

fairtrade
ethical
sustainable
local



planet

COMMUNITY OWNED CO-OPERATIVE SHOP

Newsletter – January/February 2016



Katy has been inspired by PETA UK (People for the Ethical Treatment of Animals) to pledge to try a vegan diet for 30 days!



PETA say “Scientific evidence shows that our bodies actually function better when we don’t consume any meat, eggs or dairy products. Eating animal products can clog your arteries with cholesterol and increase your risk of developing obesity, cancer, diabetes and heart disease. It also massively increases your carbon footprint and involves daily participation in a system that exploits, maims and slaughters animals.”

In the press You'll find a great article about ONE Planet in LANCASHIRE LIFE this month!

Contact Us

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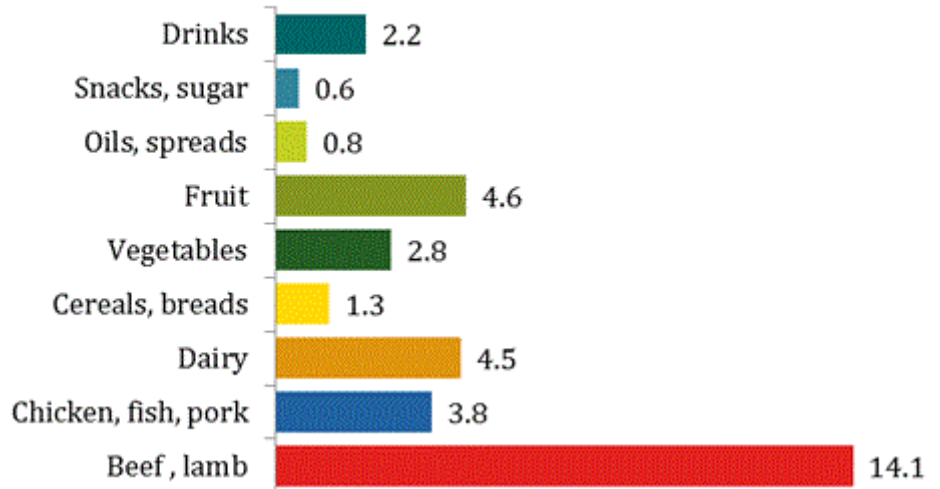


We wish all our members and customers good health & happiness in 2016.

There is no denying that we have had a very wet start to the New Year here in the North West, with devastating consequences for homes and businesses – this has prompted many conversations in the shop about weather and climate change. But how can we change things?

Whilst Governments try to agree on policies for carbon emissions to tackle climate change, we as individuals can consider our own carbon footprint, and what we choose to eat has a huge impact! A study by ‘Shrink that Footprint’ in the USA created the chart below: -

Carbon Intensity of Eating: g CO₂e/kcal



Full details of the study can be found on the website www.shrinkthatfootprint.com, but it shows that moving some or all of your diet from the most carbon intensive foods, to one that includes more cereals and in-season fruits and vegetables is an effective way to reduce your carbon footprint. You won't do better than a seasonal VEGAN diet to really achieve a low carbon diet! See below some NEW VEGAN products available here at ONE Planet -



Delicious Italian-style raw pesto made with sprouted hemp seeds, basil and wild garlic. Full of fantastic flavour, this vegan pesto provides a perfect time saving dish for all the family. Freshly blended and free from anything artificial, this pesto makes a lively addition to pasta dishes or a scrumptious bruschetta topping!



Unpasteurised organic sauerkraut containing health-boosting lacto bacteria, which supports both the digestive and immune systems. Mildly flavoured with a crisp, crunchy texture.

WHAT'S ON LOCALLY?

**Free family friendly activity
at Accrington Library
Saturday 23rd January
1-4pm**

Meet Annika Anderson, a textile artist from Sweden to make pom-poms not bullets!

The activity is free and you can drop in for 10 minutes or stay all afternoon. Yarn will be provided or you can bring your own. Children welcome with an adult.

Acorn Steiner Charity Fundraiser

Lantern Festival

in the atmospheric grounds of
**The SANCTUARY
of Healing**

Dewhurst Rd, Langho, BB6 8AF

Now on

Saturday 6th February

4.00 – 6.30pm

Lantern walk sets off at 5pm.

Tickets £5.00 per person.

Visit: www.acornsteiner.co.uk or
their facebook page.

**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

**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!

The hope of the 2016 International Year of Pulses is to position pulses as a primary source of protein and other essential nutrients. To act for a healthy, hunger-free and sustainable world.

As this year looks likely to see more people interested in vegetarian, vegan and gluten-free diets. More people are making the move towards wholesome 'clean label' products, with no added nasties, in a word 'wholefoods'.



For the one you love on Valentine's Day!

inSpiral's **Loveberry** Superfruit Granola Bites are the ultimate *organic* fitness food, complete with **seven vegan protein sources**.

Delicious strawberries, raspberries and goji berries, omega-rich seeds, nuts and whole grains are all slow-dried for optimum nutrition and sustained energy. The perfect, guilt-free 'on-the-go snack', straight out of a compostable bag!

During **Fairtrade Fortnight** from 29 February - 13 March this year, the Fairtrade Foundation want us to **'sit down for breakfast, stand up for farmers'**!

As Martin Luther King famously said, *'before you finish eating breakfast in the morning, you've depended on more than half the world'*. Despite our dependence on farmers and workers for the foods, drinks and products that we love, about 795 million people are undernourished globally! Fairtrade fortnight will focus on issues of food security in 2016, it's a sad irony that millions of farmers and workers who are feeding the world, are themselves going hungry! Fairtrade means many farmers and workers are able to fulfil a basic human need – to put enough food on the table for the people they care about, all year round.



ONE Planet would like to encourage you to eat your own Fairtrade breakfast or arrange one with a group of friends, in your community or your place of work! Register your breakfast at www.fairtrade.org/breakfast.

Look out for products carrying the Fairtrade mark, such as tea, coffee, sugar, honey, jam, marmalade, peanut butter, cereals, orange juice here at the ONE Planet shop.

Katy, our Schools Liaison Officer is here to help schools with arranging their own Fairtrade breakfast, including resources, activities, talks and games. Contact her by email at branchingout@oneplanet.coop or call her on 07419 373313.

