

fairtrade
ethical
sustainable
local

ONE planet

COMMUNITY OWNED CO-OPERATIVE SHOP
Newsletter – November 2014

One Planet Testimonial



Here at One Planet, we ensure that our customers are our main priority and to prove it, we asked one of our lifelong customers, Nina Carr to answer a few questions on her experience with One Planet.

Question 1:

What do you like most about One Planet?
"What I like most about One Planet is that you can buy ethical and organic products. Also, nobody else within the local area provides a Fairtrade range of products like One Planet. My friends also work here so it's a very friendly environment for me to be in. In addition, as One Planet is a cooperative, it gives money to the local community."

Question 2:

How long have you been shopping at One Planet?
'Well, I have been shopping at One Planet since its opening which has now been four years! I either shop here on a weekly basis or I come every fortnight.'

.... Continued ...

Christmas is coming!

Prepare for Christmas by stocking up on gifts for your family. Here at ONE Planet, we've got gifts that will delight everyone.

Gifts ideas from One Planet!

Stripey Luxury Bamboo Socks

These extraordinarily absorbent and odour resistant socks with 76% natural bamboo viscose, feel super soft and comfortable against your skin. They will make a great gift for anyone this year!



Pukka Christmas Gift Tin

Sit back, relax and enjoy Pukka's exquisite collection of peppermint liquorice and love tea selection. The refreshing peppermint will help support digestion and the naturally sweet soothing liquorice will help calm and nourish you. This is a gift that will warm the heart of any recipient!



Faith in Nature Shampoo and Shower gel

Try this range of award winning natural Faith in Nature shower/bath gift sets. Whether you're looking for a long relaxing bath or quick invigorating shower, these organically certified products will definitely make great gifts.



It's not all about Christmas!

Our Divine chocolate bars always make excellent Christmas gifts, but why not treat yourself on **Bonfire Night?!**

Try the new **milk chocolate with spiced toffee apple** or the **dark chocolate with pear and ginger**

Both will give you a lovely warm glow!



Question 3:

What do you mainly buy from One Planet?

“The main products I buy are toiletries and the Pukka teas. This is because the Suma range of toiletries are refillable and cheaper for me to buy. I like to buy some food products because they are Fairtrade and organic. My favourite products are Doves Farm, Gluten Free Organic Macaroni, Pukka Peppermint and Liquorice tea and Suma Rose Petal and Geranium shampoo & conditioner”!

..... a BIG thank you to Nina from all at ONE Planet for her testimonial!

Don't forget to buy your Christmas advent calendars From ONE Planet this month!



The 2014 Real Advent Calendar is a fun way for parents, grandparents and Godparents to share the Christmas story. Behind the first giant window there is a 32-page Christmas story/Advent booklet with a page for every day of December. Behind each of the 25 windows there is a Fairtrade chocolate star and a few words from the Christmas story.

Tomato for Today

**We're a 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 Katy, our Branching out Manager on 07419 373313, as there are lots of ways you can help out!

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Tomatoes are the best source of the carotenoid pigment lycopene. Some studies suggest it can help prevent prostate, lung, and stomach cancers. For those of you who grow your own tomatoes and enjoy the health benefits of this juicy ripe fruit, you will find the yield is coming to an end, now we're in Autumn.

Are Tinned Tomatoes good for you?

Tomatoes are an interesting exception to the rule that cooking food reduces or destroys valuable micronutrients: lycopene is better absorbed when it has been heated, either during processing or cooking, as the heat turns the molecule into more useful isomers. Tomatoes provide significant amounts of bone-strengthening vitamin K, and some research suggests that lycopene also supports bone health. Many studies link tomatoes with heart benefits, and although the mechanisms aren't yet clear, the antioxidant vitamins C and E in them, along with lycopene, seem to slow down the processes that would eventually cause heart disease.

So, a definite Yes!

ONE Planet stock a wide range of organic tomato products, from our main wholefood supplier – SUMA!

These are winter store cupboard essentials and can be used in soups, stews and pasta dishes – why not share YOUR recipe with us?!



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