

fairtrade
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sustainable
local



planet

COMMUNITY OWNED CO-OPERATIVE SHOP

Newsletter – August 2015

**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

**Open Share offer in
One Planet (Accrington)
Limited 30968R**

After nearly five years of trading the board feels that we are at a stage where we need to grow and develop the co-operative.

The original share issue in 2010 was primarily to get us going and to see us through the first few years of trading. We now need to look to the future and develop and to do this the co-op needs a fresh injection of funds. Hence the share issue. We have identified a number of improvements that we would like to see happen in order to attract more customers to One Planet. These include things like new stock lines, more refill / recycling lines, a freezer etc. Also, we want to use the share issue to attract even more members. We currently have over 120 members, which is fantastic, but we'd like to try and grow this to over 200!

Shares are just £25 each and you can collect a copy of the 'July 2015' share offer document and application form at the ONE Planet shop or download a copy from our website via the links '[Become a Member](#)' or '[Governance Documents](#),



Natural sun care



With a blend of earth minerals, the mountain flower Edelweiss and a filter derived from Cinnamon, you can naturally protect your skin from the sun with Green People organic sun lotions.

In stock at ONE Planet - SPF30 natural sun lotion suitable for all skin types

- Effective, broad-spectrum UVA & UVB protection
- Suitable for sensitive skin and those prone to prickly heat
- Moisture retaining for a longer lasting tan
- Water repellent but non pore-clogging, allows your skin to breathe
- Rich in natural antioxidants to protect delicate skin

Aloe Vera, also known as the 'plant of immortality' by the ancient Egyptians, was used for its healing properties since time immemorial!

Produced from 99.9% organic Aloe Vera gel, this can be applied to **sun burn**, stretch marks, scars, dry chapped skin, skin irritations, and minor burns. This non-greasy gel is odourless and easily absorbed into the skin.

This product by Aloe Pura is Organic and Vegan.



After a rather disappointing start to the summer holidays, we hope that the sun shines for you wherever you are this month! However it is important to protect your skin (especially children's) from the UVA & UVB rays from the sun, which cause burning, skin ageing, wrinkling and can contribute to Melanoma, the most dangerous form of skin cancer. Wearing a hat, lightweight clothes that cover your arms & legs and keeping in the shade will help to protect you from some of the sun's rays, but an effective sunscreen with at least an SPF (sun protection factor) 30 will help protect from sun burn.

Make sure you apply sunscreen about 20-30 minutes before going out in the sun, so that it is absorbed into the skin and reapply every two hours, or if playing in water (especially children), make sure you reapply afterwards.



We are pleased to welcome Katy Holden back in post to work on another outreach programme, 'Schools Liaison' which is funded by the Hyndburn Windfall Fund. Katy will focus on visiting schools across Hyndburn to help raise awareness of sustainability issues around produce such as, recycling, Fairtrade, pollution and the true cost of cheap fashion. You can contact Katy on 07419 373313 or email her at branchingout@oneplanet.coop

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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/ONEplanetshop



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When you're on a day out, on the go, or even at work and feel the need for a 'SNACK ATTACK', it is easy to reach for the nearest thing, which could be quite unhealthy, just to satisfy your cravings! If this happens, try grabbing a piece of fruit or raw vegetable sticks, such as carrot, cucumber or celery instead. Alternatively, you could stock up on some handy snack sized nutritious products from ONE Planet to keep your cravings at bay!



Try a Snack Pack of Organic Raw Chocolate Mulberries from **the raw chocolate co.** The organic white Mulberries come from Turkey where they have been considered a luxurious treat for centuries. They have a delightful chewy, toffee caramel flavour that is so more-ish and satisfying when combined with highly nutritious raw chocolate. It is really hard to put a packet down, you have been warned! Enjoy!

At **Kallo**, they don't think eating sensibly has to mean saying no to all the things you love! For over 20 years they have been creating deliciously simple, wholegrain recipes from the finest natural ingredients. Topped with delicious Belgian milk chocolate and only 97 calories per HALF pack, (thats HALF the pack) **Kallo** Mini Chocolate Organic Rice Cakes are perfect for on the go, sharing with friends, or keeping at work for a guilt free afternoon treat!



Clearspring Snack Organic Roasted Seeds and Soya is a tasty and nutritious blend of organic pumpkin seeds, sunflower seeds and soya beans. The Austrian organically grown soya beans used are the Maple Arrow variety. This old and unhybridised strain has a superb flavour and nutritional profile, being rich source of vegetarian protein. The beans are gently roasted and then combined with lightly toasted Styrian pumpkin seeds and locally grown freshly hulled sunflower seeds to produce an organic snack with optimum taste and nutrition.

Traidcraft Fair Trade Pineapple Fruit Pot

– the very first Fair Trade fruit pot! With less than 100 calories per pot, containing Fairtrade pineapple from Swaziland in natural pear juice with no artificial colours or flavourings, this 120g pot is one of your 5 a day! Ideal for lunch boxes, picnics or a quick and simple guilt free dessert!

