



Full Circle Foods

Zero-waste + local groceries in
downtown Kitchener

FULL CIRCLE FOODS

almond

Log in \$0.00

Featured Beauty Bulk Cooler Dairy Freezer **Grocery** Household Meat & Seafood Produce Supplements

- Pick-up: ready by 4pm next day.
- Delivery: order by 10am Tuesday for Wednesday delivery. \$10 delivery fee, or free for orders over \$100. [More Info](#)
- Subscription: Get your favourite groceries delivered every week by building a subscription. [Log in to get started.](#)

 Zero Waste Almond Flavour \$1.99 (+\$1.00 deposit) · 100ml <input type="button" value="1"/> Add to Cart	 Golden Hearth Bakery 🇨🇦 Almond Croissant \$3.75 <input type="button" value="1"/> Add to Cart	 live. dream bar Almond Butter \$9.89 <input type="button" value="1"/> Add to Cart
 Zero Waste Product of California Almond Flour, Blanched \$3.79 · 1 cup (~150g) <input type="button" value="1 cup"/> Add to Cart	 Zero Waste Product of California Almonds, Natural, Raw \$3.41 · 1 cup (~173g) <input type="button" value="1 cup"/> Add to Cart	 Zero Waste Product of Canada 🇨🇦 Almond Butter, Smooth \$7.22 · 1 cup (~240g) <input type="button" value="1 cup"/> Add to Cart



First
Impressions

44 years in
downtown
Kitchener



Longtime natural-food store for sale

Full Circle Foods, established in 1981, has become a fixture in downtown Kitchener

Brent Davis, Record staff

KITCHENER — Full Circle Foods has been part of Patricia Szlagowski's life for more than 20 years.

But she's made the bittersweet decision to sell the Kitchener organic and natural grocery as she and her husband prepare to move on the next chapter in their lives.

The following day he came up to me and

store," she says. "There are new dispensing containers for bulk goods, for example, and new produce coolers.

Beyond natural whole organic foods — including an extensive bulk food section with bins filled with local grains, cereals, flours and beans — Full Circle also sells beauty and housecleaning supplies.

"Basically, everything for a healthy lifestyle," Szlagowski says. Annual sales are in the \$1 million range.

Szlagowski and her husband, Glenn, plan to move back to northern Ontario, where they're originally from.

"It's kind of a meeting place, I find a lot of people," Szlagowski says.

ORANGE - DATE MUFFINS

1 whole orange(See note)
1/2 cup orange juice
1/2 cup chopped dates*
2 large eggs*
2 TBS oil*
1/2 cup sugar
1 tsp pure vanilla*
1 cup soft whole wheat flour*
1/2 cup all-purpose flour*
1 tsp baking soda*
pinch of ground cloves*

INSTRUCTIONS:

NOTE: Do not use a whole orange unless it is organic. Modern oranges do not have edible peels. Just juice the orange and use the pulp and juice. Otherwise, cut the orange in 4 and remove the seeds. Toss into the food processor with the orange juice and whirl until finely chopped. Add the dates, eggs, vanilla, oil and sugar and pulse until the dates are chopped. In a mixing bowl, stir together the dry ingredients. Pour in the contents of the food processor and stir until just mixed. Bake at 375 F. for 20-25 mins. Makes 8.

P.S. Dennis liked these so well that he made a huge batch for his wedding cake. (Eileen had a chocolate cake, of course.)

HERMAN/GROGAN, Dennis and Eileen are very happy to announce the arrival of a big, beautiful boy, Devin Grogan Herman arrived April 10, at 10:43 p.m. and weighed 11 lb 8 oz. Thanks to Drs. Taylor and Hamm. Thanks also to John and the staff and customers of Full Circle for their support and best wishes. Devin was born at home with the expert care of midwives Elsie Cressman, Maggie Florivanti and Royce. Thank you Elsie for a wonderful birth.

FULL CIRCLE FOODS

346 King St W. Kit. 744- 5331

NEWSLETTER NO 26 OCTOBER 1990



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All - vitamin c

Hello, sign in Account & Lists Returns & Orders Cart

Popular Shopping Ideas

- Gummy
- Zinc
- Chewable
- Organic

▼ See more

Eligible for Free Shipping

FREE Shipping

Customer Reviews

★★★★★ & Up

Brands

- < Clear
- Organika
- Webber Naturals
- Jamieson Laboratories
- Emergen-C
- Nature's Bounty
- Redoxon
- SISU

▼ See more

Price

\$5 - \$49+

\$20⁹⁹ (\$0.35/count)
\$19.94 with Subscribe & Save discount
FREE delivery Sun, Sep 21 on your first order
Or fastest delivery Fri, Sep 19

Go

Deals & Discounts

All Discounts

Results

Check each product page for other buying options.

Amazon's Choice

Organika Canadian-Made Liposomal Vitamin C 500mg-High Absorption for Superior...
Vitamin C
★★★★★ & 465 2K+ bought in past month
\$20⁹⁹ (\$0.35/count)
\$19.94 with Subscribe & Save discount
FREE delivery Sun, Sep 21 on your first order
Or fastest delivery Fri, Sep 19

Organika Instant-C Effervescent-Peach Mango, 1000mg Vitamin C, Immune Support Tablets, 8...
Iron, Vitamin C
Options: 5 sizes, 3 flavours
★★★★★ & 324 400+ bought in past month
\$44⁶⁶ (\$0.56/count) List: \$51-92
\$42.43 with Subscribe & Save discount
FREE delivery Sun, Sep 21
Or fastest delivery Fri, Sep 19

Organika Instant C, D, Zinc Effervescent Tablets - Peach Flavour- Immune Support- Sin...
Peach
Options: 2 sizes, 2 flavours
★★★★★ & 619 800+ bought in past month
\$6⁵⁶ (\$0.66/count)
\$6.23 with Subscribe & Save discount
Save 5% on any 5
FREE delivery Sun, Sep 21 on your first order
Or fastest delivery Fri, Sep 19

Organika Canadian-Made Kids Zinc Spray with Vitamin C-Orange Tangerine Flavour-...
Orange Tangerine
Options: 1 size, 1 flavour
★★★★★ & 300 800+ bought in past month
\$27⁹⁹ (\$93.30/100 mL)
\$26.59 with Subscribe & Save discount
FREE delivery Sun, Sep 21 on your first order
Or fastest delivery Fri, Sep 19

Add to cart



**Advantages of
being small +
local**



- Personal relationships, trust, and service
- Zero waste throughout the supply chain
- First to market for new local products
- Unique + ethical delivery model
- High effort creates loyalty
- Part of a neighbourhood ecosystem



Zero-waste deliveries



Target

11.6

By 2030, reduce the adverse per capita environmental impact of cities, including by paying special attention to air quality and municipal and other waste management

**Help us grow zero-waste shopping
from 30k to 50k items per year**

**Identify types/groups of customers
based on shopping habits: who are
our zero-waste champions?**

**Do delivery vs. in-store
customers have different habits?**

Your Challenge

**What zero-waste products
should we recommend based
on current shopping cart?**

**What product categories
need more selection of
zero-waste options?**

The Data

**2 months of sales data
4,639 transactions
17,572 line items**

Product ID	Product Description	Category	Subcategory	Zero-waste?	Transaction ID
5uqCF	Classic Hummus, Waste Free	Cooler	Hummus	zero-waste	3e320
fk9US	Carbolic Soap	Beauty	Skin Care		9915a
UX6E2	Shea Butter Soap	Beauty	Skin Care		9915a
wE8DO	Olive Oil Soap	Beauty	Skin Care		9915a
qLqFw	Gluten Free Pie Shell - 2 Pack	Freezer	Frozen Dinners		9915a
yQiEp	Yogurt, Grass-Fed (Organic)	Dairy	Yogurt & Kefir	zero-waste	9d8a5
nNPrJ	Unsweetened Coconut Yogurt	Cooler	Vegan Dairy		9d8a5
Xvdcn	Oats, Large Flake (Organic)	Bulk	Oats	zero-waste	9d8a5
X9yGs	Oat Creamer, Unsweetened	Cooler	Vegan Milk		9d8a5
VjiV5	Almonds, Natural Sliced	Bulk	Nuts	zero-waste	9d8a5
oFF9L	Walnut, Pieces	Bulk	Nuts	zero-waste	9d8a5
vPQoD	Sunflower Seeds, Hulled Roasted No Salt	Bulk	Seeds	zero-waste	9d8a5
S8XTL	Sesame Seeds, Natural (Organic)	Bulk	Seeds	zero-waste	9d8a5
ctIOS	Sugar, Cane (Organic)	Bulk	Sugar & Sweeteners	zero-waste	9d8a5
E5cJv	Peanuts. Blanched Roasted & Salted	Bulk	Nuts	zero-waste	9d8a5

JSON / Excel



<https://fullcirclefoods.ca/experience-ventures-hackathon-dataset-download>