

fairtrade
ethical
sustainable
local



planet

COMMUNITY OWNED CO-OPERATIVE SHOP

Newsletter – May 2015

Testimonial

By Kerry Gormley



Hello, I'm Kerry Gormley and I manage the shop. I start each day with a brew of Grumpy Mule organic fair trade coffee. I take it black with sugar and I use the organic raw cane sugar we sell in ONE Planet.

Possibly the best things about managing the shop is the great conversations I get to have with our inspiring customers. One conversation that is going on at the moment, is about the pros and cons of coffee. Several studies show that coffee drinkers have a much lower risk of dementia, Alzheimer's disease and Parkinson's disease in old age. Numerous studies have shown that coffee drinkers have a significantly lower risk of developing type 2 diabetes. However, caffeine is an addictive substance. It can lead to tolerance and well documented withdrawal symptoms like headache, tiredness and irritability. I don't smoke or drink so it seems to me that my daily treat of a steaming brew of ethical coffee is acceptable. However, some customers have decided to go caffeine free and so we currently offer more coffee substitutes than we ever have before - *Lima Yannoh*; *Wake Up* and *No Caff* alongside our extensive range of very popular Pukka teas.

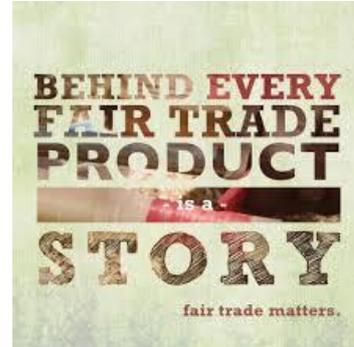
World Fair Trade Day

Sat 9th May 2015

The World Fair Trade Day is an initiative of the World Fair Trade Organization (WFTO).

“Fair Trade is change. Fair Trade products and the people in the Fair Trade supply chain are making a difference every minute, every time a Fair Trade product is purchased. Backed by consumers who believe in their purchasing power, Fair Trade makes positive change every day.”

We see ourselves as an #AgentChange because we are committed to bringing you beautiful handcrafted products from suppliers registered with the WFTO. Find us on twitter @54AbbeyStreet.



SPECIAL OFFER: One Aromatics & Maroma incense sticks – BUY ONE & GET ONE FREE!



Aromatic oils have been preferred for centuries as the natural way to heighten the spirit, bring peace to the mind and calm to the nerves. For home interiors, aromatic sticks *with natural essential oils* are considered the most effective and convenient way to circulate *authentic* fragrances. There really is no need to spray your home with plug-in or aerosol chemicals ... or to use incense that is made from chemicals or dubious materials. Instead, choose nature's incense.

Monday 18 - Sunday 24 May

This year it's all about sharing and enjoying delicious veggie food with your friends, family, colleagues, neighbours and community. It's a great way to connect with those around you and explore tasty meat-free food together.

For great recipe ideas visit:
<http://www.nationalvegetarianweek.org/food>

brought to you by



**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

**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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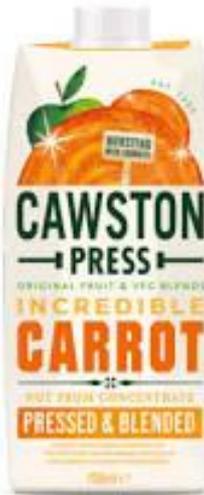


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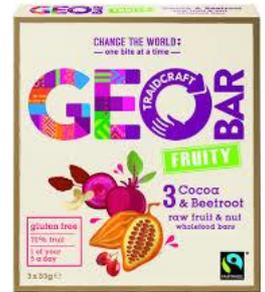
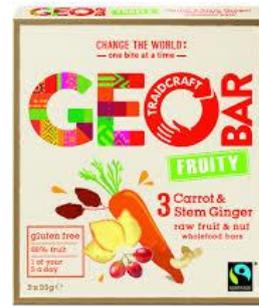
What's New?!



Pure pressed sweet carrots, blended with pressed apple juice - this new wonderful sunny blend is a must for anyone who likes to start their day bright eyed and bushy-tailed!

**BEANS
ARE NOT
BORING!!**

Beans, part of the legume family, are an ancient food that has been cultivated all over the earth for thousands of years. A staple food of many cultures, including those of Asia, South America, Central America, and the Middle East, beans are a portable, tasty, and non-perishable food that can be easily adapted into any cuisine. Yet, this versatile nutritional powerhouse is often relegated to the back of the cupboard, as many consider beans the "poor man's meat". The general thought among people has been that beans are not necessary anymore, as they are getting their daily protein requirements from animal products. However there are many chronic ailments associated with high consumption of meat, including heart disease, some types of cancer, and diabetes!



Our new range of Fruity Geobars are different from the 'original' bars as they are NOT cereal bars. The gluten free fruity bars are packed with raw Fairtrade fruit and nuts, bringing opportunity and hope to growers around the world. One of the Fruity Geobars are 1 of your 5 a day and perfect for lunchboxes or picnics. Try carrot & stem ginger or cocoa & beetroot and join us in joyful snacking!



Beans are FULL of protein and very filling, making them a great substitute for meat in meals. They are low in fat and high in dietary fibre, plus they contain many essential vitamins & minerals and come in a wonderful variety of shapes, textures and flavours!

At ONE Planet you'll find our shelves packed with a wide range of dried and tinned beans.

The British favourite – Baked Beans!

We stock these three organic/vegan varieties and all have different flavours and ingredients!



Suma Baked Beans are also gluten free and rich in tomatoes with reduced salt.



Geo Organic Baked Beans contain Fairtrade white kidney beans, instead of the traditional haricot beans!



Whole Earth Baked Beans are also gluten free and free from refined sugar, plus a rich selection of herbs & spices.