



**A  
GUIDE TO  
SUSTAINABLE  
SHOPPING IN CORK**

UCC ENVIRONMENTAL SOCIETY

# WHY BUY SECOND HAND?

The fashion industry is the third highest polluting industry in the world.

This industry is responsible for emitting the equivalent of 1.2 billion tonnes of carbon dioxide every year.

It is also responsible for producing 20% of global wastewater.

## **If you buy second hand:**

- less clothes are sent to landfill and incinerators
- less water is wasted making new clothes
- less pollution is created
- save yourself some money

# CHARITY SHOPS WE LOVE

## **NORTH MAIN STREET, CORK CITY**

Enable Ireland  
Bernardo's  
Self Help Africa  
Vincents  
NCBI Working for  
People with Sight  
Loss

## **COOK STREET & FRENCH CHURCH STREET, CORK CITY**

Oxfam Ireland

## **PRINCES STREET, CORK CITY**

The Irish Cancer Society  
Shop

## **OLIVER PLUNKETT STREET, CORK CITY**

Enable Ireland  
Friends of Marymount

# VINTAGE SHOPS WE LOVE

## **MISS DAISY BLUE**

Market Parade,  
Cork City

## **MOTHER JONES FLEA MARKET**

York Street,  
Cork City

## **VILLAGE HALL**

St Patrick's Quay,  
Cork City

## **RECORDS & RELICS**

Lancaster Quay, Cork City

**THE BEST PLACES TO  
EAT IN CORK IF YOU'RE  
VEGETARIAN OR  
VEGAN**

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## ***Lunch spots:***

Earth Café,  
South Mall, Cork City

My Goodness,  
English Market, Cork City

Loving Salads,  
Academy St, Cork City

Rocket Man,  
Princes St, Cork City

Cork Sultan Delight,  
MacCurtain Street, Cork City

143V,  
Lower Glanmire Rd, Tivoli, Cork.

Lab 82,  
Lower Glanmire Rd, Cork

## ***Dinner spots:***

Quay Co-op,  
Sullivan's Quay, Cork City

Umi Falafel,  
Academy St, Cork City

Izz Café,  
George's Quay, Cork City

Liberty Grill,  
Washington St, Cork City

Uncle Pete's,  
Paul St, Cork City

Malay Kitchen,  
South Main St, Cork City

Boojum,  
Winthrop St, Cork City

Franciscan Well  
North Mall, Sunday's Well, Cork



## ***If you're feelin' fancy:***

Good Day Deli, Nano Nagle Place, Douglas St, Cork City

Market Lane, Oliver Plunkett St, Cork City

Jacobs on the Mall, South Mall, Cork City

Paradiso, Lancaster Quay, Cork City





JOIN THE MOVEMENT.

# ZERO WASTE GUIDE TO CORK

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EASY CHANGES YOU CAN MAKE AND  
WHERE YOU CAN FIND YOUR ZERO  
WASTE ESSENTIALS



# ON THE GO:



- ◉ **METAL LUNCH BOX - TK MAXX, CORNMARKE STREET**
- ◉ **STEEL WATER BOTTLE - HOME SENSE, GRAND PARADE**
- ◉ **TRAVEL MUG - PINK MOON CAFE, WASHINGTON STREET**
- ◉ **COTTON BAGS - QUAY CO-OP, SULLIVANS QUAY**



# HOME/KITCHEN:



- ◉ **LOOSE FRUIT/VEG - SUPERFRUIT, ENGLISH MARKET OR QUAY CO-OP**
- ◉ **LOOSE TEA AND TEA STRAINER - SØSTRENE GRENE, PATRICK'S STREET**
- ◉ **REFILLABLE ECO-FRIENDLY CLEANING PRODUCTS - NATURAL CHOICES, UPSTAIRS IN PAUL STREET SHOPPING CENTRE**
- ◉ **NATURAL SPONGE - NATURAL CHOICES**



# BEAUTY PRODUCTS:



- **BAMBOO TOOTHBRUSH - THE GOOD FOOD SHOP, ENGLISH MARKET**
- **SHAMPOO BARS - LUSH, OLIVER PLUNKETT STREET**
- **SOLID DEODORANT - LUSH**
- **BAMBOO COTTON BUDS - NATURAL CHOICES**
- **SOLID/POWER TOOTHPASTE - LUSH, NATURAL CHOICES**



# BITS AND BOBS:



- ◉ **REFILLABLE PENS - EASONS, PATRICK'S STREET**
- ◉ **RECYCLED DRAWING PADS - CORK ART SUPPLIES, PRINCES STREET**
- ◉ **BEE WAX WRAPS - THE GOOD FOOD SHOP**
- ◉ **100% RECYCLABLE DIARY PLANNER - EASONS**



# SUSTAINABLE CAFES WE LOVE:



- ☼ QUAY CO-OP - SULLIVANS QUAY
- ☼ NATURAL FOODS BAKERY - PAUL STREET
- ☼ GOOD DAY DELI - DOUGLAS STREET

