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## Ethical buying for the wish list

At Giuseppe Conlon House we try, as much as possible, to use food that would otherwise go to waste. We receive donations of fruit and vegetables from local shops and markets. Once a week we collect leftover bread from Dunns Bakery. Every evening we pick up leftover sandwiches and pastries at a local cafe. However, we also depend on donations of basic supplies such as cooking oil, sugar, spreads and tea. We would like to encourage our many friends and supporters to buy these items ethically wherever possible. Here is some information to help make ethical consumer choices. Thank you very much for your support.

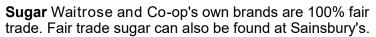
nuts raisins cheese tuna chilli sauce rice.



Coffee, tea and chocolate Fair trade means that farmers receive a fair price for their product. You can find fair trade coffee, tea and chocolate at all the major supermarkets.www.fairtrade.org.uk

Chocolate Powder Green & Blacks, Divine, Cafedirect, Suma, Traidcraft.

Nestlé We especially prefer not to support Nestlé due to their irresponsible marketing of baby milk formula. www.ethicalsuperstore.com



Tuna YES: Sainsbury's, Co-op, Waitrose, M&S, Tesco and Morrisons own-brand Tuna is 100% sustainably caught (pole and line)

NO: John West, Princes, Oriental & Pacific. These brands are sourced unsustainably meaning that the tuna is caught in big nets using Fish Aggregation Devices which attract not just the targeted tuna, but also sharks, rays and turtles. Greenpeace **UK 2014** 

Peanut Butter The impact of unsustainable palm oil production is devastating for natural environments and the people depending on them. Certified sustainable palm oil has been grown on a plantation that is

managed and certified according to criteria of the Roundtable on Sustainable Palm Oil, on land that did not contain significant biodiversity or wildlife habitat and meets the standards as set out by the RSPO.

## www.ethicalconsumer.org

Palm oil free peanut butter: Essential, Biona, Suma, Meridian, Whole Earth

Using certified sustainable palm oil: Sainsbury's, Waitrose, M&S, Co-op Deliver to: Giuseppe Conlon House, 49 Mattison Road. Londn N4 1BG. We can also collect

donations from north and north east London.

Call 0208 348 8212

couscous



Chocolate spread Palm oil free: Waitrose Seriously Chocolatey

Using certified sustainable palm oil: Essential, Plamil, Biona, Traidcraft, Vivani, Nutella, Cadbury, Sainsbury's, Waitrose, Co -op, M&S www.ethicalconsumer.org

cleaning products incense sticks tealights

olive oil. cooking oil vinegar, mayonnaise tuna spices, sugar sunflower seeds low-fat spread fruit juice herbal teabags hot chocolate powder instant coffee cereal, muesli, jam, marmalade, honey

pulses

Please NO tinned soup.

tinned spaghetti, baked

beans and NO pork

peanut butter, chocolate spread, stock cubes

