products are ready to take your taste buds and cooking to the next level!**

**There are plenty of reasons to shop at The Source like reducing unnecessary packaging, saving money and buying just the amount you need but if you are new to bulk foods here are some easy tips to get you started:**

## **TIPS FOR GETTING STARTED**

- Keep your pantry organised so you know what you need.
- Keep enough of your staples so you don't run out.
- Bring your own jars, bags and bottles for refilling. You won't find plastic bags but you're welcome to use our large paper bags or jute shopping bags if you forget yours.
- Bring your jar or container to the counter before filling so we can weigh it. You only pay for what's inside.
- Product codes are on every bin. Jotting the code on your bag speeds up checkout or just let our team look it up for you.
- Save costs and food waste and buy as much or as little as you need.
- Our team are very knowledgeable on our products and will love to help you if you need it.
- Simple. Enjoy and have fun!

# 10 EASY WAYS TO REDUCE YOUR WASTE

- 1. BRING YOUR OWN REUSABLE SHOPPING BAGS.**
- 2. CARRY A REUSABLE WATER BOTTLE.**
- 3. TAKE YOUR OWN CUP TO YOUR FAVOURITE CAFÉ.**
- 4. PACK YOUR LUNCH IN REUSABLE, PLASTIC-FREE CONTAINERS.**
- 5. SKIP PLASTIC STRAWS - MOST CAFES HAVE ALTERNATIVES.**
- 6. STORE YOUR PANTRY GOODS IN GLASS JARS.**
- 7. SKIP PLASTIC PRODUCE BAGS - BRING YOUR OWN BAG OR BOX.**



- 8. CHOOSE QUALITY OVER QUANTITY - NUTRITION OVER PROCESSED FOOD.**
- 9. AVOID STYROFOAM TRAYS AND CONTAINERS.**
- 10. REFILL YOUR CONTAINERS AND SHOP IN BULK - ONE OF THE EASIEST HABITS TO KEEP.**

# THE RECYCLING MYTH

## THE BEST WASTE IS THE WASTE NEVER CREATED

**Most people think recycling is the answer. IT'S NOT.**

Recycling is important but it should be the last step in your waste free journey. The real solution is to prevent waste before it's even created.

### 1. REDUCE



Buy less. Choose products with less packaging.

### 2. REUSE



Use what you have. Choose reusables over single-use.

### 3. REFILL



Refill your container. Only buy what you need.

### 4. RECYCLE



If everything else has been exhausted, then recycle.



# A SIMPLER WAY TO SHOP

## WHERE TO START

You don't need to overhaul your pantry before your first visit.

Start by picking everyday items like rice, oats, pasta, salt, sugar, even shampoo and cleaning products.

When you're almost out, bring a jar or bag to The Source - it's that simple.

## TAKE STOCK

Keep an eye on what you have, what's low, and what you're always running out of.

## LOOK FOR

- expired products
- stale ingredients
- duplicate items
- damaged packaging
- half-empty packets
- products nobody in the house actually eats

This makes it easier to see what you're running low on and know exactly what to refill on your next visit.



## GROUP SIMILAR ITEMS TOGETHER

Place similar pantry staples together:

- baking ingredients
- grains and rice
- snacks
- pasta
- spices
- breakfast staples

## WHEN YOU'RE READY

Transfer open packets into reusable jars or containers to help keep ingredients fresher and your pantry easier to manage.

**Our clear 2L, 1L and 500ml jars make the perfect clear storage container to quickly see what needs refilling before your next shop.**

## START REFILLING

Think about the products you use every day or the ones you constantly throw out because you bought too much, these are the easiest products to start with:

- oats
- rice
- flour
- pasta
- salt
- sugar
- nuts
- dried fruit
- snacks
- lunch box goodies



## YOUR FIRST REFILL VISIT

Refill shopping can feel unfamiliar at first, but once you understand the process, it quickly becomes simple and second nature.

### STEP 1: PLAN AHEAD

Use ours, or bring your own:

- jars
- reusable bags
- refill bottles
- containers

We're proudly plastic bag free, but paper bags, jute shopping bags, glass jars and bottles are also available in-store. No perfectly matching pantry set required.

### STEP 2: WRITE THE CODE

If using paper bags, writing the product code on the bag can help speed up checkout time.

You will find product codes clearly displayed on the food bins throughout the store.

Don't worry if you forget, our staff can easily help or look up the products for you.



### STEP 3:

#### FILL ONLY WHAT YOU NEED

This is where refill shopping feels completely different to supermarket shopping.

#### NEED:

- one cup of flour?
- enough pasta for two people?
- a handful of nuts?
- just enough spices for one recipe?

You can buy exactly that amount.

### STEP 4:

#### HAVE FUN WITH IT

One of the best parts of shopping with us is discovering new ingredients and products you might not have tried. Do not be afraid to experiment.

Our teams know our products and love to help if you need any.



# THE SOURCE SHOPPING LIST

**Every shop is a chance to reduce single-use packaging and bring better-quality ingredients home for your family.**

**Start with what you use every day like rice, oats, sugar, salt or snacks and lunchbox items or those products you end up throwing out because the packs were too big. Every refill, no matter how small, makes a difference.**

## NUTS

- ☐ Insecticide Free Raw Aussie Almonds
- ☐ Raw Organic Walnuts
- ☐ Premium Raw Mixed Nuts
- ☐ Raw Organic Cashews
- ☐ Raw Australian Macadamias

## GRAINS, SEEDS, PASTA & FLOUR

- ☐ Raw Australian Pepitas
- ☐ Organic Omega Seed Mix
- ☐ Organic Australian Bakers Flour
- ☐ Organic Australian Rye Flour
- ☐ Australian Sunflower Seeds
- ☐ Australian Biodynamic Brown Rice
- ☐ Organic Tri Colour Quinoa
- ☐ Organic Quinoa, Spinach & Beetroot Pasta

## PERSONAL CARE & CLEANING

- ☐ Bulk Dishwashing Liquid
- ☐ Bulk Laundry Powder
- ☐ Bulk Dishwashing Powder
- ☐ Australian Whey Grass Protein Powder
- ☐ Australian Collagen Peptides
- ☐ Magnesium Flakes
- ☐ The Source Shampoo Bar



## TEA, COFFEE, HERBS & SPICES

- ☐ Organic Turmeric
- ☐ Organic Ground Cinnamon
- ☐ Organic Matcha Powder
- ☐ Organic Chamomile Loose Tea
- ☐ Organic Chai Rooibos Loose Tea

## DRIED FRUIT, SNACKS & TREATS

- ☐ Organic Medjool Dates
- ☐ Aussie Mango Cheeks
- ☐ Peanut Butter Protein Balls
- ☐ TV Mix
- ☐ Freeze Dried Chocolate Covered Strawberries
- ☐ Australian Apricots
- ☐ Moon Macadamias

## OILS, SWEETENERS & COOKING

- ☐ Raw Local Honey
- ☐ Organic Coconut Oil
- ☐ Organic Rapadura Sugar
- ☐ Organic Australian Olive Oil
- ☐ Organic Ghee
- ☐ Celtic Sea Salt

## CEREALS & SUPERFOODS

- ☐ Organic Aussie Rolled Oats
- ☐ Organic Coconut Flakes
- ☐ Organic Cacao Powder
- ☐ Organic Chia Seeds
- ☐ Organic Super Greens Powder
- ☐ Swiss Bircher Muesli
- ☐ Keto Granola – Macadamia & Almond



# 10 PANTRY STAPLES YOU NEED

**Swap processed, heavily packaged supermarket foods for simple, natural and local ingredients.**

**Keeping a refilled, healthy pantry helps you eat better and reduces unnecessary food and plastic waste.**

**Small changes do make a big difference.**

## COCONUT OIL



Full of healthy fats and boasts a high smoke point, perfect for high heat cooking. It can even double as a skin moisturiser, lip balm and hair mask.

**BEST FOR:** Everyday cooking, healthy fats, natural beauty

**HOW TO USE:** Roasting vegetables, baking, frying, smoothies, skin and hair care

**SMALL CHANGE:** Replace processed cooking oils with coconut oil

## RAW NUTS



Almonds can be used to make almond meal, almond milk, almond butter or eaten as a healthy snack or salad topper. Another great nut to have on hand is cashews. These are often used in raw desserts and can be used to make a lovely dairy free and vegan cashew cream.

**BEST FOR:** Protein, healthy snacking, lunch boxes

**HOW TO USE:** Snack raw, top salads, make nut butter, blend into dairy free creams

**SMALL CHANGE:** Replace additive heavy and processed snacks with a handful of raw or roasted natural nuts

## RAW CACAO POWDER



Boasts an array of antioxidants and is a healthier alternative to cocoa. It can be used in baking, drinks, puddings, raw desserts and more.

**BEST FOR:** Healthy treats, baking, natural energy

**HOW TO USE:** Smoothies, baking, hot drinks, protein balls

**SMALL CHANGE:** Replace sugary chocolate powders with raw cacao

## ORGANIC TURMERIC



Not only does turmeric add great flavour, it's also known for its immunity boosting and antioxidant, antiviral and antibacterial properties.

**BEST FOR:** Immunity, anti-inflammatory support, everyday cooking

**HOW TO USE:** Curries, soups, teas, golden lattes

**SMALL CHANGE:** Replace salt-heavy seasoning blends with turmeric

## MAPLE SYRUP & RAW HONEY



A natural sweetener often called for in healthy baking recipes, particularly raw desserts.

**BEST FOR:** Baking, breakfast, healthier sweetening

**HOW TO USE:** Drizzle over oats, yoghurt, smoothies or use in baking

**SMALL CHANGE:** Replace refined sugar with natural sweeteners

## APPLE CIDER VINEGAR



This pantry staple can be consumed as a drink diluted with water and fresh lemon, made into a dressing or used in cooking and has many beneficial health properties.

**BEST FOR:** Gut health, digestion, dressings

**HOW TO USE:** Salad dressings, marinades, wellness drinks

**SMALL CHANGE:** Replace bottled dressings with homemade vinaigrettes

## ALMOND MEAL



A great alternative for gluten free cooking. Almond flour is nutrient dense and delicious in breads, cakes, muffins etc.

**BEST FOR:** Baking, gluten free cooking, family treats

**HOW TO USE:** Muffins, pancakes, slices, crumb coatings

**SMALL CHANGE:** Replace standard flour in baking with almond meal

## MEDJOOL DATES



A great high fibre sweet snack that can be used in most raw desserts as they act as a natural sweetener.

**BEST FOR:** Healthy treats, natural energy, lunchboxes

**HOW TO USE:** Snack as is, blend into bliss balls, baking, smoothies

**SMALL CHANGE:** Replace processed sweets with Medjool date

## CHIA SEEDS



Full of antioxidants, protein, fibre, healthy fats, calcium and minerals. Sprinkle on cereals, in smoothies, juices or use in baking.

**BEST FOR:** Gut health, breakfast, sustained energy

**HOW TO USE:** Oats, yoghurt, smoothies, baking

**SMALL CHANGE:** Add chia to breakfast instead of sugary cereals

## QUINOA



Quinoa is a great replacement for all types of grains, and is a great protein booster in salads. It works well as a main dish, side dish and is good for breakfast, lunch and dinner.

**BEST FOR:** Meal prep, plant-based protein, family meals

**HOW TO USE:** Salads, breakfast bowls, side dishes, grain bowls

**SMALL CHANGE:** Replace white rice with quinoa

# ONE INGREDIENT YOU USE EVERY DAY

**Salt is one of the hardest-working ingredients in the kitchen. It seasons pasta water, finishes salads, enhances baking and brings flavour into almost every savoury meal we cook.**

Yet despite using it every day, most people rarely think about the quality of the salt itself.

Many supermarket table salts are heavily refined and processed to create a uniform texture and appearance. During this process, naturally occurring trace minerals can be removed, leaving behind a highly processed product that's designed more for shelf stability than nutritional value.

Mineral salts, on the other hand, are less refined and naturally contain trace minerals such as magnesium, calcium, potassium and iron — minerals that can play important roles in hydration, muscle function, nerve health and overall wellbeing.

**At The Source Bulk Foods, we stock salts chosen for their quality, origin and natural mineral profile:**

- **Celtic Sea Salt** – Naturally harvested and traditionally dried, known for its moist texture and naturally occurring magnesium and potassium, often associated with hydration and electrolyte balance.
- **Australian Pink Lake Salt** – Sourced from Australian salt lakes and naturally rich in trace minerals, making it a beautiful everyday cooking salt.
- **Himalayan Pink Salt** – Mined from ancient sea salt deposits and naturally contains trace minerals including iron, calcium and magnesium.



## Did You Know?

The texture of salt affects the way flavour is experienced in food. Flaky salts, fine salts and mineral salts all behave differently in cooking.

## Pantry Tip

Different salts suit different purposes:

- fine salt for baking
- mineral salt for cooking
- flaky salt for finishing dishes

# ONE GRAIN. BIG DIFFERENCE.

Rice is one of the most commonly eaten pantry staples in Australia, making it one of the highest impact ingredients for your small change.

At The Source Bulk Foods, we stock a range of rice varieties including brown rice, jasmine rice, basmati rice and biodynamic options. Some are grown using biodynamic farming practices, some are rain-fed, but all are selected for quality, provenance and great taste. Unlike heavily industrialised farming systems, biodynamic growers work closely with seasonal rhythms, biodiversity and long-term soil health to produce food with care and intention.

Knowing where your food comes from and the people behind it creates trust that you are getting quality, natural, healthy products.

## What Does Biodynamic Mean?

Biodynamic farming is a holistic approach to agriculture focused on soil health, biodiversity and working in harmony with nature.

Rather than relying heavily on synthetic inputs, biodynamic farms use practices such as crop rotation, composting and seasonal growing cycles to support healthier, more resilient farmland over time.



Every product at The Source Bulk Foods has a story. Before it reaches your pantry, it has been carefully researched, taste tested and sourced to meet strict standards for quality, freshness and ethics. With more than 70% of the range sourced from Australian farmers and suppliers, every purchase helps support local producers while giving you confidence that the food you bring home is delicious, thoughtfully sourced and chosen with your family in mind.

# PILAF WITH TANDOORI CAULIFLOWER STEAKS

(V, GF, DF) 30-MIN MEAL

**These cauliflower steaks have been smothered in a homemade Tandoori marinade and are served with a biodynamic brown rice pilaf. The pilaf is bursting with flavour from the spiced veggies, fresh coriander and toasted cashew nuts and the smokey tender steaks are a perfect accompaniment.**

## INGREDIENTS

### NUTTY PILAF

100g biodynamic brown rice  
200ml water  
10ml coconut oil  
2g cumin seeds  
2g mustard seeds  
1g black pepper, freshly cracked  
½ medium onion, sliced  
5g yellow curry powder  
1g turmeric  
1g sea salt  
1 garlic clove, very finely chopped  
Half the cauliflower florets, finely chopped (150g approx.)  
1 medium carrot, finely diced  
Small bunch of fresh coriander, finely chopped (30g approx.)  
50g toasted cashew nuts, roughly chopped

### CAULIFLOWER STEAK

1 small head of cauliflower (600g approx.)  
1 large garlic clove, very finely chopped  
10g fresh ginger, very finely chopped  
20ml tomato paste  
2g garam masala  
50g coconut yoghurt  
5ml maple syrup  
1g sea salt  
20ml olive oil  
2g smoked paprika



## METHOD

1. Preheat the oven to 160 °C and line an oven tray with baking paper.
2. Trim the outer leaves from the head of cauliflower, cut the cauliflower in half and cut a 1.5cm steak from each half (you will have two steaks in total). Set half the cauliflower florets to one side for the pilaf and save the rest for another recipe.

3. Make the tandoori marinade by combining the garlic, ginger, tomato paste, garam masala, coconut yoghurt, maple syrup, salt, oil and smoked paprika in a small bowl and mix well.

Place the cauliflower steaks on the baking tray and use a pastry brush to coat each side of the cauliflower steak. Bake the cauliflower steaks for 20mins,

Flip the steaks over and turn the heat up to 200 °C. Bake for another 10mins.

4. While the cauliflower is in the oven, prepare the pilaf. Rinse the biodynamic brown rice in a fine-mesh sieve and then transfer to a medium pot. Add the water to the pot and bring the rice to a boil. Once boiling, reduce the heat to a gentle simmer and cover the pot with a lid. Cook the rice for 15mins or until all the water has been absorbed. Gently fluff the cooked rice with a fork.

5. Place a large saucepan, with a lid, on the stovetop at medium heat. Add the coconut oil, mustard seeds, cumin seeds and black pepper and warm until the mustard seeds start to pop (about 1 min). To the pan, add the onion, curry powder, turmeric and salt. Sauté until the onions are translucent and then add the garlic, cauliflower and carrots. Cook the vegetables for 5mins before adding the cooked rice. Stir well to combine, reduce the heat slightly and cover the pan. Cook for another 10mins or until the vegetables are tender.
6. Add the chopped coriander and cashew nuts to the rice just before serving and top each portion with a cauliflower floret.



# SWAP OUT YOUR PERSONAL CARE PRODUCTS FOR A BIG ENVIRONMENTAL IMPACT.

Our personal and body care products are chosen with exceptional care. We're extremely selective about the suppliers we work with and the ingredients they use, with every product chosen with your family's health and wellbeing in mind.

Not only are you helping reduce unnecessary packaging waste, you're also choosing products made without harsh chemicals and unnecessary additives.

We proudly work with many small boutique suppliers where quality ingredients and true craftsmanship can be carefully maintained.

**From shampoo and conditioner to body wash and bath products, refillable bathroom essentials can help simplify routines while reducing the constant cycle of rebuying disposable bottles.**

Everyday bathroom products are easy to overlook, but they can quietly become one of the biggest sources of plastic waste in the home. Something as simple as refilling your shampoo bottle instead of replacing it each time could stop so many plastic bottles from being thrown away each year, and sitting in landfill for over 450 years! Add conditioner, body wash and hand soap, and one small bathroom habit can quickly prevent dozens of bottles from ending up in landfill.

It is a simple reminder that some of the biggest changes often start with the products we use every single day.



## REFILLING COULD SAVE:

# 12+

**PLASTIC SHAMPOO  
BOTTLES PER HOUSEHOLD  
EVERY YEAR\***

\* All figures are conservative estimates based on average household consumption.  
Actual impact will vary by household.

# 10+

**PLASTIC DISHWASHING  
BOTTLES PER HOUSEHOLD  
EVERY YEAR\***



## Bathroom Refill Checklist

- shampoo
- conditioner
- body wash
- hand wash
- bath salts
- skincare essentials

## Refill Tip

Keep a backup refill bottle in the cupboard. When the bottle is running low, swap it immediately and place the empty one near the front door or in the car so it is ready for your next refill visit.



## One Small Step

Choose the bathroom product your household goes through fastest and start there.

# SWAP REFINED FOR REAL.

**Most supermarket white sugar is heavily refined, stripped back during processing, and designed for shelf life and consistency rather than retaining its natural character.**

Rapadura Sugar, on the other hand, is made by gently evaporating organic sugar cane juice until it forms fine golden granules, keeping the natural molasses and trace minerals found in the cane. Being organic means it is grown without synthetic pesticides or chemical fertilisers, giving you a less processed alternative for the ingredients you use every day.

Whether it is stirred into your morning coffee, added to your tea, or used in baking, those small daily choices can add up over time. If you are already using sugar every day, why not make it one that gives a little more back?

**1 coffee a day  
= 365 small  
choices a year**

What if one simple sugar swap became part of your everyday routine?

## RAPADURA BANANA BREAD

**The caramel notes of rapadura sugar pair beautifully with banana bread, adding a richer flavour than standard white sugar.**

### INGREDIENTS

180g butter  
210g rapadura sugar  
60g organic raw sugar  
1 tsp vanilla bean powder  
1 egg plus  
1 egg yolk

230g organic plain flour  
1 tsp bicarb soda  
1/2 tsp salt plus extra for sprinkling  
90g organic dark chocolate buttons  
90g raw macadamias, chopped  
30g organic cacao nibs  
140g macadamia fudge, chopped

Preheat oven to 180°C and line two baking trays.

To brown the butter, melt it in a small saucepan over high heat. Continue to cook, stirring for about 5 minutes or until it starts to brown and smell nutty, be careful not to burn. Remove from heat and pour into a large mixing bowl. Allow to cool.

Add the sugars and vanilla powder to the melted butter and use an electric beater to beat until combined. Add the egg and egg yolk and continue to beat until the mix is lighter in colour and creamy, about 5 minutes.

Add the flour, bicarb soda, salt, chocolate, macadamias, cacao nibs and fudge and use a wooden spoon

to mix until combined, don't over mix. Cover and place in the fridge for at least 30 minutes.

Pour the batter into the prepared tin and smooth the top. If desired, sprinkle with a few extra chopped macadamias.

Bake for 50–60 minutes, or until a skewer inserted into the centre comes out clean. If the top begins to brown too quickly, loosely cover with foil during the final 15–20 minutes of baking.

Allow the banana bread to cool in the tin for 10 minutes before transferring to a wire rack to cool completely. Store in an airtight container at room temperature for up to 3 days or refrigerate for up to 1 week.

# THE UNSUNG SINK HERO



**Dishwashing liquid is one of those products that quietly disappears and gets replaced over and over again without much thought.**

Our refillable dishwashing liquids are selected for both quality and ingredients, featuring products made by smaller Australian producers using thoughtfully chosen formulations.

And because it is something used every single day, setting up a refill system for dishwashing liquid is one of the easiest ways to make refill shopping feel automatic.

Our bulk dishwashing liquid is made in Northern New South Wales by a small family run business. The concentrated plant-based formula is biodegradable, palm oil-free, cruelty-free, safe for grey-water and septic systems and free from harsh chemicals including SLS, SLES, parabens and PEGs.

## 92 MILLION

Estimated plastic household cleaning bottles used in Australia every year

Choosing a plant-based dishwashing liquid is one of the simplest refill habits to start.

Because it gets used every day, it also makes one of the biggest differences - fewer plastic bottles, fewer chemicals, and a product that's genuinely better for your home. Bring in your bottle and refill.



# PASTA, SIMPLIFIED

## GOOD PASTA DOES NOT NEED MUCH.

Our pasta range is made from thoughtfully sourced ingredients, proving that everyday pantry staples can still feel elevated, natural and high quality.

Many of our pasta varieties are also organic, meaning the ingredients are grown without synthetic pesticides, chemical fertilisers or genetically modified ingredients. When it is something your family may eat every week, those small ingredient choices can add up over time.

Our specialty pasta ranges bring even more to the plate:

### **Made with Simple Ingredients –**

Crafted from quality ingredients you can recognise, without unnecessary additives or preservatives.

### **Gluten-Friendly and Organic**

**Options** – Made by boutique producers using quality organic ingredients, our gluten-friendly pastas are a less processed, more wholesome alternative to many supermarket brands.

### **Ingredient-Led Flavour –**

From Australian durum wheat to nutrient-rich ingredients like quinoa, spinach and beetroot, every variety starts with quality ingredients chosen for both flavour and texture.

And because pasta is one of those pantry staples we tend to buy regularly, the packaging can quietly add up too. Buying just one packet of supermarket pasta each week could mean 50+ plastic pasta packs being thrown away every year from one household alone.

Choosing pasta from bulk bins is a simple reminder that even everyday meals can create a bigger impact for your pantry, your routine and the waste you bring home.

### **Pantry Tip**

Transfer opened pasta into airtight containers or jars to help maintain freshness and keep your pantry organised.

Labelling jars with purchase dates also makes it easier to rotate older products first.





## The Ripple Effect of Small Changes

The habits that shape our lives are rarely the dramatic ones.

More often, they are the tiny routines repeated so regularly we stop noticing them — refilling jars before they are empty, bringing reusable containers to the store, reaching for the same thoughtfully chosen pantry staples each week.

These actions do not feel difficult because they are designed to fit naturally into everyday life.

And that is exactly why they last.

One household making small, consistent changes may not seem significant at first. But multiplied across communities, those everyday choices become something much bigger.

That is the power of small changes.  
One jar. One refill. One better pantry staple.

**Small changes. Big impact.**

# SMALL CHANGES BIG IMPACT.

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