

Problematic palm oil

Palm oil is the world's most widely used vegetable oil found in foods, cosmetics and household products, but its production causes major environmental and social problems.

Large-scale plantations in countries like Indonesia and Malaysia have destroyed tropical rainforests, threatening endangered species such as orangutans, tigers, and elephants, while also releasing significant greenhouse gases that contribute to climate change. The expansion of oil palm farms has led to peatland drainage, soil degradation, and water pollution, as well as land conflicts, forced evictions, and labour abuses affecting local communities. Although palm oil is economically important, its rapid, often unregulated growth highlights the need for sustainable supply chains and deforestation-free practices to reduce harm to both ecosystems and people.



Cheap and mass-market chocolate uses palm oil as a cheaper alternative to cocoa butter.

Manufacturers use palm oil in chocolate for several reasons, mainly cost, convenience and shelf life.

- It's cheaper than cocoa butter. Cocoa butter is a valuable ingredient extracted from cocoa beans. Replacing some of it with palm oil or other vegetable fats can reduce production costs, particularly for mass-market chocolate.
- It helps maintain a consistent texture. Palm oil can provide a smooth, creamy texture, although it behaves differently from cocoa butter and may produce a waxier mouthfeel.
- It can improve shelf stability. Palm oil is relatively resistant to oxidation, which can help products maintain their quality during storage, depending on the formulation.
- It's versatile and widely available. Palm oil is used extensively in the food industry because it is relatively inexpensive, has a range of uses and is solid or semi-solid at room temperature.
- It can make products easier to manufacture. Vegetable fats can be formulated to achieve particular textures and melting properties in chocolate coatings, fillings, biscuits and confectionery.

Sustainable palm oil certification and deforestation-free supply chains are a major focus of environmental policy and consumer advocacy.

Not all palm oil is the same, unlike in conventional farming, ecological diversity is a key consideration when it comes to growing organic palm oil. The crops are only cultivated on fields that have previously been used for agricultural purposes, e.g. grassland. No rainforests are cleared to grow organic palm oil and even ground coverage with a variety of plants is ensured. This helps to protect against soil erosion, so the soil remains fertile and can be farmed over the long term. The organic approach means that no harmful chemicals can be used. These principles also ensure that the biodiversity of the farmland is retained. Organic farming is significantly less problematic as a result, but the amount of land available is limited.



At True Food very few of our chocolate products contain palm oil; there is limited organic supply and our suppliers continue to favour cocoa butter despite the higher price point.

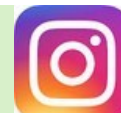
If you want to purchase high quality, ethical chocolate, choose organic from one of our trusted suppliers.

Open

61 Grove Road, Emmer Green, RG4 8LJ

Tuesday to Wednesday 9am-6pm

Thursday- Saturday 9am to 6.30pm T: 0118 946 1188 W: www.truefood.coop



Incredible independents!

At this time of year shops are filled with the same generic Christmas options. These are often mass produced, environmentally unsound and uninspiring. At True Food we offer something different; high-quality, carefully crafted products from independent businesses.

So if you're looking for Christmas chocolate, baked goods, alcohol, cheese or gifts consider supporting:



Cocoa Loco, an award-winning West Sussex-based company founded in 2005, that creates handmade, artisan organic and Fairtrade chocolate products. The company focuses on ethical practices, using 100% plastic-free packaging, sourcing cocoa from the Dominican Republic, and paying fair wages to cocoa farmers. Try: chocolate shapes and dark chocolate covered mango.

The Authentic Bread Company is a family-run, Gloucestershire-based bakery founded in 1995, known for its organic breads, cakes, and pastries made using traditional methods.

Try: vegan mince pies; melt in the mouth short-crust vegan pastry, stuffed with organic brandy mincemeat, made with Herefordshire Apples and plump vine fruits.



Walcher is a family-owned South Tyrolean distillery, founded in 1966, known for its high-quality organic spirits and liqueurs using local, sun-ripened ingredients from its farm in Eppan. Try: Mountain Cream Hazelnut Liqueur, a creamy liqueur with the rich aroma of roasted hazelnuts and a slight hint of chocolate.

Primrose Lady is run by True Food volunteer Kumari. Her handmade candles and body care products are a sensory delight. Carefully chosen scent combinations and luxurious ingredients make these products the perfect gift for someone special. Try: soy-wax candles and hand creams.



Zaytoun is a UK-based social enterprise that supports Palestinian farming communities. Founded in 2004, Zaytoun reinvests 100% of its profits into its mission of providing fair trade for producers, supporting community resilience, and preserving Palestinian culinary heritage. The company's products are hand-harvested and prepared by farmers in Palestine, ensuring their work is recognized and supported through trade rather than aid. Try: lemon olive oil soap, hand-crafted in small batches by a family business in Nablus, it's gentle, moisturising and smells amazing.

New loose food products coming to True Food

Hopefully you have noticed our new gravity dispensers and hoppers purchased with our National Lottery Grant. These are being filled with a selection of new organic loose foods- enjoy!

Good news! Extended opening hours during the festive season - even more opportunities for you to shop at your favourite, organic shop.

We have noticed a trend for customers coming in later to do their shopping on Thursday, Friday and Saturday evenings so True Food will stay open until 6.30pm on these days throughout November and December.

Thank you for supporting us with this trial. With your support we hope even more people can benefit from shopping at True Food.

