

# I QUIT SUGAR SIMPLICIOUS FLOW

## RESOURCE KIT

### WELCOME!

This is a (hopefully) handy kit that accompanies my book *Simplicious Flow*. It's a collection of resources that I find helps me live a more sustainable life. Meg Yonson helped me put it together as the book evolved.

A caveat – it's not exhaustive. It's just the stuff I (and Megs) have come across in my journey that I rate as legit.

Feel free to point me towards any suggestions of what to add to the kit on the social media posts I share on the topic and by using social media tags.

#SimpliciousFlow  
#GiveAFlow

HOPE YOU FIND THIS HELPFUL!

*Sarah xxx*





**BUYING FOOD**



I BANG ON ABOUT WHY WE NEED TO SHOP AT THESE PLACES IN 'FLOW'

## BULK FOOD STORES

**The Source Bulk Foods.** It's the biggest and the original zero-waste bulk whole foods operation, with 44 stores in Australia, 3 in New Zealand (with more on the way) and one in the UK. It was launched a decade ago by husband and wife Paul and Emma Medeiros because they wanted to wipe out plastic and waste. Profits from their now very recognisable stainless steel water bottles go to a bunch of conservation projects and to date they've saved 45 million plastic bags from distribution. Plus, they've managed to convince 40% of their manufacturers to remove plastic and non-recyclables from their packaging.

**Scoop.** Organic and natural bulk food stores around NSW only.

**Naked Foods.** Have 18 stores around Australia.

**Honest to Goodness.** Online whole foods store. Ships Australia-wide. They sell 'broken almonds' for making milk in 5 kg bags. You can register a buying group and get wholesale prices.

## GROCERS

**Harris Farm NSW.** These guys were pretty much the first to do 'imperfect picks' and other initiatives at their grocery stores.

**Aunt Maggie's.** Organics stores around Melbourne stocking local produce. They have regular workshops and talks with guest speakers.

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AS I SAY IN  
ALL MY BOOKS,  
**ORGANIC EGGS**  
ARE THE ONLY  
WAY TO GO

## EGGS

With ANY organic egg producer, you are guaranteed they stick to the Model Code of Practice (MCP). Free-range eggs are not policed fully and CHOICE have found 213 million of the free-range eggs on the market are produced in facilities with stocking densities higher than the MCP, with some brands keeping as many as 10,000 chooks per hectare – insanely cruel. If you tend to buy free-range brands, check that they are ethical and meet the MCP on [CHOICE's app CluckAR](#).

## MISC FOOD ITEMS

**Natural Evolution Foods.** Have invented a green banana flour, as they were tired of turving perfectly good lady finger bananas due to stringent supermarket requirements.

**Eat Me Chutneys.** Megs said: 'These guys are rad! They're a family-run, Sydney business that rescues organic wonky veg, employs disadvantaged female job seekers and then creates lush chutneys...their eggplant and curry leaf looks amazing!' If you see Eat Me Chutneys around, buy and support them!

**Maldon Sea Salt Flakes and Himalayan rock salt.** The latter is a good choice for fermenting as it contains a full spectrum of 84 minerals and trace elements and has no iodine (which interferes with lacto-fermentation).

**I Quit Sugar Gut-Lovin' Gelatin.** I created this pure, 100% natural collagen powder from ethically and sustainably raised Australian, pasture-fed cattle! You can buy it from Nourished Life [here](#).

**The Chia Seed Co.** This company uses seeds grown in Western Australia.

**Ovvio Organics.** My friend Anthia Koullouros is behind this company. She creates certified organic herbal tea, herbs and spices.

**Red Ape.** They stock ground organic cinnamon, turmeric and ginger from Indonesia. Their stuff is sun-dried, and slowly ground. It's sustainably harvested and certified organic.

**Pepe Saya.** They use local, organic cream to make their cultured butter. They also sell ghee and buttermilk.

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**Bread & Butter Project.** A social enterprise that operates as a commercial business and at the same time are a registered charity to alleviate poverty. Their wholesale bakery has qualified artisan bakers working alongside a team of dedicated trainees from refugee and asylum seeker background.

**Cobram Olive Oil.** The only olive oil I buy and use. They look after every stage of production and produce the freshest and most nutritious olive oil in Australia.

## MEAT

**Sustainable Table.** Have an ethical meat supplier directory for Australian wide distributors. Find it [here](#).

**Kangaroo Industry Association of Australia (KIAA).** This is a great website, with excellent factual info about every aspect of the kangaroo meat industry. In particular, check out their Resources page (it's in the 'About Us' tab in the nav bar).

**MLA (Meat and Livestock Australia).** A not-for-profit Australian organisation that conducts research and works on the sustainability and global competitiveness of the Australian red meat industry.

**Feather and Bone.** Sydney meat supplier. These peeps are a traditional, whole-animal butcher sourcing whole, pasture-raised animals directly from regenerative farms that are building healthy soil, plants and animals. You can buy online or from their shop in Marrickville, Sydney.

**Shiralee Meats.** Premium certified organic butcher in Sydney. They serve retail customers from their Northern Beaches butchery and online as well as service wholesale.

**Hagen's Organics.** Family-run ethical, local, sustainable and organic butcher. They have shops around Melbourne and also sell online.

**Chrissy's Cuts.** I have a whole chapter about gourmet sausages in the book. So here's a good one: Chrissy Flanagan's sausages are made from only free-range, whole cuts of real meat – no junk.





## CANNED FISH

I recommend steering clear of tuna in general. But if you're unable to kick the habit just yet, look for brands that use 'skipjack' tuna, and have the words pole-and-line caught on their packaging – this is the most sustainable, [Choice](#) says. Avoid yellowfin and longtail.

Here are some of the best canned fish companies on the market:

- + **FISH 4 EVER.** Described as 'the benchmark of sustainable fishing practice', it has 100% pole-and-line-caught fish.
- + **SAFCOL.** 100% pole-and-line FAD-free skipjack tuna. FAD stands for Fish Aggregating Device. FADs are like giant fish magnets, attracting large schools of fish and marine life. It increases the fishing 'capacity' in the tuna fishery and undermines attempts to limit catches by restricting the number of fishing days.
- + **COLES.** 100% FAD-free, purse seine-fished skipjack tuna.
- + **ALDI.** All new stock on order is FAD-free and pole-and-line, although Aldi is still using yellowfin tuna in its Ocean Rise range. Portview is a better option.
- + **JOHN WEST.** Australia's biggest tuna brand with over 40% of the market. They have announced their complete transition to FAD-free tuna sourced from the Pacific.
- + **IGA.** Has two pole-and-line tuna products in its private label range and is heading towards a FAD-free range during 2015, but their sourcing claims are not backed up by effective third-party audits.
- + **SOLE MARE.** Its new range is 100% cent pole-and-line, but exclusively uses yellowfin tuna and has not yet obtained audited supply chain guarantees of sustainable sourcing.
- + **GREENSEAS.** 100% skipjack tuna from the Western Central Pacific Ocean, but the company has failed to provide evidence that it's sticking to its commitments to go FAD-free.





## SEAFOOD

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**Fish Butchery.** We worked with the owner, Josh Niland, on the creation of the Cook A Whole Fish Challenge in *Simplicious Flow*. He's a nerd on all things Australian sustainable seafood. I went with Megs to Josh's restaurant, Saint Peter, a sustainable fish eatery, as a finishing dinner for developing the recipes in the book. If you're in Sydney both are really worth the visit.

**Sustainable Seafood Guide.** An online tool to help you make responsible seafood choices.

**The Fish Tale.** A seafood agency run by my mate John Susman. He sits on the board of the Fisheries Research and Development Corporation and is well across the network of the best and most sustainable catchers, distributors and cooks for seafood in Australia. He's also co-written a book – *Australian Fish & Seafood Cookbook*.

**Kinawooka Mussels.** We ask John Susman to tell us about the best mussels to buy: he reckons you can't go past Kinkawooka Mussels. They currently come housed in pre-packaged in plastic as this is the best way to buy them. However, they are working towards compostable packaging.



# CAFES AND RESTAURANTS





## RESPONSIBLE CAFES

Responsible Cafes have compiled an indispensable guide to cafes that commit to responsible reusables and sustainable practices. They are actively engaging cafes to improve sustainability and currently have over 4,400 cafes in their guide!

(My preferred option is using a glass jar with elastic bands wrapped around as my 'keep cup' – instructions in *Simplicious Flow*).

## SYDNEY CAFES AND RESTAURANTS

**Folonomo and Gratia.** 100% of Folonomo (day cafe) and Gratia (restaurant) profits go to a range of not-for-profit organisations. Plus, Folo is supporting my philanthropic trust fund, which I will post info about soon.

**UMU Bondi.** Plant-based menu and a whole foods store on site.

**Lankan Filling Station.** These guys employ sustainable practices across the board. All ingredients are sourced locally or from ethical, sustainable sources in Sri Lanka.

**Cornersmith.** I have work meetings here. The menu is seasonal, local and sourced much closer than you'd think (like, in the surrounding suburb or two). The locals can trade their homegrown veggies for a jar of jam or pickles. Follow them on Instagram to see their clever ways for using food scraps.

**Rough & Bare.** They work with 1 degree of separation between them and the farmer.

**Three Blue Ducks.** Their cafe sources produce from its farm in Byron Bay, generates power from solar panels and sends all organic waste to community gardens for compost.



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**The Commons.** Also a 'locavore' – the kitchen displays where every item was sourced, usually from a local farmer.

**Saint Peter.** A fish eatery in Sydney serving sustainable seafood.

**Sean's Panaroma.** Chef and owner Sean Moran has a farm near the Blue Mountains. He takes the scraps from the restaurant and returns them to the farm, where they are used for compost.

**Young Henrys.** Brewery in Newtown. They work to minimise glass production and give leftover grain from the brewing process to local chicken farmers.

**Single Origin.** Locations around Sydney. The I Quit Sugar office was above their Surry Hills cafe. All roasting is done by solar panels and the beans come from small environmentally-friendly and ethically-sound growers. The team also played a role in developing The Juggler Cafe Milk Tap System, which makes sure that not a single drop of milk is wasted during coffee making.

## **PERTH**

**Dunn & Walton.** This cafe is uber enviro-friendly, with an organic kitchen, homemade almond milk and their BYO tiffins, offering takeaway dinner if you BYO container. Plus, all their milk is delivered in bulk to eliminate the need for plastic containers.

**Young George.** Their kitchen is 100% plastic free. No plastic containers or cling film – bravo!

**Bib & Tucker.** Okay, so these guys are really making an enviro difference. They use recycled water for handwashing, donate their coffee grounds to mushroom farms and have one hundred and fifty thousand beehives on the roof.

**Raw Kitchen.** Plant-based menu with a kombucha microbrewery – yes really! They also have a zero-waste and plastic-free store on site.



## MELBOURNE

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**Higher Ground.** They have 20 worm farms with 100,000 worms turning their food scraps into fertiliser. Amazing coffee too.

**Kinfolk Cafe.** Is managed by volunteers and profits are redistributed to partner charities. They use local and organic producers.

**Iki-Jime.** Shannon Bennett's sustainable seafood restaurant. Iki-Jime is named for the traditional and ethical Japanese methods of harvesting fish used by their supplier.

**Grain Store.** These guys have teamed up with CERES Fair Food Organic as their only food host in Melbourne CBD to use only locally harvested product that is free of chemicals.





# HOME AND LIFESTYLE



## **CLOTHING**

**Ethical Clothing Australia.** Has a list of brands which are making conscious decisions to build their businesses locally with ethical foundations in Australia. FYI Etiko has the highest possible ranking for ethical production. I wear their sneakers and they used to make our Sugar Sucks jumpers.

## **FIX IT DON'T BIN IT**

This one is random, but we thought you'd find it interesting.

- + Manuals to repair everything: [ifixit.com](https://www.ifixit.com)
- + The Bower Reuse & Repair Cafe, Marrickville: [bower.org.au/repaircafe](https://bower.org.au/repaircafe)
- + Repair Cafes worldwide: [repaircafe.org/en/visit/](https://repaircafe.org/en/visit/)

## **REALLY USEFUL APPS**

**AMAZON'S ALEXA 'SAVE THE FOOD SKILL'.** Part of Save the Food's campaign to fight food waste in the US. All you have to do is download it, and Alexa suddenly becomes an expert in everything from expiration dates to the optimal container for storing produce. ('To last as long as possible, asparagus is best stored in a vase with water in the fridge, like flowers.')

**WETAP APP.** Tells you where to find public drinking fountains all over the world. Paris now even has sparkling water fountains!

**OLIO.** Meet your neighbours on OLIO, it's an app that connects neighbours with each other and with local shops and cafes so surplus food can be shared and not thrown away.

**USDA FOODKEEPER.** A clever app that connects with your calendar, to tell you when your frozen beef mince will need to be eaten up by!



## **GROW YOUR OWN**

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**Diggers.com.au.** One of the oldest and largest gardening suppliers in Australia. They sell a large range of heirloom seeds for veggies, herbs, fruits and flowers online. They have a huge stack of free online articles to help you get started, too!

**The Little Veggie Patch Co.** A business dedicated to helping people grow food, especially if you live in an inner-city apartment. Their book is a great resource.

## **LOO PAPER**

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**Who Gives A Crap.** WGAC donate half of their profits to non-profit organisations working to improve access to hygiene, water and basic sanitation in developing countries. Also, all their products are made without trees!

## **RECYCLING**

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**RecycleSmart.** To figure out what you can recycle based on your council area, Planet Ark has a free app to help.

**Ekko World.** Has a brilliant recycle guide at [ekko.world/recycle](http://ekko.world/recycle).

## **TOOLS**

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**The Brunswick Tool Library.** For everyone in Melbourne, borrow tools from this not-for profit. They have hand tools, power tools, garden tools, ladders etc to use for your home projects.

**Library Of Things.** If you're in the UK, borrow useful things for your home like appliances and tools.

**Peerby.** Tool library in the Netherlands!

A photograph of various kitchen waste items. At the top, two white plastic hangers are visible, one with a brown rubber band and the other with a green rubber band. Below them is a clear plastic bag with a green and yellow striped seal. In the center, there are two bags of food: one is purple and green with 'Figs' and '99% fat free' printed on it, and the other is green with 'SWEET VINE' printed on it. To the right of the food bags is a stack of white and brown paper napkins. Further right is a small glass jar with a green lid and a stack of colorful rubber bands. The entire scene is set against a light blue background.

# KITCHEN GUFF



## **BLENDERS**

CHOICE did the best study on high-powered blenders. Over to them, click [here](#).

## **PLASTIC ALTERNATIVES**

I outline in Flow a bunch of ways to skip plastic that don't require buying extra stuff, like storing food in a bowl with a side plate or saucepan lid on top. And using postage bags that arrive in the mail as your bin liner, etc. Failing this...

**Wax-coated wraps.** These can be wiped/washed up to 150 times. You just need to be careful not to use hot water to wipe them down (for obvious melt-y reasons). If you're not keen on beeswax for ethical or allergy reasons, there are also vegan wax wraps made from candelilla wax and non-GMO soy. Available at most markets, [Nourished Life](#) and bulk food stores.

**Silicone containers.** These can be washed and used for years. Stasher make great ones – buy at [Nourished Life](#).

**Life Basics woven produce bags.** For people who feel they need bags for their loose items– brussels sprouts, green beans, snow peas etc. Buy at [Nourished Life](#).

**The Swag Bags.** These keep your produce from drying out, keeping them fresh for longer. Creating a breathable environment which is moist and not too cold or too hot allows it to thrive in your fridge and last 2–4 times longer than in the crisper. We used these to store our produce through the whole *Simplicious Flow* shoot. Find [here](#).

**Baking paper.** Avoid. I explain why in Flow. If you must use it, try biodegradable versions. [IfYouCare.com](#) makes unbleached, chlorine-free parchment paper for baking that is compostable and reusable.



**FLOW ON ...**

## REALLY USEFUL ONLINE STORES

**BIOME.COM.AU**. A zero-waste, toxin-free, ethical online shopping place. Australian shipping only.

**NOURISHED LIFE**. A one-stop shop to get all these things. They stock a bunch of eco kitchen wares like beeswax covers, swag bags, eco washing liquid etc. They also sell a bunch of natural makeup.

**LIFEWITHOUTPLASTIC.COM**. Ships worldwide.

**MIGHTYNEST.COM**. Ships to America, Canada and Australia.

**WILDMINIMALIST.COM**. An online plastic-free store committed to packaging items plastic-free! Ships to America only.

**ASLICEOFGREEN.CO.UK**. Products are focused on 'reduce-reuse-recycle' and sustainability. They sell a bunch of stuff for food preparation, storage and transport. Ships to the UK.

## CAST IRON PANS

In Flow, I discuss why you should develop a relationship with a cast iron skillet.

**SOLIDtechnics**. Made from Aussie sheet iron. The owner of the company, Mark, is a super skillet nerd. Their pans conduct heat better than cast iron and heat up and cool down faster, but also retain heat really well. Their pans are super lightweight and we used them through testing and shooting the *Simplicious Flow* cookbook. We used the 26cm and 32cm skillets.

## CLEANING

**Enjo**. I use their Fruit & Veg Cloth to scrub my veggies clean. Their stuff is designed to be washed and reused over and over again. They use minimal packaging and also stock 100% chemical free laundry cleaning products.



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## **COMPOSTING**

A few bits and bobs to make it easier. But check out the chapter on the topic in *Simplicious Flow*.

**Bokashi bin.** I use this bin at home, plus Justin from Compost Revolution (below) kindly lent us an Urban Composter bokashi bin for the shoot.

**Compost Revolution.** Works with 31 councils across Australia to provide discounted compost bins, Bacochi Bins and worm farms.

**Communal composting.** Some councils have communal drop-off bins. Check out [ShareWaste.com](http://ShareWaste.com) to see if your area does. If it doesn't, ask!

**Hungry Bin Worm Farm.** My friend Indira says: 'I've had a Hungry Bin worm farm on my balcony for 5 years. It's compact and is a continuous flow-system farm so doesn't need to be constantly emptied. The worms can munch through up to 2 kilos of kitchen scraps – fruit and veg, bread, coffee grounds, wilted flowers. The system costs about \$400, which includes 1000 worms.'

**Tumbleweed.** Jess Miller – Sydney City Deputy Lord Mayor, waste crusader, insect-flour entrepreneur and mum – reckons that for anyone with a small terrace garden, a compost tumbler from Tumbleweed is great. Not too big, aerated and rodents and pests can't get to it, which is an issue in high-density areas.

A full-page photograph of a person in a black wetsuit walking on a sandy beach towards the ocean. They are carrying a white surfboard under their arm. The ocean has white-capped waves, and the sky is blue with light clouds. A seagull is visible in the distance on the right.

**INSPIRATION AND  
WAYS TO GET  
MORE INVOLVED**



## COMMUNITY GARDENS AND CITY FARMS

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**[Australian City Farms & Community Gardens Network](#)**. To keep up to date with news and events on community gardens.

**[OzHarvest Market](#)**. Housed in Kensington, Sydney, the market operates on a 'take what you need, give if you can' model.

**[Pocket City Farm](#)**. The team works on Sydney's neglected spaces, from spare plots to rooftops, in an effort to make good of the unused space by growing organic produce! Volunteer at the farm and take food home as your pay.

**[Sydney City Farm](#)**. An urban agriculture project in Sydney Park as a place to learn about urban agriculture and sustainable food production. They hold community events, workshops and farmers markets.

**[CERES](#)**. Stands for: Centre for Education and Research in Environmental Strategies. It's a sustainability centre which runs extensive environmental education programs, urban agriculture projects, green technology demonstrations and a number of social enterprises including a market, grocery, cafe, community kitchen, organic online supermarket and a permaculture and bushfood nursery.

**[Cultivating Community](#)**. A non-profit organisation that offers a range of services to assist community food projects. They work with community gardens, school food gardens, host workshops and work on various food system projects.

**[Brisbane Community Gardens](#)**. If you're in Brisbane, find a long list of all the community gardens [here](#).

## EDUCATION

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**[Transition Australia](#)**. Australia-wide network which aims primarily to connect and support groups invested in sustainability, food security, equity or cohesion.

**[Youth Food Movement Australia](#)**. Australia-wide volunteer-led organisation that runs food projects for young people. They empower young peeps to take the skills, knowledge and experiences out into the world to create a sustainable food future.



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**[Milkwood](#)**. Dedicated to teaching and sharing permaculture skills online, in-person and in print. They're a crew of educators, facilitators and doers who teach everything from permaculture design to market gardening, natural building and mushroom cultivation, to helping create resilient households and communities.

**[FoodWise](#)**. Have loads of information on how to reduce the most commonly wasted food products, how to compost properly, how to grow your own veggies, and seasonal food lists.

## **FOOD LEFTOVERS**

**[Love Your Leftovers app](#)**. A NSW Government app that helps you minimise waste.

**[The Clever Cook](#)**. An eBook by Sustainable Table. It's a recipe book and handy guide on how to reduce food waste while saving money and still eating well.

**[Yume Food App](#)**. A wholesale marketplace for quality surplus food from cafes, restaurants, wholesalers and distributors.

## **FORAGING**

**[Diego Bonito](#)**. He is the Weedy Man. You can follow him [here](#) and [here](#) and he has a resource for foraging [here](#).

**[VILD MAD](#)**. A comprehensive and free downloadable app by René Redzepi to help you forage. The plants on there are mainly Nordic-centric, but updates will include flora from around the globe. However, the intel on landscape and ecosystems is universal information.

## **MY FAVOURITE AUTHORS**

**[Tamar Adler](#)**. Has written a lyrical book about how she works with leftovers called *An Everlasting Meal: Cooking with Economy and Grace*. On roasted vegetables she agrees they're best after sitting in the fridge a day or two to 'settle into themselves'. I've given a salad in *Simplicious Flow* this name because it's what it conjured for me – grace and come-what-may elan.



**FLOW ON ...**



**Michael Pollan.** Read his books, most notably *Food Rules* and *Cooked*. He's been writing for 30 years about where nature and culture intersect, on our plates, in our farms and gardens and in our minds.

**Indira Naidoo.** Author of the bestselling books *The Edible Balcony* and *The Edible City*. She has a 20-square metre balcony on the 13th floor of an apartment building in the highest-density suburb in Australia and is a composting fiend.

**Mads Refslund.** His book *Scraps, Wilt & Weeds: Turning Wasted Food into Plenty* features 100 accessible waste-free recipes for the home cook. He uses potato peels, cauli stems, stale bread, unripe strawberries and wrinkly potatoes!

## INSPIRATIONAL PEOPLE TO FOLLOW

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**[1millionwomen.com.au](http://1millionwomen.com.au).** Global movement to empower women to act on climate change through the way they live.

**I Quit Sugar.** Check out the [Facebook](#) and [Instagram](#).

**Anne-Marie Bonneau.** Aka the ZeroWasteChef who I've been following on the Instas for a while.

**Alexx Stuart.** Shares all things low-tox living.

**Lindsay Miles.** Runs the website [treadingmyownpath.com](http://treadingmyownpath.com) to share ways to live with less waste.

**Gippsland Unwrapped.** Website that shares how to live a plastic-free life.

**Grown and Gathered.** Behind this blog are Matt and Lentil. They are gardeners, farmers, authors and educators on how to grow and cook traditional food. Their two books *Grown & Gathered* and *The Village* are worth a read.



## LEGISLATION

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Food safety rules will not stand in anyone's way if they want to reuse containers – so long as they are clean and suitable. Food handlers do not have to accept your containers, especially if they are dirty. But if your eatery is refusing, show them [this link](#).

## ORGANISATIONS TO SUPPORT

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**[Zero Waste International Alliance](#)**. According to the Zero Waste International Alliance, 'zero-waste' is an aim.'

## TV SHOWS TO WATCH

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**[War On Waste](#)**. An insanely useful three-part documentary series, which focuses on the impact of and solutions for material waste in Australia, targeting plastic water bottles, straws, e-waste, fast furniture, food waste and the recycling crisis. [Watch on iView](#).

**[Wasted! The Story of Food Waste](#)**. Featuring celeb chefs like Anthony Bourdain and Massimo Bottura, it aims to change the way people buy, cook, recycle and eat food.

**[Cooked](#)**. A documentary on Netflix, based on Michael Pollan's famous book. It explores the natural elements of cooking – fire, water, air and earth. The book and doco bring a deeper appreciation of food.

**[Food Fighter](#)**. Documentary that follows Oz Harvest founder Ronni Kahn's crusade against the global food-waste problem.