

organic • bulk • minimum waste

POP • UP

wholefoods

WHOLEFOOD BASICS

Dried Beans & Pulses

Grains

Nuts & Seeds

Dried Fruit

Flakes & Porridge

Mueslis

Flours

Herbs & Spices

GENERAL FOOD & DRINK

Tinned Beans & Pulses

Nut & Seed Butters

Sprouting Seeds

Vegetables & Sauerkrauts

Sea Vegetables

Tomato Products

Olives

Pasta Sauces & Pestos

Pasta & Noodles

Oils & Fats

Vinegars

Breads

Baking Supplies & Mixes

Crackers & Crispbreads

Breakfast Cereals

Pates

Table Sauces & Dips

Mustards & Chutneys

Mayonnaise

Gravy, Stock & Bouillon

Salt & Seasonings

Yeast Extracts & Flakes

Soups

Burger, Sausage & Roast Mixes

Dairy Products

Non-Dairy Alternatives

Far Eastern Foods

Middle Eastern & African Foods

Indian Foods

Herb & Fruit Infusions

Teas

Coffee Substitutes

Coffee

Cocoa & Drinking Chocolate

Plant Milks

Fruit & Vegetable Juices

Soft Drinks & Kombucha

Tinned Fruit

Jams & Fruit Spreads

Honey & Honey Substitutes

Sugars & Syrups

Chocolate

Chocolate Spreads

Biscuits & Cakes

Desserts

Snack Bars & Flapjacks

Sweet Snacks

Baby & Child Food

PERSONAL CARE

Hair Care

Body Care & Soaps

Tooth Care

Deodorants

Menstrual Products

Sun Lotions

Balms, Massage Oils & Soaks

Baby & Child Care

HOUSEHOLD AND GENERAL

Cleaning & Laundry

Household Products

Bags & Composting

Essential Oils

Incense

Pet Food & Pet Care

Big Savings
In Dublin 1

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ORGANIC AND BULK FOOD FOR LESS

Pop-Up Wholefoods is a small-scale food co-op which has operated in the North Inner City since 2012.

We run on a non-profit basis. Our members receive a saving of at least 30% compared to health food shop prices – and often much more.

The co-op sources a wide range of bulk wholefoods, long-life and chilled organic foodstuffs, personal care items and household products from ethical and local suppliers.

We receive monthly deliveries to our base in The Five Lamps area of Dublin 1.

THE BASICS

The co-op uses the 'bulk buying club' model:

- All members receive a listing of products available for purchase on a pre-order, pre-pay basis;
- The co-op combines individual orders together and arranges a delivery from our wholesalers;
- Members collect on delivery day.

We have a long-term schedule of dates so that everyone can plan ahead. Delivery day is normally the last Thursday of the month.

JOIN US!

We work collectively to run the co-op, sharing the savings and making decisions by consensus:

- All members contribute a two hour delivery day shift every second order made (the equivalent of one hour per order);
- There's no up-front membership fee, only a small percentage add-on to the total of each order;
- Use of the co-op is flexible. Members don't need to order every month and there is no minimum order level.