

fairtrade
ethical
sustainable
local



planet

COMMUNITY OWNED CO-OPERATIVE SHOP
Newsletter – Spring 2017




Katy, our School's Liaison Officer, is also a member of the Fairtrade Lancashire Group and helped organise their School's Conference which was held at County Hall in Preston on Fri 3rd Feb. 75 pupils from 20 Primary Schools across Lancashire attended, including 3 pupils from St. Bartholomew's CE in Great Harwood who were accompanied by their Head Teacher Mark Mackley. Katy is available to deliver assemblies and workshops about Fairtrade, Ethical and Sustainable issue to all Schools in Hyndburn. Any Schools interested should contact Katy on 074193673313 or email branchingout@oneplanet.coop

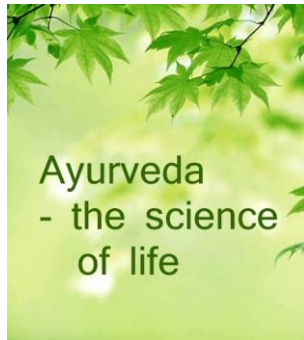
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Sebastian Pole who developed Pukka Tea says: "Ayurveda is simply translated as "science of life" and more comprehensively as "the knowledge that teaches us which substances and activities are beneficial or harmful to life". It is the knowledge of wholesome and righteous living according to our unique and individual constitutional make up. Ayurveda has developed in India over at least the last 4000 years. It has now spread all over the world. It is a blend of herbal medicine, spiritual insight, practical experience, scientific analysis and artistic creativity. It uses medicinal plants, foods, massage, meditation, surgery and judicious living as part of its "life-style" and methodology"



New to our already huge range of Pukka teas - Sweet Vanilla Green. Organic whole leaf green tea wrapped in the silky deliciousness of pure vanilla pods. Lifted by fennel and the richness of licorice it's a blend to bring harmony to your soul.



Chandrika Soap keeps your skin healthy and beautiful. Chandrika Ayurvedic Soap has active ingredients like lemon oil, patchouli oil and orange oil that deep cleanses, nourishes and moisturizes your skin to make it soft and glowing.



NEW products requested by customers – Specialising in natural, gluten and allergy free foods, ORGRAN is a trusted brand for Coeliacs and other allergy sufferers around the world, for better health and nutrition. Use the buckwheat pancake mix so that all the family can enjoy delicious pancakes on Shrove Tuesday (28th Feb).

WHAT'S ON LOCALLY?



Please join us for a
FAIRTRADE BREAK
here at
ONE Planet
on
Thursday 2nd March
from
4pm - 6pm
Fairtrade
Tea | Coffee | Juice
Plus lots of snacks!

We're not just a shop,
we're a Co-op!

ARE YOU A MEMBER?

To find out more, pick a
share issue booklet from
our shop, or visit the link
on our website

www.oneplanet.coop/becomeamember

Are you interested in volunteering for ONE Planet?

Please contact Kerry our
Shop Manager on
01254 383604
as there are lots of ways
you can help!

IT'S TIME TO PUT FAIRTRADE IN YOUR BREAK

FAIRTRADE FORTNIGHT: 27 FEBRUARY - 12 MARCH

This Fairtrade Fortnight we need to speak up for farmers and workers in poor countries more than ever! Following the vote for Brexit, the UK will be coming to terms with the urgent need to renegotiate more than 50 international trade deals. And no one knows yet what this will mean for farmers and workers in poor countries. Download a Fairtrade Action Guide from www.fairtradefoundation.org.uk and tell others the real stories of how farmers and their families are affected by exploitation and what action we can take.



These tasty, great-value Fair Trade cookies are perfect for at home or your workplace and make a great choice for a break! They contain 35% fair trade ingredients; fair trade dark chocolate & fair trade sugar from Kasinthula Cane Growers Association in Malawi.

The Inca legend, Pachmana, the earth goddess presented man with the lifesaving grain called quinoa known as the Mothergrain.

We now stock Quinola Mothergrain Express quinoa in two varieties: - Express Quinoa & Indian Style Chickpea Express Quinoa & Golden Vegetable Ready to eat, perfectly cooked quinoa, organic and gluten free.



Out of the 80 million chocolate Easter eggs sold each year in the UK, The Real Easter Egg is the first and only Fairtrade chocolate Easter egg to explain the Christian understanding of Easter on and in the box.

They give a sizeable donation from profits and Fairtrade Premium fees, to the farmers allowing them to invest in their community buying everything from school books and solar panels to providing fresh water.