

Eco Spring cleaning

"Spring cleaning" represents the idea of clearing away the old to welcome the new, much like the natural renewal happening in springtime. Plus the angle of the sun shows up all the dust and grime the winter gloom hid!

If you are looking for ways to clean in a 'greener' way by cutting down on waste and reducing the amount of harsh chemicals you use that could harm the environment, try the following tips:

1. Cut down on plastic: refill existing cleaning bottles from True Food's household refill station and swap out plastic sponges for cleaning tools made from natural fibres.
2. Recycle cleaning materials; you can swap out disposable paper towels or microfibre cloths that contain microplastics for cut up old towels or odd socks.
3. Discover the wonders of white vinegar. White vinegar cuts through grease, removes odours, and even acts as a natural weed killer. Its acidity makes it an excellent natural cleaner for windows, floors, and surfaces. It is also good at treating limescale and descaling kettles.
4. Bicarb is not just for baking. Bicarbonate of soda works wonders on acidic odours and stains. Sprinkle it on a damp sponge for a gentle yet effective scrubbing solution that's safe on most surfaces. Mix with washing up liquid to remove stubborn stains on clothes.

Eco cleaning, the essential kit

- EcoLiving Rubber Gloves
- Hill Brush Company Wooden Wash Up Brush
- LoofCo Washing-Up Pad
- If You Care Sponge Cloths
- White Vinegar
- Bicarbonate of Soda



Members get
10% off

Unsung heroes: soap nuts!

Each month True Food member and volunteer, Colin Bates, is going to implore you to show some love for those everyday, taken for granted products, this month it's the turn of soap nuts.

Venture into the corner of the refill section between the liquids and the soaps and you'll find soap nuts, the perfect solution for gentle laundering of your more delicate synthetics. Whether its your lycra gym leggings or cycling gear, your thermal base layers, your warm woollens or hiking socks, soap nuts are a gentle natural detergent that will freshen things up, without the enzymes or harsh chemicals of most laundry liquids, especially at 20c or 30c on synthetic or wool washing machine programs.

Just put 4-6 soap nuts into a mesh laundry bag, pop into the drum of your washing machine, no liquid, no fabric conditioner required. Take the mesh bag out when finished, add one or two fresh nuts for each new wash. Every now and again empty the residue into your compost heap or organic waste bin. Your clothes will thank you for it.



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Opening Times

Tuesday to Saturday
9 am to 6 pm

61 Grove Road, Emmer Green, RG4 8LJ

Tel: 0118 946 1188 Web: www.truefood.coop



Pancake Day: 4 March

Don't forget the flour, eggs, milk, lemon and sugar! And the chocolate spread if you're so inclined!



International Women's Day; 8 March

International Women's Day is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality.

Did you know?

According to Oxfam, outside of the UK, in developing countries women make up around 43% of farming labour, however despite being a large part of the workforce they produce 20-30% less yield due to exclusionary factors; such as laws and gendered expectations. The impact is so drastic that the Food and Agriculture Organisation (US) estimates that if women's rights in farming were on the same level as men's, global food production could increase by up to 30%.

Here at True Food we stock several suppliers who work to empower women, help mitigate against poverty and promote gender justice.

Eco Femme

Eco-femme is a social enterprise and global empowerment initiative run by women in India producing reusable handmade organic cotton cloth sanitary pads. Profits made from international sales of their pads are used to help fund reusable pads for Indian women and provide menstrual health education.



Tea People

Reading-based social enterprise Tea People use their profits to fund social projects within tea growing communities. They believe in empowering women and helping them become self-sufficient by offering education, enterprise and skills training and financial support to the most vulnerable within the tea growing communities.



Equal Exchange

In 2011, with their partner Twin Trading, Equal Exchange developed a range of 'Grown by Women' coffees. These coffees are sourced directly from the female members of coffee growing co-operatives. By working with co-ops in this way Equal Exchange aims to help close the gender gap, increase rural income and provide training.



Vivani

Through the Sustainable Organic Cocoa Project the company has established its own direct trade fair cocoa project, which positively contributes to the health of the eco system in the Dominican Republic. Through the project Vivani works to improve access to clean water for cocoa farming families, and celebrates and supports women working in cocoa production.



Mothers' Day; Sunday 30 March

Don't forget to show some appreciation for the important woman in your life. Make her feel special with breakfast in bed, a beautiful unique card and some extra special chocolates.



Fancy playing shop?

Enjoy talking to people? Need a reason to leave the house? Want to be part of a community?

We are always on the look out for volunteers to help out serving on the tills at True Food. If you're interested in finding out more, please talk to one of our shop managers or email; busdev@truefood.coop