

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,

Earth Day: 22 April

An annual event, Earth Day takes place on 22nd April and this year is themed 'Our Power, Our Planet'. The theme reflects that environmental progress is sustained by daily actions of individuals and communities protecting where they live and work. The 2026 campaign seeks to demonstrate how everyday choices can make a difference to the planet.

Over 460 million tonnes of plastic are produced annually, with 90% polluting the planet. Only 9% of all plastic ever made has been recycled, leaving the rest in landfills or oceans. Here at True Food we are keen to help our community use less plastic packaging by choosing to buy loose foods and refill existing plastic bottles with household and body care products.

40 percent of pollinator species – such as bees and other flying insects like the Monarch butterfly – are facing extinction across the globe. A recent study indicated there was a 76% loss of flying insect biomass in the last three decades. We can all help protect pollinators by choosing organic produce and gardening in a pollinator friendly way.



Healing nature

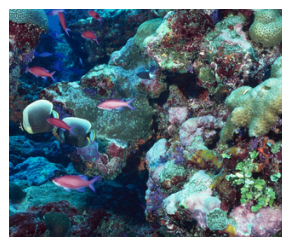
Nature has an amazing ability to renew when given the space and time to heal and revive. In some of the most unexpected, and once completely destroyed parts of the world, nature has proven its astonishing ability to recover when human activity retreats.

The Chernobyl Exclusion Zone, once the site of a nuclear disaster that forced complete human evacuation, has become home to an accidental wildlife sanctuary, representing the third-largest nature reserve in mainland Europe. After nearly 40 years of human abandonment, the area has become a haven for wildlife.

While some ecosystems bounce back purely through abandonment, others benefit from low-intervention rewilding. Totalling 3,500 acres in West Sussex, Knepp Wildland represents one of the UK's most successful rewilding efforts. The estate's owners allowed the land to regenerate naturally, mimicking how the area was before humans engaged in large-scale hunting and farming in the region. The result has been a dramatic return of biodiversity, including rare species like turtle doves and purple emperor butterflies—along with restored soil health and a richer, wilder landscape.



It's not just the land that can see nature transformed. Once heavily over-fished, Cabo Pulmo experienced a dramatic transformation after local communities supported its designation as a no-fishing zone in 1995. Since then, fish biomass has increased by 460%, making it one of the most successful examples of marine restoration in the world. Coral reefs, once degraded, now thrive with life—from sea turtles and reef sharks to schools of large predatory fish.



These examples represent the profound potential of rewilding and natural regeneration when human interference is reduced. Nature does not need to be micromanaged – it needs to be respected.

This is an edited version of: 'When Nature Leads: Remarkable Stories of Ecosystem Recovery'. To read the full article see: <https://www.earthday.org/when-nature-leads-remarkable-stories-of-ecosystem-recovery>

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



Celebrate with a cuppa- National Tea Day, 21 April

Consistently our top selling tea, Clipper was started in 1984 in a Dorset kitchen and is still based in Dorset now. The UK's first Fairtrade tea company, Clipper were also the first to launch unbleached, plastic-free tea bags. At less than 7p a cup, a mug of Clipper Black Tea is a delicious way to celebrate any day, everyday.



Green cleaning

Spring cleaning is a time to refresh our homes after winter. However, before you reach for the industrially produced, cleaning products consider the hidden nasties that may lurk within and the damage they can do to our environment:

- Phosphates: found in detergents they contaminate waterways because wastewater treatment facilities can only remove 30%. Studies show they're highly toxic and lethal to fish.
- Parabens: found in aquatic ecosystems via wastewater they harm aquatic life by disrupting biofilms and contaminating marine organisms
- Triclosan and triclocarbon: in antibacterial products can kill algae.

Instead try making your own eco-friendly cleaning products from the household refills at True Food. We know that many of our customers rate Nancy Birtwhistle's recipes for homemade, non-toxic alternatives to commercial cleaners which use eco-friendly cleaning products ingredients such as white vinegar, citric acid, bicarbonate of soda, and washing-up liquid.

The only drawback of making your own products can be the lack of pleasant 'clean' smell, which is why many homemade recipes call for essential oils. We are pleased to announce that True Food will now be offering a selection of organic essential oils with which to scent your cleaning products.

NEW



How, what and where!

Each month we hope to provide some insight into some True Food-centric questions. This month: **How to spring-clean with Bicarbonate of Soda.**

And just like that, its no longer raining everyday, and there's even a splash of sunshine in the morning. Which means only one thing - Spring Cleaning is upon us. But don't go reflexively reaching for a plastic bottle of chemical gunk, make 2026 the year you go gentle on the environment and give Bicarbonate of Soda (AKA Baking Soda) a try as your do-everything household cleaner.

Just sprinkle on a damp cloth, sponge or cleaning pad and wipe it gently over dirty surfaces to remove mess and grease. As it is a mild abrasive, bicarb will help to scrape off tough stains or dried-on spills without damage. Ideal for the splashback behind your cooker, tiles, cupboard door fronts and even cookware - though take care on aluminium pans and utensils.

Next, create a paste from two parts bicarb and one part water, then rub into your tiling grout with an old toothbrush. Leave for a minute or two, and spray with white (cleaning) vinegar, and watch it bubble and lift out the stains. Rise with clean water, step back and admire your work.

And finally for the unseen sludge in the u-bend under your kitchen sink: pour a liberal amount of baking soda down the plug-hole, followed by 250 ml (1 cup) of water and the same amount of white vinegar combined. Your drain or sink should bubble. Cover it with a damp cloth and leave it for at least five minutes, then remove the cloth and slowly pour a pot of boiling hot water down to flush through.

You can buy bicarbonate of soda and white cleaning vinegar from True Food's household refills section - and remember to bring along your own containers for extra eco-credit!

Refill with SESI

True Food is proud to stock a wide range of SESI refill products. As well as reducing packaging and plastic waste, SESI detergents are eco-friendly, affordable and cruelty free.

Based in Oxfordshire, SESI only uses fragrances which can be sourced locally. SESI products are free from harmful ingredients such as parabens, chlorine bleaches, optical brightener, sulphites, Methylisothiazolinone (MIT) and Methylchloroisothiazolinone (CMIT), gluten, alcohol, SLS, ALS, ALES, phosphates and benzisothiazolinone. These mild formulas can be gentler on sensitive skins while still cleaning effectively. SESI either refill our giant floor standing containers or collect empty containers to clean and put back in circulation, demonstrating their commitment to zero-waste.

