

True Food will be closed on Saturday 29 August.

Wishing all our customers a lovely Bank Holiday weekend. We will be open again, as usual, on Tuesday 1 September.

How we use renewable energy at the True Food store

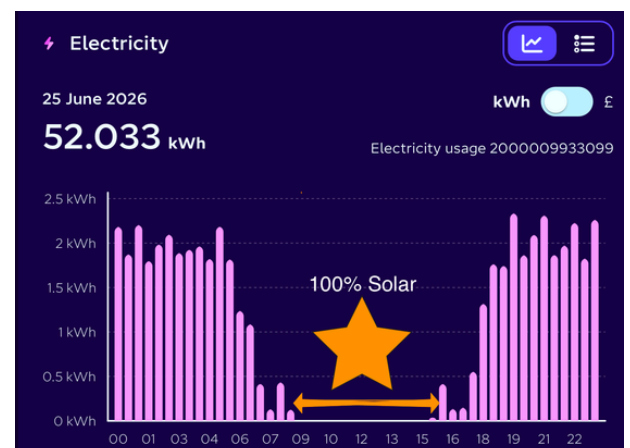
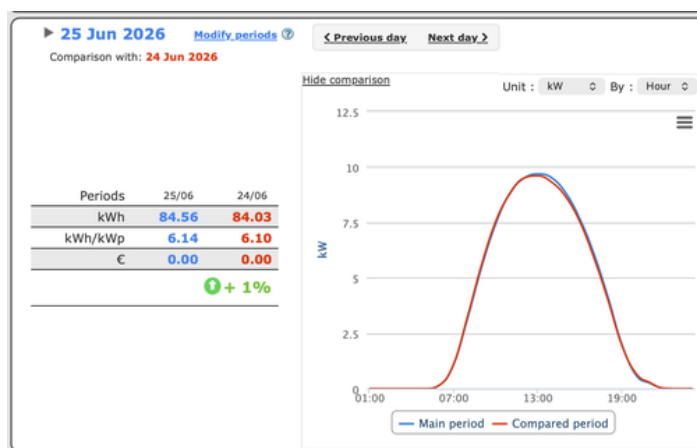
Many members and customers will have noticed the solar panels on the roof of our True Food store, these help us harness the sunshine to power your community store.

During the heatwave at the end of June, when we enjoy the longest days and strongest sunshine of the year, our solar PV system operates at peak performance, generating around 85 kWh of electricity each day. On sunny days like these, the shop is powered entirely by solar energy between approximately 8.00am and 6.00pm. That includes the electricity used by the fans that help keep the shop comfortable during hot weather. Even after meeting all of the shop's daytime electricity needs, our panels still generate a significant surplus, which is exported back to the National Grid.

Hot weather does, however, bring its own challenges. The shop building absorbs a great deal of heat, making it much harder for our fridges and freezers to keep food at the correct temperature. As a result, our electricity consumption during the summer can be around three times higher than it is in the winter.

We have recently been reviewing the possibility of adding battery storage to our solar system. In theory, this would allow us to store surplus solar electricity generated during the day and use it overnight to power our refrigeration. While battery prices continue to fall, they are still a significant investment. A typical 10 kWh battery currently costs around £6,000. At today's electricity prices, businesses like ours pay roughly 25p per kWh during the day and around 20p per kWh overnight, meaning a fully charged battery would store electricity worth only £2.00-£2.50. When you also consider that we only generate surplus solar power for around 25-30% of the year, it becomes clear why the payback period for battery storage is still well over 10 years.

As battery technology continues to improve and costs fall, we will keep reviewing the options. In the meantime, we're pleased that our solar panels are already making a substantial contribution to reducing both our energy bills and our carbon footprint.

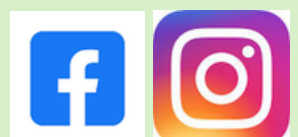


Electricity generated by solar panels at True Food 25-Jan-2026

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



Support your local community shop

True Food aims to provide people with access to sustainable, ethical food and household products. It is a not-for-profit, co-operative run by a small staff team and volunteers. We rely on our communities support to keep operating. This is how you can help:

Shop

We aim to stock products not found at the major supermarkets, and of course we have a huge range of loose foods and household refills. If you want healthy, unique and eco options then True Food is the place.

Promote

Most people find out about True Food through word-of-mouth recommendations, if you love True Food please let everyone know. You can also follow us on Facebook and Instagram.

Become a Member

By becoming a True Food member you can help support and shape the way True Food is run by volunteering and attending meetings. As a member you'll be the first to know about new products and events and there's a monthly member discount on specific products. Membership costs £5 and is open to anyone aged 16 and over. Ask a staff member for a form or apply online: www.truefood.coop/get-involved/

Cheers to summer!

Here at True Food we stock a broad range of Vintage Roots organic wines. Here they explain why you should consider drinking organic wine, what makes a wine 'vegan' and why you should consider avoiding sulphur.

Organic wine is made using only organically certified grapes, grown without synthetic pesticides, herbicides, fungicides and chemical fertilisers. Since the 2012 vintage, new winemaking regulations mean the whole process is certified from harvest to bottle and the term 'Organic Wine' can be displayed on bottles.

What are the benefits of organic wine?

Benefits can be numerous! Taste for a start, organic grapes are healthy and balanced and are of course the raw ingredient for any great wine. Health benefits include ingesting less manmade toxins, especially pesticide residues and less sulphur dioxide too which is the 'wine preservative'. By drinking 'organic' you are also helping support a cleaner environment and protect soils and water.

What are vegetarian and vegan wines?

This might sound strange, but some animal based products can be used in winemaking to 'fine' or clarify the wine. This is true for all wines, not just organic. Common products used include animal gelatin, isinglass (a fish based product), egg whites or casein (milk based). Vegan wine (VG) is often unfined, left to clear naturally by gravity or with a product like 'Bentonite' which is an inert clay.

What about sulphur?

Sulphur Dioxide (SO₂) is the most widely used and controversial additive in winemaking. Used as an antiseptic to kill off unwanted bacteria, yeasts and moulds, and as an antioxidant to inhibit oxygen spoiling the wine. An increasing number of people are sensitive or have allergic reactions to sulphur (headaches, wheeziness, a more groggy morning after feeling), and want to avoid it or ingest as little as possible. The good news is that organic wines have lower set levels generally.

Wines for enjoying in the sun

