

fairtrade
ethical
sustainable
local



planet

COMMUNITY OWNED CO-OPERATIVE SHOP
Newsletter – Autumn 2017



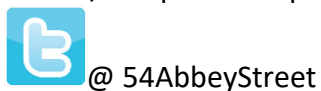
****NEWS** WHOLISTICNUTRITION**
Maria (on the left) has been a ONE Planet customer ever since her first free session with the Nutritional Healing Foundation, inspired her to make some changes in her life! She is now a qualified Naturopathic Nutritionist and is in the shop most Thursdays & Saturdays from 11am – 2pm, with a variety of tasters and lots of free nutritional advice.

Email: mc.wholisticnutrition@gmail.com
Mobile: 07813216342

Contact Us

ONE Planet,
54 Abbey Street,
Accrington, BB5 1EE

Web: www.oneplanet.coop
Email: info@oneplanet.coop
Tel: (01254) 383604



Opening Times

Monday: CLOSED
Tuesday: 11am – 5pm
Wednesday: 11am – 2pm
Thursday: 11am – 5pm
Friday: 11am – 5pm
Saturday: 9.30am – 5pm
Sunday: CLOSED



**BUY
LOCAL
and support
SMALL
BUSINESS!**

Manchester based, Faith in Nature, are committed to producing naturally derived, cruelty-free products at affordable prices. We stock a wide range of their products, including the award-winning Watermelon Shower Gel, containing organic watermelon extract, which gives the juiciest aroma!



With the days drawing shorter, make your home cosy with candlelight. These beautiful hand-dipped beeswax candles, made locally in Cumbria by Moorlands, will take pollution out of the atmosphere and give you a warm glow!



Try some of our best-selling Organic Fairtrade Strawberry Jam on an Organic Multigrain Rice Cake for a quick snack, when you're in a hurry!

We have a good selection of 9NINE Bars here at ONE Planet and they are the go to snack bar for a real super seed boost! Perfectly packed with pumpkin, sunflower, sesame, hemp seeds & carob, this bar brings luxury snacking to the healthy eater!



WHAT'S ON LOCALLY?



Accrington Christmas Event Thursday 14th December Warner Street

For the last two years there has been an event around Warner Street near Christmas time. For obvious reasons it was looking like there wouldn't be one this year. But the same group that co-ordinated the Accrington Carnival this year, have agreed to organise this one.

The full details haven't been confirmed, but anyone interested in having a stall or getting involved, should contact Gayle at info@civicsartscentre.co.uk

**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!

Here at ONE Planet we rely on our volunteers and Annie, our longest most valued volunteer, recommends this tummy friendly, Rice & Millet pasta with red pesto! Millet is an alkaline grain containing a beneficial source of B17, also known as laetrile, which is scientifically recognised as an anti-carcinogenic substance, naturally occurring in millet. This combination is recommended by many dietary specialists as it is a more suitable base for those with food sensitivities.



**** Customer recommendation ****

This all-purpose cleaner from ecover with lemongrass & ginger – one cap full diluted goes a long way for cleaning tiles & work surfaces.

When you have finished cleaning, put your feet up and enjoy a cup of Pukka Revitalise tea!

*We sell individual sachets of Pukka tea, so you can try a few before deciding on your favourite!



NEW

Weleda 100% Natural Calendula Baby Oil & Body Lotion. The pure baby oil contains organic sesame oil and organic calendula extract to provide a layer of warmth and soothe baby's skin. The body lotion, with its milky consistency, absorbs quickly to replenish after bathing.

Fair Trade paper chains. These make a great winter activity as well as wonderful decorations! The paper is handmade in Jaipur, India from recycled cotton rags.

