

fairtrade
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planet

COMMUNITY OWNED CO-OPERATIVE SHOP

Newsletter – Autumn 2018



Leah has been busy ordering lots of lovely gifts for the new season and following the hot summer, we are expecting a cold winter! More beautiful Himalayan Wool Shawls (shown above) have arrived in the shop together with new designs of the popular bamboo socks – see page 2 for more!

Contact Us

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/ONEplanetshop



@ 54AbbeyStreet

Opening Times

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

Blueberries are known as a 'superfood' and one of your 'five a day'. They are an excellent source of vitamin C, which helps protect cells against damage and aids in the absorption of iron. They also contain a decent amount of soluble fibre, which slows down the rate at which sugar is released into the bloodstream and helps to keep the digestive system happy. Blueberries are extremely rich in phytochemicals, naturally occurring plant compounds, such as ellagic acid and anthocyanins which are responsible for the blue, indigo and red colouring. Phytochemicals have been extensively researched for their antioxidant action that helps protect the body against a long list of diseases.



Meridian Organic Wild Blueberry Fruit Spread is sweetened only with Organic Apple Juice Concentrate. It contains only naturally occurring sugars from fruit and therefore has a low GI value, causing a lower and slower rise in blood glucose and insulin levels.

Organico Blueberry Sparkle. 75cl.

An elegantly presented and tasty natural carbonated pure pressed juice from select organic and biodynamically grown apples and blueberries.

A lovely gift for someone special – it is thirst quenching and perfect for cheering up a cocktail.



Katy's Soaked Oats – all ingredients available at ONE Planet!

4 tbsp of organic jumbo oats
1 tbsp of organic sultanas (add more if desired)
1 tbsp of organic dried mango cut into small pieces
1 tbsp of organic chia seeds
1 tbsp of organic milled flaxseed
1 cup of plant-based milk (almond, rice, soya) or filtered water
1-2 tbsp of frozen organic blueberries
Mix all the dried ingredients together in a cereal bowl, pour the milk over and stir together, then scatter the frozen blueberries on top.
Place the bowl in the fridge with a plate on top overnight*
Enjoy the following morning!
*Alternatively place in an airtight jar & enjoy on the go the next day!

OMBAR
Blueberry & Acai (35g)

The combination of powerful acai and blueberries with floral Ecuadorian cacao, makes for an intense berry blast of a chocolate bar. Thanks to the super low temperatures used, the delicious berries are still brimming full of nutrition!



**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!

Gorgeous gifts that don't cost the earth.
In ONE Planet you will always find something a bit different!



Our selection of quirky Fairtrade jute shopping bags just gets bigger and we are all loving the cheeky squirrel on this autumnal design!



Wonderful little acacia wood stool from northern Thailand. The top of this stool has been carefully hand carved and then painted to show a peacefully curled, sleeping dragon surrounded by flame.



Treat yourself, or a loved one, at Halloween with two pairs of funky Black Cat socks in a bag! These exclusive cat print socks are made from an incredibly soft bamboo and organic cotton. They are breathable, naturally anti-bacterial and anti-fungal, so your feet (and the planet) stay happy and healthy.

We now also stock a range of Bamboo household paper products from The Cheeky Panda. Bamboo is super kind to your skin and naturally hypoallergenic. It is the world's fastest growing plant, growing 30 times faster than trees and produces 30% more oxygen, whilst absorbing 35% more carbon. Plus, being a grass, bamboo does not require replanting after harvest. Just by switching your loo roll to The Cheeky Panda you will be actively reducing deforestation!



Update on Plastic Bottle refills!

Since December 2017 we have refilled **600** plastic bottles! Thank you to all our customers who have embraced this scheme and recommended friends and family to start refilling their bottles too. It would be a fantastic achievement if we could reach **1000** refills by the end of 2018!! Keep spreading the word!