

fairtrade  
ethical  
sustainable  
local



planet

COMMUNITY OWNED CO-OPERATIVE SHOP

Newsletter – July 2015



### Customer Testimonial

By Local Business Owner  
Janine Simone

“I have been shopping at One Planet since it opened its doors, I like that local people and ethical businesses are supported. My number one favourite product is Coconut Oil. Among its many properties it is a natural anti-inflammatory, perfect for tired aching muscles and arthritic conditions. Try warming some before applying, it absorbs really well into the skin and left in the hair for even 5mins really conditions dry damaged hair. If I am feeling low in energy I eat a teaspoon which gives me a healthy boost. It's a must have for any household!

I also recommend Sarakan - nature's toothpaste. My teeth have whitened naturally, look brighter and my gums improved. I have always suffered with my teeth but visits to the dentist are very rare and I seriously swear by this toothpaste. I have tried a couple of the others and although nice, this has to be the best.

..... continued .....



**'Have a better BBQ this summer!'**



**Soil Association**

healthy soil, healthy people, healthy planet

**This year, the Soil Association are calling on you to think about having a better BBQ by switching to organic. Unlike non-organic food production, which makes wide use of pesticides that can pollute water and the environment, organic farming means higher levels of animal welfare, lower levels of pesticides and artificial fertiliser and more environmentally sustainable management of the land and natural environment.**

**Visit [www.soilassociation.org/betterbbq](http://www.soilassociation.org/betterbbq) or #BetterBBQ for more information, recipes and a chance to win some BBQ prizes!**



The third Handmade & Fairtrade Market Day at Accrington's Outdoor Market will be held on Monday 20<sup>th</sup> July 2015, to coincide with the school holidays.

Once again there will be stalls selling unique handmade crafts, Fairtrade certified foods and fairly-traded gifts, jewellery & accessories. There will also be craft activities for children, live music and food stalls!

In association with Hyndburn Borough Council; Clean & Green Recovery; The PROSPECTS Foundation & ONE Planet, Accrington

Everyone loves a BBQ, but it's time to consider the impact of buying charcoal. Between 5 and 12 tons of wood are required to produce just one ton of wood-based charcoal. This is why it's important to think about where the charcoal we use comes from and how it was produced. Around 70% of the charcoal used annually in Europe is imported. Deforestation is a huge concern, especially in some African countries where illegal wood charcoal production takes place. A much better option is to buy sustainable barbecue charcoal made in the UK. **Locally produced Charcoal in Accrington is available at ONE Planet from £3.50.**



Charcoal production in Accrington.



For my hair, I use Suma geranium shampoo and conditioner. What I like about this, is that I can re-cycle the bottles by going down to One Planet and getting them filled up. It works out cheaper and lasts a long time. Again its natural, in comparison to lots of other products around and it is much kinder to the hair and smells refreshing and sweet”

Janine owns Buddu Chill in Accrington Market Hall.



**BUDDU CHILL**  
www.buddu.co.uk  
0745 400 2072  
Sports Massage & Holistic Therapist  
Accrington Market Hall Balcony Unit W5 BB5 1ER

### 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

ONE Planet,  
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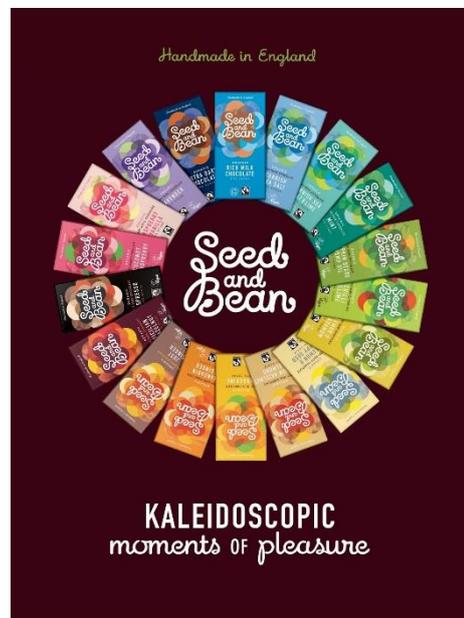


Facebook: /ONEplanetshop  
Twitter: @ 54AbbeyStreet

Seed & Bean are a small scale British company and are the UK's only 100% ethically accredited chocolate company. They strive to ensure that they produce chocolate 'with a conscience'. All the bars are Fairtrade and Soil Association approved, ensuring cocoa farmers are getting a fair deal and the environment is being respected. The ingredients are organic and even the wrappers are biodegradable!

'At Seed and Bean we believe in courageous chocolate. We spend hours in our kitchen mixing flavours from nature to transform the simplicity of a pure cocoa bean into what we like to call kaleidoscopic moments of pleasure; some will be easy on the palette, some will be quite unusual, others will rock your taste buds, but whatever takes your fancy we promise that chocolate will never be a dull experience again!'

Steve Rudkin, Founder



Handmade in England  
**Seed and Bean**  
KALEIDOSCOPIC moments of pleasure

We have 4 varieties of **Seed and Bean** chocolate currently in stock at ONE Planet: Lemon & poppy seed; Cornish sea salt; Sicilian hazelnut; raspberry & vanilla.



**FAIRTRADE**  
tropical wholefoods  
Fairtrade, organic mango  
100% fruit bursting with flavour, Stone Worked Free  
tropical wholefoods  
banana  
chewy chips

Tropical Wholefoods Fairtrade organic dried mango slices are 100% free from preservatives and added sugars, they are made using two varieties of Mango (Brookes & Amelie) for their beautiful flavours.

Fairtrade Organic chewy banana chips are 100% pure banana, free from all additives and preservatives. Grown organically, once fully ripe, the bananas are hand- sliced and dried in specially designed solar driers. Locally, the small sweet bananas are known as Ndizi or Ladies Fingers Bananas. They have a great full banana flavour and a lovely chewy texture, because they are dried at temperatures lower than 42C, chewy banana chips are suitable for a raw food diet.

Fairtrade organic dried mango slices and chewy banana chips are the perfect addition to healthy lunchboxes and great food for walking or taking camping. They are also great source of dietary fibre and 30g make up one of your 5 a day portions of fruit.



Music and Arts Festival  
**Cloudspotting**  
24 - 26 July 2015

'Cloudspotting Music and Arts Festival is a long summer weekend retreat for a few hundred people organised by a bunch of friends and festival enthusiasts! It takes place at Stephen Park, a rambling 16th century farmhouse set in several acres of clearing in the beautiful Gisburn Forest on land managed by the Forestry Commission, in the Forest of Bowland - an area of outstanding natural beauty. The site offers complete seclusion and a safe, family friendly environment.'

For more information and tickets, visit [www.cloudspotting-festival.co.uk](http://www.cloudspotting-festival.co.uk)