

fairtrade
ethical
sustainable
local

ONE planet

COMMUNITY OWNED CO-OPERATIVE SHOP

Newsletter – December 2014

One Planet Testimonial



One Planet customer Maria Campbell let go of her addictions like drinking, gluten/sugar/salt and smoking by using hydration and wholefoods to create personal transformation at a cellular level.

Maria explains:
“In September 2013 I had an epiphany. I saw my father, who had died two years previously, in a dream. He was telling me to stop smoking and to stop mourning him.
“I finally quit the habit of smoking but found myself, by the Christmas of that year, in my daughter’s bedroom raiding her selection boxes. I was determined not to replace one habit with another, and it led me to ask myself “Why am I craving sugar?
“I threw myself into googling, reading books and monitoring my insulin levels.

... continued ...

Christmas is here!

As Christmas has arrived here at One Planet, we want to ensure that this is one to remember, and here’s how:



We sell these highly decorative Swazi Candles that are hand-made in the small African Kingdom of Swaziland using the age-old technique millefiore. By buying these, you will not only make your Christmas special but also the ones less fortunate.



What can be better than giving Peace and Joy -, two beautiful angels made from Albesia wood. They are hand painted in gold and white and would make a great gift, or fit in perfectly as part of your own Christmas decoration.



For an alternative Christmas dinner, why not try our festive Artisan Grains Nut Roast. This savoury dish is high in fibre and provides a source of protein, offering a healthier option for today’s increasingly health conscious consumers.



The Mother’s Fragrance incense sticks are so beautiful, it’s a shame to just buy one. Fortunately, we are offering a gift set containing 7 packets of India Fragrance, each containing 6 mini sticks, small price, fab smell - You’ll love it!



If you have a sweet tooth, then why not try these Burnt Sugar Fudges with flavours ranging from stem ginger to tasty sea salt caramel. Chocolate lovers – get seasonal with these Divine Christmas shaped milk chocolates.



Maria enrolled on the Nutritional Healing Foundation's practitioner course and has not looked back. She now follows a strict wholefood diet and was delighted to come across the One Planet shop with its vast array of ethically produced and organic wholefoods.

She said: "I love what One Planet stands for: the co-operative movement and the friendly, helpful people who want to be part of the solution rather than the problem."

Maria's favourite One Planet products are organic pumpkin and sunflower seeds, organic extra virgin olive oil, organic miso soup and organic dried chickpeas for sprouting and salads.

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

ARE YOU A MEMBER?

To find out more, ask in the shop, or visit the link on our website

www.oneplanet.coop/becomeamember

**Interested in
volunteering at
ONE Planet?**

Please contact Katy, our Branching out Manager on 07419 373313, as there are lots of ways you can help out!

Contact Us

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/ONEplanetshop



@54AbbeyStreet

Nature's precious gifts from the mighty bee!



Honey, Honey, Honey

For a little TLC this winter, we have a perfect selection of sweet and sticky honey from different local and Fairtrade producers. It will not only serve as a tasty treat on your winter toast. Honey's bug-busting properties will boost your immune system to ward off winter colds and flu. Buzz down to One Planet and get yours now!

Beeswax



We stock a selection of 100% beeswax candles & tea lights. The natural scent of beeswax candles, the beautiful flame, the slow soot-free burn and the purity and simplicity of the ingredient, will make Christmas night special!

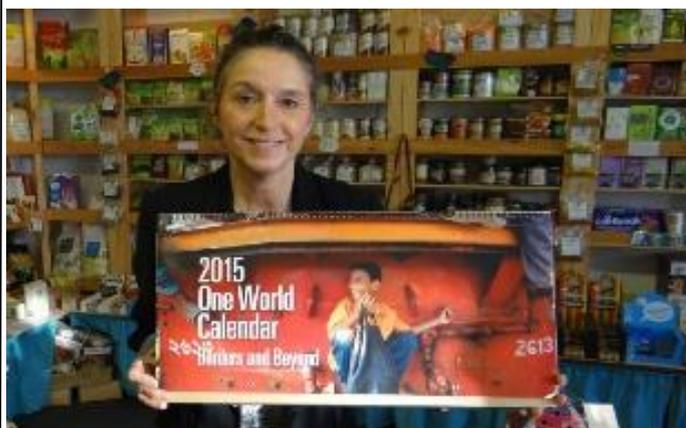


One Planet Raffle buy your tickets - NOW!

Win an amazing gift hamper and treat yourself or a loved one to a range of ethical, sustainable, Fairtrade and organic goodies. Tickets are on sale in the shop at just £1 each and all proceeds will go to Derian House. The raffle will be drawn on 22 December – just in time for Christmas!



One World Calendar 2015 – a lovely gift!



The internationally famed One World Calendar, is an international collaboration between not-for-profit organisations that are united by a mission to try to end poverty and injustice. It portrays positive and inspiring images of people around the world – The theme for 2015 is 'Borders and Beyond'.

This newsletter was designed with help from Rahil Khan and James Bennett from the Business course within Accrington & Rosendale College.