

fairtrade
ethical
sustainable
local

ONE planet

COMMUNITY OWNED CO-OPERATIVE SHOP

Newsletter – June 2015



CO-OPERATIVES FORTNIGHT

20 JUNE - 4 JULY 2015

Co-operatives Fortnight is a two week period when Co-operatives of all shapes and sizes (like us) across the UK come together to show the power of co-operation. 2015 will see a focused activity - The Big Co-op Clean - which all Co-operatives can participate in.

During the Fortnight, thousands of co-op members, employees, customers and school pupils will take part in clean-up events across the country. School grounds, parks, beaches, community facilities, businesses... the clean-up operation knows no bounds.

The Big Co-op Clean is a simple, but powerful idea. It shows that by working co-operatively we can achieve much, much more.



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

ARE YOU A MEMBER?

To find out more, visit the link on our website

www.oneplanet.coop/becomeamember



World Oceans Day JUNE 8th



The ocean is the heart of our planet. Like your heart pumping blood to every part of your body, the ocean connects people across the Earth, no matter where we live. The ocean regulates the climate, feeds millions of people every year, produces oxygen, is the home to an incredible array of wildlife, provides us with important medicines, and so much more! In order to ensure the health and safety of our communities and future generations, it's imperative that we take the responsibility to care for the ocean as it cares for us.

The Ocean is the receptacle for all the mineral deposits washed down from the land over the years. Over farming and unstable weather systems has stripped many of our everyday vegetables of most of their goodness. Sea vegetables however are still as nutrient packed as ever. They contain high levels of iodine, potassium, magnesium, calcium, iron, vitamin B9 and around 70 other mineral and trace elements. Seaweed is the richest natural source of iodine which is important for normal thyroid function and regulating metabolism and growth.

Dried & ground seaweed lends itself beautifully to adding to stews, pasta sauces, soups and anything that is cooked with a reasonable amount of liquid that will give the seaweed time to soften and infuse throughout the dish. Just add a couple of heaped teaspoons of our organic seaweed sprinkles to a dish at the start of cooking when you add your herbs!



Atlantic Kelp Company 120g Organic seaweed sprinkles in stock a One Planet



Green Nori Sprinkle is a different variety of sea vegetable to sheet nori, containing significantly higher levels of minerals, making it a nourishing as well as tasty condiment to keep handy for serving with all kinds of food.

Clearspring Japanese Sea Vegetable Salad is unbleached and undyed, and when soaked and served with a vinaigrette dressing it makes an ideal side salad.

***On offer at £4.49 for 25g**



We stock a range of King Soba Mighty Miso Soup, containing wakame (a sea vegetable) & sea salt.

Miso is a live fermented food made from soybeans. It is considered to have many health benefits when eaten on a regular basis and is a great source of easily digestible protein and minerals. All gluten free!

World Environment Day
5 June

The theme for 2015 is how the well-being of humanity, the environment and economies, ultimately depends on the responsible management of the planet's natural resources. Evidence is building that people are consuming far more natural resources than what the planet can sustainably provide. Many of the Earth's ecosystems are nearing critical tipping points of depletion or irreversible change, pushed by high population growth and economic development. By 2050, if current consumption and production patterns remain the same and with a rising population expected to reach 9.6 billion, we will need three planets to sustain our way of life. Living well within planetary boundaries is the most promising strategy for ensuring a healthy future.

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 out!

Contact Us

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Palm oil is a type of edible vegetable oil that is derived from the palm fruit, grown on the African oil palm tree. Oil palms are originally from Western Africa, but can flourish wherever heat and rainfall are abundant. Today, palm oil is grown throughout Africa, Asia, North America, and South America, with 85% of all palm oil globally produced and exported from Indonesia and Malaysia; but most of the time not using sustainable measures!

The industry is linked to major issues such as deforestation, habitat degradation, climate change, animal cruelty and indigenous rights abuses in the countries where it is produced, as the land and forests must be cleared for the development of the oil palm plantations. According to the World Wildlife Fund, an area the equivalent size of 300 football fields of rainforest is cleared each hour to make way for palm oil production. This large-scale deforestation is pushing many species to extinction, and findings show that if nothing changes species like the orangutan could become extinct in the wild within the next 5-10 years, and Sumatran tigers less than 3 years!

In total, 50 million tons of palm oil is produced annually, supplying over 30% of the world's vegetable oil production. This single vegetable oil is found in approximately 40-50% of household products in countries such as United States, Canada, Australia and England. Palm oil can be present in a wide variety of products, including: baked goods, confectionery, shampoo, cosmetics, cleaning agents, washing detergents and toothpaste.



Here at ONE Planet we try our utmost to stock only products containing sustainable Palm Oil or even better, none at all! We have changed our range of toothpastes to meet that challenge!



The dental products we stock from both Green People and Sarakan are produced with 100% natural ingredients and flavoured with natural essential oils, such as peppermint, fennel & clove. All are fluoride free and suitable for Vegans. Sarakan toothpaste and anti-plaque mouthwash contain **natural extract of *Salvadora persica*** a shrub known as 'the toothbrush tree' – used for centuries in its natural state as twigs in the Middle East, Africa & Asia, as an effective way to keep teeth and gums clean and healthy, it is still used by millions every day.