

National Volunteers Week

Volunteers Week takes place 1-7 June every year. It's a chance to recognise the fantastic contribution volunteers make to our communities and say thank you. The contribution of volunteers is often unseen and unrecognised by many: at True Food we want to take the time to say thank you to all our incredible volunteers who, every week, turn up and support True Food in its mission.



To volunteer at True Food you don't have to commit to volunteering at the same time, for the same thing, every week. Many of our members volunteer on an ad-hoc basis, as and when they find themselves with an hour to spare. For some, it's a great way to break up a long working-from-home day with something different.



Get involved

Volunteers help run the shop in practical ways - working on the till, opening, closing, re-stocking, maintenance and cleaning. However, volunteers also help behind the scenes with admin, events, distributing marketing materials and other ad hoc projects.

At the moment True Food would love to recruit volunteers to help with:

- serving customers on Saturday afternoons
- opening and closing the shop

If you would like to find out more, please contact busdev@truefood.coop

True Food in the Community



Sunday 29th June, Emmer Green 10k

True Food is delighted to be supporting this local summer staple; the Emmer Green 10k. For many years True Food has provided goody bags to the children who participate in the Mini Oaks challenge.



True Food Summer Range

Have you tried some of our new summer products yet? Featuring a selection of delicious products for quick suppers and outdoor picnics these delicious foods are sure to be a hit on sunnier days.

Get dippy with antipasti dips from Mr Organic, Florentin Baba Ganoush and Amaizin salsa! Delicious with tortilla chips, fresh veggies and these new black olive grissini.

Stay hydrated with Biona Tomato or Peach, Apricot and Apple Juice. Enjoy served straight over ice for a refreshing pick me up, add to smoothies or freeze into ice lollies. Or for picnics and days out try tropical Pip Pineapple and Mango smoothie or Pip Apple Cherry Fizz which count towards 1 of your 5 a day, have no added sugars, sweeteners or any other nasties!



When it's just too hot for cooking reach for one of these healthy, organic, ready made meals; Mediterranean Harrissa Casserole, Chickpea Tagine or a Miso Ramen Cup and enjoy a tasty, nutritious meal in minutes.

Perfect for days out or movie nights in, Trafo's popcorn is traditionally roasted in sunflower oil and free of unnecessary additives. Crunchy and tasty this popcorn is sure to be a winner.



Let's get together: Emulsifiers

In the UK emulsifiers are present in more than half of all ultra-processed foods, including 95% of pastries, buns and cakes, ice creams and yogurts, and almost 80% of confectionery.

Emulsifiers are additives that help mix ingredients that normally don't blend, like oil and water. They are very common in processed foods such as ice cream, bread and baked goods, and other ultra-processed foods. They are often used to increase a product's shelf life and improve its appearance.

Common emulsifiers include lecithin, locust bean gum, mono- and diglycerides, carrageenan, polysorbates and xanthan gum. Some of these emulsifiers are naturally occurring such as Lecithin, which is a fatty substance found in plants (like soybeans and sunflower seeds) and animal tissues (like egg yolks). Locust bean gum, is made from the beans of the carob (locust bean) tree and is used to extend the shelf life of confectionery products.

Carrageenan, made from red seaweeds, is sometimes used as a thickener for soy milk and prevents crystal formation in ice cream. Xanthan gum, often used as a thickener or stabilising agent, is a product of microbial fermentation. Many gluten-free products use xanthan gum to provide the texture to bread that the gluten in wheat would otherwise provide. While emulsifiers such as mono and diglycerides and sodium stearyl lactylate are used in the commercial baking industry as 'bread improvers' and 'dough conditioners', are used to make factory-style production faster and easier, and to extend the finished loaf's shelf life.

Very little research has been done on the effects of emulsifiers on humans, and any research that has been done hasn't examined the effects of consuming a cocktail of emulsifiers. Studies on mice have shown that common emulsifiers do impact the health of the gut microbiome by causing an imbalance in the gut microbes which promotes metabolic syndrome and inflammation.

Conclusions about human health can't be drawn from animal studies and more research is needed. In the meantime, we should not be overly concerned about small amounts of emulsifier in products we don't consume a lot of. Focus on the foods that you eat more of, for example choose natural Greek yogurt instead of a flavoured one that has emulsifiers in it. Eating less ultra-processed foods generally will lead to cutting down on your intake of emulsifiers, as well as other additives.

Emulsifier free alternatives



Refill Day 16 June

World Refill Day is a global day of action to prevent plastic pollution and reduce waste.



Choosing to reuse over single use means no plastic is discarded and a new container does not have to be manufactured and shipped for the next serving of a product. This means the whole process is more efficient in terms of energy, materials and waste generation. For more information about Refill Day please see:

www.refill.org.uk/world-refill-day/

True Food stocks over 100 zero waste and refill products including organic foods and ethical household and body care. Every year our household refill station saves over 7000 pieces of packaging!

If you have never refilled before, and don't know where to start, please speak to one of our staff members or volunteers who will be very happy to help you get started.



Tuesday to Saturday
9 am to 6 pm

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