

## The Incredible Bulk



### Bulk buying: good for your pocket, diet and the environment

Naturally Good Food are experts in the bulk purchasing of organic, wholefoods, environmentally friendly and free-from foods. Bulk purchase is at the core of our business – it's actually how we first began. When Sue, the owner of Naturally Good Food, found it hard to locate good quality wholefoods for her growing family, she solved the problem by buying large bags of rice, lentils, dried fruit and so on, and splitting them down to share out – often with friends and neighbours. A buying group thus emerged, making the most of the savings available from buying in bulk. This later transformed itself into a home delivery service, then into a small shop, and finally, into an internet-based international delivery company!

Buying in bulk makes great sense for your pocket, your diet and the environment. It's cheaper to buy in larger quantities, because you're cutting out the middleman: no-one has to rebag the bigger sack into smaller packs, and the producers are naturally keen to make as much of their profit up-front as they can, by selling you several months' worth of a product in one go.

Buying in bulk means that you'll never run out of the organic, wholefood or free-from food that you need. So long as you've got room to store it, you can have a constant supply of rice, pulses, lentils, sugar, grains and so on. It's easy to see when you're getting low, and replenishing it is just a click away. You need never reach for an unhealthy ready-meal in desperation again!

Packing and transporting bigger sacks and boxes uses less processing material, and less energy, than constantly repacking and re-transporting smaller bags. By buying in bulk, you're doing just a little bit more for the environment.

### For caterers...

Naturally, a lot of our bulk buy customers are small-scale caterers and businesses. If you're one of these, then we can supply you with pallets of sugar, agave syrup, rice, flour and grains, among many other products. We are experts at arranging for the delivery of boxes of soya milk or non-dairy chocolate, of tubs of vegan mayonnaise and nut butters – or whole cases of gluten-free ingredients.

### ...and families

We're also popular with families looking to save money on their healthy diet. Many individual customers, for example, buy our brown basmati rice in 3kg, 5kg or 25kg sacks, for their hungry members!