
Using Fair Trade in Your Church



Fair Trade Refreshments

Coffee and Tea

Coffee and tea are the easiest Fairtrade products to source - and given the multiplicity of different brands, you should be able to fit something that fits your church's preferences in both taste and price.

If you're a small church that serves a few cuppas on occasion, simply buying Fairtrade tea bags and Fairtrade coffee from your local shop may be the most practical option. If you use enough supplies to purchase larger quantities, you can do that through Traidcraft or your local Fair Trade shop.

If you're a larger church and you serve large numbers of refreshments regularly, you might want to investigate some programmes that are designed specifically for churches, offering you opportunities to buy or lease coffee-making equipment, as well as bulk quantities of coffee and tea. These are available from:

- Indigo Valley: <https://www.indigovalley.co.uk/content/7-church-promotion>
- Jurang Fair Trade: <http://www.jurang.co.uk/fair-trade-church-mosque-synagogue.htm>
- Kingdom Coffee: http://www.kingdomcoffee.co.uk/fairtrade_church_coffee
- Traidcraft: <http://www.traidcraft.co.uk/coffee-for-churches>

You can also bulk buy supplies from the huge range of suppliers in the Fairtrade Foundation's National Purchasing Guide, which is updated annually. The 2016 one is [here](#). If you live near a Fair Trade shop, consider doing bulk buys from them – that way you're supporting the shop, as well as the producers.

Other Products for Regular Refreshments

Sugar: Like tea and coffee, sugar is a Fairtrade product that churches can easily access – and at a time when changes in trade rules mean that many cane sugar producers are losing their markets, it's an important one, too. According to the Fairtrade Foundation, Fairtrade sugar brands include The Co-operative, Sainsbury's, Steenbergs, Tate & Lyle, Traidcraft and Waitrose. Can you ensure that all your sugar is Fairtrade?

Biscuits: If your church serves biscuits with tea and coffee, you might wish to consider Traidcraft's Fair Break chocolate-chip biscuits. Designed specifically to offer a budget-friendly Fairtrade option for churches, they're £12 for 12 packs from Traidcraft (or, ordered with the Fair Trader discount, about 90p a pack). You can also buy a wide range of premium Fair Trade biscuits from Dove Farm, Traidcraft and others.

Fruit: Want to offer healthy options for refreshments? Consider fruit. All bananas at The Co-operative, Sainsbury's and Waitrose are Fairtrade, and many other shops carry Fairtrade lines. Bananas are a product where Fairtrade makes a huge difference both to people and to the environment – so buying Fairtrade bananas is a great way of loving your neighbour and caring for creation. Fairtrade citrus fruits and grapes, and Fairtrade or local apples also make great snacks!

And a note on milk ...: Because it's produced in developed countries, milk isn't a Fairtrade product. But farmers here also face issues around getting a fair price. So buying milk from a scheme that promises a decent price to farmers complements your Fairtrade purchases.

Refreshments for Special Occasions

Easter chocolates: If you're celebrating the victory of Christ over sin and death, why not do it with a chocolate that is helping communities to provide life-giving health and education to their children ... and where they've taken steps to ensure that no children were forced to labour to harvest the cocoa. Many companies make Fairtrade eggs: The Co-op, Divine, Green & Black's and Plamil (dairy-free) among them. There's even the option of a Fairtrade egg that has a distinctive Christian message – The Real Easter Egg. The Real Easter Egg not only comes in full-sized options, but also has packs designed especially for churches, with 30 mini-eggs, each with a copy of the Easter story. Find out more here: <http://www.realeasteregg.co.uk/our-eggs>

Holiday Clubs: Does your church run a summer holiday club? In addition to fruit and biscuits, if you are providing juice cartons, snack bars, or rice cakes for the children, consider switching to Fairtrade versions. Fairtrade juice cartons are available to order in bulk from Traidcraft (<http://www.traidcraftshop.co.uk/c-1128-fair-trade-and-organic-fruit-juices.aspx>). Fairtrade snack bars include the well-known Traidcraft Geobar and no-added-sugar Geobar Trail: <http://www.traidcraftshop.co.uk/c-31-traidcraft-geobar.aspx> as well as an all-fruit range from Tropical Wholefoods. Kallo Fairtrade rice cakes are available at most large shops.

Wine and Nibbles: If your church is one that permits alcohol and uses it at special events, there are many Fairtrade options available from supermarkets (The Co-operative, M & S, Sainsbury's, Waitrose), individual wineries, and specialist retailers. Take a look at the Fairtrade Foundation's buying guide for links to different possibilities: <http://www.fairtrade.org.uk/en/buying-fairtrade/wine>. And if you're looking for nibbles to go with your wine, what about some [Liberation nuts](#)? Traidcraft has some lovely [savoury biscuits](#), too.

Meals: If you're holding a breakfast, lunch or dinner, there are many Fair Trade products you could use: Here's a list of some – for sourcing information, see below.

Breakfast

- Cereals: Alara Fairtrade Cinnamon & Honey Muesli, Biofair Quinoa Flakes/Pops, Traidcraft Muesli (assorted varieties, including one without added sugar)
- Honey: Asda own-brand, Co-operative own-brand, Equal Exchange, Rowse*, Traidcraft, Tropical Forest
- Jams and Spreads: Duerrs* (marmalade), Equal Exchange (chocolate spread), Eswatini Kitchen (marmalades and jams), M & S (range of jams), Tesco (marmalade), Traidcraft (strawberry/marmalade, chocolate spread)

Lunch, Dinner, Snacks

- Ice cream: Ben and Jerry's*, Duchy Organics (Vanilla)
- Nuts and Nut Butters: Equal Exchange (nuts and nut butters), Liberation* (nuts, nut butter), Suma, Traidcraft
- Olive Oil / Middle Eastern specialties: Zaytoun offers fairly traded olive oil, cous cous, Za'atar (herb mix), etc
- Pasta and Noodles: Traidcraft (penne pasta), King Soba* (noodles)
- Pulses: Suma (tinned) black beans, borlotti beans, red kidney beans, white kidney beans, and soya beans; Malawi Kitchen yellow lentils (Toor Dhal)
- Rice: Kilombero (white, brown), Suma, Traidcraft (white & brown basmati rice)
- Sauces and Chutneys, Pickles: Eswatini Kitchen has lovely chutneys, pickles and sauces. The lime pickle, in

particular, would make a great accompaniment to any curry night!

- Spices and herbs: Crazy Jack*, Steenbergs, Suma, Traidcraft and Waitrose offer Fairtrade herbs and spices.

A note on sourcing food

A number of products (those marked with asterisks or supermarket own-brands) are readily available in supermarkets and shops across the country. For the others, you can either go to your local Fair Trade shop (click here for Thames Valley outlets) or buy via an online retailer. There are a number of online retailers (eg Premcrest, Ethical Superstore), but churches may find it helpful to use Traidcraft, which now carries a wide range of third-party products (eg Equal Exchange, Eswatini Kitchen, Zaytoun), as a one-stop shop. You can easily set up a church account: find out how [here](#).

Beyond Food

Adult Baptism, Confirmation or First Communion Gifts

If you're looking for something special to mark an important occasion in someone's spiritual life, why not buy something which is both a sign of Christian commitment to Fair Trade as well as being a Christian symbol. You might choose an olive-wood holding cross from the Holy Land or a small cross pendant. Hadeel has a fine selection:

http://www.hadeel.org/index.php?main_page=index&cPath=180

Clerical Shirts and Stoles

Do you come from a tradition where clergy wear special clerical shirts? Or stoles? If so, there are numerous fairly traded options. Take a look at these from [Butler & Butler](#), [Clive Adie](#), [F A Dumont](#), [Hadeel](#), [Rainbow Turtle](#), and [VanPouilles](#).

Flowers

Flowers often symbolise love – they can also symbolise love of neighbour. Consider using some Fairtrade flowers – alongside local ones – in your flower arrangements. They're available from The Co-operative, M & S, and Sainsbury's and some florists.

Cards

Some churches send Christmas cards to home-bound members or distant mission partners. Some send birthday cards for special birthdays, or cards to mark the anniversary of a wedding or baptism performed in the church. Why not buy cards that are fairly traded or from a Fair Trade organisation: take a look at the ranges from Oxfam and Traidcraft or visit your local Fair Trade shop.

Cleaning Products and Soap

Did you know that you can buy Fairtrade cleaning products? Traidcraft's [Clean and Fair range](#) includes washing-up liquid and a lovely lavender liquid soap. It's made with Fairtrade Palm Oil – which helps to combat not only poverty but also deforestation.

Footballs

Do you have a children's or youth group that plays sports? Many footballs are made by child labour – but Bala's Fairtrade footballs mean your children can play – and so can children in Pakistan: <http://www.balasport.co.uk/buy/>.