



Newsletter

March 2026

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. According to Oxfam 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%.

Raise a cup to fair conditions for women

While women often comprise a substantial proportion of the workforce involved in cultivation, harvesting, and processing of tea and coffee, women in these sectors often face systemic challenges, including wage inequality, limited access to training and resources and under-representation in leadership and decision-making roles. Your choice of beverage can actively make a difference to enable a fair share for women.

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.



How, what and where!

Each month we hope to provide some insight into some True Food-centric questions. This month: **Why choose organic cotton sanitary wear?**

Cotton is known as the 'dirty crop'; approximately 300 pesticides are used in cotton production globally, with roughly a third of these classified as Highly Hazardous Pesticides (HHPs). HHPs can have damaging impacts on human health. While some are acutely toxic, threatening the health of those who use them, others have been linked to the development of chronic diseases such as cancer.

In 2024 the Pesticide Action Network (PAN), conducted their own small-scale testing of boxes of tampons from UK shops and supermarkets. Of the 15 boxes of tampons from UK shops and supermarkets tested for traces of pesticides, glyphosate found in tampons contained in one of the boxes was at levels 40 times higher than is permitted in drinking water. Very little research has been conducted into residual pesticides and chemicals in sanitary wear, and more is needed to understand the possible health implications of such close contact with these toxic substances.



In addition, many of the HHPs used in cotton production pose a major risk to the environment, harming pollinators and other wildlife or contaminating water and soil in regions where cotton is grown. Organic period products are primarily made with organic cotton or bamboo. Organic farming works with nature, not against it. Harmful pesticides and herbicides aren't used, so dangerous chemicals don't harm workers, leach into waterways and damage soil health.



Opening Times

Tuesday to Saturday
9 am to 6 pm

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Mothers' Day; Sunday 15 March

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



Eating well for perimenopause and menopause

Good nutrition throughout perimenopause and menopause can help manage this life transition. While no single diet can “cure” menopause, growing evidence shows that what you eat can make a meaningful difference to both symptoms and long-term health.

Many experts recommend a Mediterranean-style diet during menopause. This way of eating emphasises fruits, vegetables, legumes and pulses, nuts, wholegrains, fish, and unsaturated fats such as olive oil. In addition, calcium rich foods are particularly important during and after menopause, when falling oestrogen levels increase the risk of osteoporosis.

After menopause, women are at a higher risk of raised cholesterol levels and cardiovascular disease. This is largely due to declining oestrogen levels. When oestrogen levels fall during menopause, these protective effects are reduced. As a result, “bad” LDL cholesterol and triglycerides often increase, while “good” HDL cholesterol decreases. Over time, this can lead to fatty deposits in the arteries (atherosclerosis) and a higher risk of heart disease. A heart-healthy diet can help counteract these changes. Experts recommend:

- Increasing fibre intake from wholegrains, pulses, fruits and vegetables
- Choosing healthy fats such as extra virgin olive oil and cold-pressed rapeseed oil
- Including omega-3-rich foods like oily fish, flaxseeds and walnuts
- Limiting saturated and trans fats found in processed and fried foods
- Including more plant-based proteins such as legumes and tofu



Nutrient	Menopausal-related health benefit	Food sources
Vitamin B6	Supports the regulation of hormonal activity	Meat, poultry, fish, fortified breakfast cereals, egg yolk, yeast extract, soya beans, sesame seeds, some fruit and vegetables (such as banana, avocado and green pepper)
Calcium and vitamin D	Help reduce the loss of bone mineral density	Calcium: Milk, cheese, yogurt, some green leafy vegetables (such as kale), canned fish (where soft bones are eaten) Vitamin D: Oily fish, eggs, fortified breakfast cereals and fat spreads
Magnesium	Contributes to the reduction of tiredness and fatigue	Nuts and seeds (such as Brazil nuts and sunflower seeds), wholegrain breakfast cereals, wholegrain and seeded breads, brown rice and quinoa
Zinc	Helps contribute to the maintenance of skin, hair and nails	Meat, poultry, cheese, some shellfish (such as crab, cockles and mussels), nuts and seeds (such as pumpkin seeds and pine nuts), wholegrain breakfast cereals and wholegrain and seeded breads

*with thanks to nutrition.org

Easter

Check out a range of ethical, organic Easter chocolates, in-store now. We will also be holding our annual Easter egg hunt around the store during the week commencing 30 March. Small visitors to True Food can hunt for eggs around the store, if they crack the code they win a small prize.

Easter opening hours: True Food will be open Tuesday- Saturday, 9am-6pm, as usual.

