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COMMUNITY OWNED CO-OPERATIVE SHOP

Newsletter – March/April 2016

Jenny Phung is one of our local Abbey Street customers.



Jenny has found an innovative way to promote healthy eating! Inspired by her heritage, she launched **Ling Ling's Supperclub**, modelled on the humble and unassuming street cafes of China, at her parent's restaurant on Thursday evenings - with the idea of shared eating at the heart. Celebrating the traditional virtues of Cantonese & Vietnamese cooking, she serves an ever-changing menu of re-imagined classics and bold new flavours with an emphasis on seasonality and healthy eating, including vegetarian & vegan options. Ling Ling's is located at 100 Abbey Street, Accrington BB5 1EE & for more information and availability about the **Supperclub** email info@ling-lings.com.

Contact Us

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/ONEplanetshop



@ 54AbbeyStreet



March
2016



We are lucky. In the UK we have access to clean safe water at home, at work, at school. When we're out and about we can buy bottled water easily. Yet in developing countries over 748 million people still cannot access clean water. By choosing to drink Thirsty Planet water, not only will you enjoy a quality British spring water, but you will help save and change the lives of millions of African people, because with each bottle sold, Thirsty Planet guarantee a significant, fixed donation to Pump Aid, a fantastic charity which provides cost effective, sustainable clean water solutions.

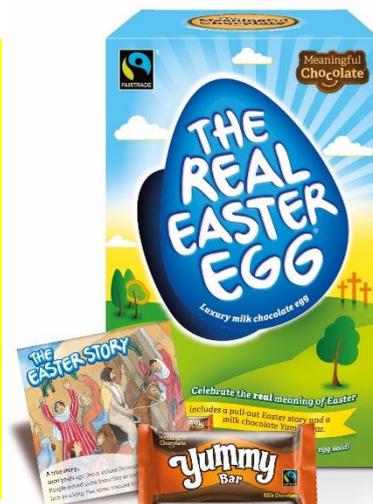


End Water Poverty is a global civil society coalition campaigning to end the water and sanitation crisis. The global month of action in March provides an opportunity for organisations and communities to stand united together with one common voice, calling for change. We must make sure we live in a world where no one is left behind and everyone has their right to water and sanitation realised.

World Water Day on 22 March is an annual celebration established by the United Nations as a means of focusing attention on the importance of freshwater and advocating for the sustainable management of water resources.

Visit www.endwaterpoverty.org for ideas on how you can add your voice.

Out of the 80 million chocolate Easter eggs sold each year in the UK, **The Real Easter Egg**, created by The Meaningful Chocolate Company, is the first and only Fairtrade chocolate Easter egg to explain the Christian understanding of Easter on and in the box! The company give a sizeable donation from profits and Fairtrade Premium fees, to their farmers allowing them to invest in their community buying everything from school books and solar panels to providing fresh water. The Real Easter Egg is now in its sixth year of production with more than a million sold so far!



These highly decorative Egg Candles are handmade in the small African Kingdom of Swaziland using the age-old technique "millefiore" by Swazi Candles, who employ over 200 people and export candles worldwide.

WHAT'S ON LOCALLY?

Northern Healing Arts Spring Fair

20 March 2016

10:30 – 15:30

St. Mary's Centre
Clitheroe
BB7 2DG

This spring fair will have stalls from a talented group of healers, mediums, crafters and artists.

Quality handmade arts and crafts alongside holistic healing and complementary therapies at affordable prices.



What's new in the shop this spring? ...

Inspiral's Raspberry Coconut Pecks are crunchy raw coconut chips coated in a raspberry sauce with a hint of vanilla & baobab, then air-dried below 45°C (never toasted). They take premium quality sundried coconut flakes and coat them with deliciousness – after 16 hours in gentle air-dryers, the chips are ready to eat or pack into a lunchbox! Each pack contains 15g of fresh raspberries, which covers 1 of your 5 a day!



Everyone loves chocolate buttons, but amazingly, these totally dreamy and creamy buttons are dairy and refined-sugar free. They are made from 72% raw cacao and even contain probiotics to help keep your tummy happy & healthy. At 25g per bag (and only 146 calories!) they're the perfect chocolate treat for little kids and big kids alike!

Free and Easy carrot and coconut soup combines creamy carrots with flavoursome coconut to make this delicious meal. This soup is a real treat and is only made with the finest organic ingredients. This gluten free carrot and coconut soup is also dairy free, lactose free and suitable for vegetarians and vegans. ONLY 99p !



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

Naturita

Pink Himalayan Salt -
Fine Milled Crystals 1Kg
- £4.09
(on offer while stocks last)



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!

Sourced from the finest tea estates across East Africa and India, Clipper's delicious Fairtrade and Organic Everyday Teas are big, bright, and bold, and deliver a delicious cup you'll want to come back to again and again!

