

FAIR TRADE & WHOLEFOOD GROCERIES from SHOP TO CHANGE THE WORLD

Fairly traded marked FT. The pastas are smooth & nutty & wholemeal -and we just like them! The paper goods are made from recycled paper and profit from their sale goes to Traidcraft Exchange, the charity that supports small producer groups in the developing world. NB Wholefood from Suma- the largest UK workers' co-operative. **New or lower price in red**

Yellow background shows this months highlight on Palestine and recipe ingredients

Traidcraft	Golden caster sugar FT	500g	£1.15	
Traidcraft	Muscovado sugar FT	500g	£1.15	
Rayners	Golden Syrup (Org) FT	340g	£2.30	
Traidcraft	White Basmati Rice FT	1kg	£3.75	
Traidcraft	Brown Basmati Rice FT	1kg	£3.75	
Suma	Jumbo Oats (Org)	1kg	£2.25	
Suma	Porridge Oats (Org)	1kg	£2.25	
Suma	Coarse Oatmeal	500g	£1.00	
Suma	Arborio rice (Org)	500g	£1.80	
Suma	Quinoa (org) FT	375g	£2.10	
Zaytoun	Palestinian wholegrain couscous FT	250g	£2.50	New stock
Malawi Kitchen	Yellow split lentils FT	500g	£1.60	
Doves Farm	White spelt flour (org)	1kg	£2.50	
Biona	Wholemeal Spelt Spaghetti (Org)	500g	£2.00	
Biona	Wholemeal Spelt Penne Pasta(Org)	500g	£2.25	
Biona	Spelt lasagne sheets(org) no eggs no salt	250g	£2.25	
Traidcraft	Rice cakes, lightly salted, gluten&wheat-free FT	100g	90p	NEW!
Amaizin	Sweet chilli sauce(org)	200ml	£2.50	
Alfez	Harissa (spicy chilli paste)	100g	£1.35	
Suma	Chopped tomatoes (org)	400g	75p	
Suma	Tomato puree(org)	200gtube	£1.00	
Suma	Red Kidney beans(tinned) (org)FT	400g	80p)
Suma	Chick peas(tinned) (org)	400g	60p)No salt/sug
Suma	White kidney beans (org) FT	400g	80p)
Geo Organics	Baked beans (org) FT	400g	£1.00	
Zaytoun	Palestinian extra virgin olive oil FT	500ml	£8.45	
Dragonfly/EE	Rooibos(Redbush) Tea Bags FT	100	£4.00	
Traidcraft	Tanzanian leaf tea(loose) FT	125g	£1.50	
Traidcraft	Everyday Decaffeinated Tea Bags FT	80	£3.20	
Traidcraft	African Gold Tea Bags FT	80	£2.50	
Traidcraft	Med roast ground coffee FT (strength 3)	227g	£3.75	
Traidcraft	Decaff ground coffeeFT(org strength3)	227g	£3.95	
Traidcraft	Cocoa (org) FT	125g	£2.95	
Traidcraft	Chilean Flame Raisins FT	500g	£2.50	

Traidcraft	Golden Sultanas FT	500g	£2.35	
Trop. Wholefoods	Dried apricots FT	125g	£1.25	
Suma	Dried dates(org) FT	250g	£1.75	NEW!
Zaytoun	Nabali green olives (org) FT	200g	£3.50	NEW!
Traidcraft	Walnut halves FT	125g	£1.95	
Suma	Dessicated coconut(org)	125g	£1.25	NEW!
Traidcraft	Toilet Roll-recycled (R)	4-pack	£2.10	
Traidcraft	Kitchen Towel-recycled (R)	2-pack	£1.50	
Traidcraft	Rubber Gloves FT	pair	£1.00	
Ecoleaf	Liquid hand soap	500ml	£3.00	
Ecoforce	Recycled pegs (R)	24pack	£1.35	
Liberation	Crunchy peanut butter FT	227g	£1.95	
Traidcraft	Orange marmalade (org) FT	340g	£2.00	
Geo Organics	Mango chutney (org) FT	300g	£2.25	
Traidcraft	Chocolate Brownies FT	5 slices	£1.65	
Oh So Yummy	Chocolate-topped flapjack FT individually wrapped	80g	65p	NEW!
Oh So Yummy	Yogurt-topped flapjack FT individually wrapped	80g	65p	NEW!
Suma	Organic ground turmeric FT	25g	£1.00	
Suma	Organic ground cinnamon FT	25g	£1.00	
Suma	Organic black peppercorns FT	25g	£1.00	
Suma	Organic ground ginger FT	25g	£1.00	
Suma	Organic whole cloves FT	25g	£1.00	
Zaytoun	Wild-grown herb mix- zesty seasoning FT	80g	£2.75	NEW!
Suma	Concentrated apple juice (Org)	400ml	£2.75	Makes 2-3 litres
Eswatini preserves from Swaziland Fairly Traded 285g/300g/340g	Pineapple chutney Tomato chilli chutney(mild) Mixed Fruit chutney Kumquat atchar(pickle) Pineapple & pawpaw atchar(pickle) Medium curry sauce(mild) Chilli sauce Swazi fire sauce 70% chilli(v hot) Lime Pickles Orange & Grapefruit marmalade Grapefruit marmalade Lime marmalade Mango Jam Peach & Ginger jam Pineapple jam Gooseberry jam	£3.00 each or 3 in jute gift bag for £10.00		