

fairtrade  
ethical  
sustainable  
local



planet

COMMUNITY OWNED CO-OPERATIVE SHOP

Newsletter – May/June 2016



Our volunteers are always trying new recipes! Katy recently tried one based on a recipe from Gwyneth Paltrow's new book 'IT'S ALL EASY' for a **raw chocolate mousse** – she used the following ingredients and thinks it's the best, so far!

SERVES 4

1 large avocado, pitted & peeled  
2 tablespoons almond butter  
¼ teaspoon vanilla extract  
4 tablespoons brown rice syrup  
4 tablespoons maple syrup  
4 tablespoons raw cacao powder  
4 tablespoons almond milk  
2 tablespoons coconut oil

In a blender or food processor, combine all the ingredients, until very smooth. Divide among 4 ramekins. Cover and refrigerate for at least an hour. Top with a few fresh raspberries & serve.

## Contact Us

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/ONEplanetshop



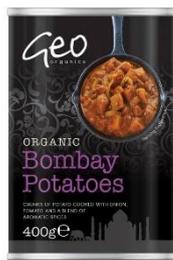
@54AbbeyStreet



National Vegetarian Week 2016 is all about celebrating the stories and traditions behind the food we eat and for more information visit:-

[www.nationalvegetarianweek.org](http://www.nationalvegetarianweek.org).

- Going vegetarian can reduce your carbon footprint, help conserve land and water and protect the oceans.
- A balanced vegetarian diet is one of the easiest ways to follow official healthy eating guidelines, with 5 portions of fruit and vegetables a day, plenty of complex carbohydrates and antioxidants, as well as lower saturated fat and cholesterol. A balanced vegetarian diet tends to be lower in calories and higher in fibre, so can also help maintain a healthy weight.



**Mango** chutney and poppadoms go together like Fred and Ginger and this jar of curry buddy condiment ticks all the boxes! It's vegan friendly, Gluten Free and Fairtrade, using organic mangoes and sugar from Africa. It's not just great with Indian food, just try it blended with Moroccan food or even as a lovely accompaniment to baked brie.



Our range of spicy ready meals from Geo Organics are both Vegan and Gluten Free, plus full of nutritious ingredients.

Geo Organics are serious about organic food, serious about the welfare of the ingredients' suppliers and serious about the quality, flavour and integrity of every single one of their products.



## Coeliac Awareness Week / 9 – 15 May

The awareness week is to empower more people to ask 'is it coeliac disease'? The most commonly reported symptoms are anemia and fatigue, however Coeliac UK recently reported that it takes on average 12 years for a diagnosis of Coeliac Disease. Visit [www.ceoliac.org.uk](http://www.ceoliac.org.uk) for more information.

## WHAT'S ON LOCALLY?



**Oh we do like to be beside the seaside!**

**29 May 2016**

**12:00 - 19:00**

**Warner Street  
Accrington**

**Warner Street steps back in time with all the fun of the seaside: Vintage Style: Entertainment, Fairground Attractions, Stalls, Street Food and so much more:**

**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](http://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!

**CO-OPERATIVES  
FORTNIGHT**  
18 JUNE TO 2 JULY 2016



**THE  
BIG  
CO-OP  
CLEAN**



Co-operatives Fortnight is the time when co-operatives, like ours, up and down the country remind people why they should choose co-operative – that we make a difference and show that we can do more together than we can alone! During Co-operatives Fortnight, ONE Planet will be joining other co-operatives across the UK in organising a **BIG CO-OP CLEAN** in our local area. We will be joined by members of the Hyndburn PROSPECTS Foundation to clean up a street, park or public area and we would like to hear from members of the community to tell us about an area they would like to see transformed! Please email your suggestions with 'Big Co-op Clean' in the subject header to [info@oneplanet.coop](mailto:info@oneplanet.coop) before the 31<sup>st</sup> May 2016 and your area could benefit from a big clean up!



These new Multi-Action disposable wipes from **ecover** perfectly compliment your cleaning cupboard. With an ecological anti-bacterial formulation killing up to 99.9% of bacteria, surfaces from your toilet seats to your baby's high chair will be left perfectly clean with a delicious Pomegranate and Lime fragrance.

We use these in the shop and they're great!



Made using natural rubber from Sri Lanka with a cotton flock lining for easy removal, these Fair Trade rubber gloves from Traidcraft provide benefit to disadvantaged communities in Sri Lanka.

## NEW LOYALTY CARD FOR MEMBERS!

The ONE Planet Board of Directors have made the decision to provide ALL members of the ONE Planet Co-operative with rewards for shopping with us, in the form of a loyalty card. After spending £10.00 or more on each shop, you will receive **£5.00 off** your 6<sup>th</sup> visit!



Kerry, our shop Manager, has shared her shopping basket, as an example of what a £10 + SHOP could look like:-

- Organic tomato puree £1.15
- Organic canned chopped tomatoes £85p
- Suma organic mixed herbs £1.35
- Kallo organic vegetable stock cubes £1.49
- Organic Grumpy Mule Sumatra ground coffee £4.49
- Equal exchange organic Fairtrade raw cane sugar £2.39

**TOTAL = £11.72**

