

A GUIDE FROM CCOW

USING FAIR TRADE IN YOUR CHURCH

Sourcing goods to deliver quality for you and a better return for producers



"Since Jesus asks us as Christians to love our neighbours as ourselves, and our neighbour is any other human being with whom we come into contact, the demand to love must prevail when we shop." Dewi Hughes.

It comes down to this. When we buy any product, we're not just buying a thing on a shelf. Behind it are people - the people who grew, processed, and crafted what we see. We come into contact with them even if we will never directly meet them. They are our neighbours.

That means we have to care about their lives - were they paid enough for their work? Do their families have access to schooling and food? Are they free to ask for good working conditions? Protected from environmental harm? If we love our neighbours, we need to do everything we can to ensure that the answer to these questions is 'yes'. Buying Fair Trade is one way to begin ... and this guide will show how to get involved. Welcome!

COFFEE, TEA AND HERBAL TEAS

Coffee, tea and herbal infusions are the easiest Fairtrade products to source - and given the multiplicity of brands, you should be able to find 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 may want to buy catering packs through a general office goods supplier like Viking or from 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/churches-charities-overview>
- Jurang Fair Trade: <http://www.jurang.co.uk/>
- Kingdom Coffee: <http://www.kingdomcoffee.co.uk/>

You can also bulk buy supplies from the huge range of suppliers in the Fairtrade Foundation's National Purchasing Guide: the most recent version is at <https://www.fairtrade.org.uk/Buying-Fairtrade>. 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.



"WE SERVE FAIRTRADE COFFEE AND TEA TO SUPPORT THE PEOPLE WHO PRODUCE IT TO FEED THEIR OWN FAMILIES AND SEND THEIR CHILDREN TO SCHOOL."

CHURCH MEMBER, OXFORDSHIRE

Don't stop with the tea and coffee! There are many easy ways to use more Fairtrade in your refreshments.

SUGAR

Like tea and coffee, Fairtrade sugar is a product that churches can easily access – and because trade rule changes have made life harder for cane sugar producers, it's a particularly important one. Sugar brands selling fairly traded sugar include The Co-operative, Equal Exchange, Lidl, Sainsbury's, Tate & Lyle, and Waitrose. Individual sachets are available from all the coffee suppliers listed on page 2.

BISCUITS

If your church is looking for a special treat, you might want to look at the Fairtrade biscuits available from Viking, which gives 150 biscuits for about £20. If you're looking for biscuits on a budget, try the Co-operative or Lidl. All (the Co-op) or many (Lidl) of their own-brand chocolate products will include Fairtrade cocoa.

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. Fairtrade standards for bananas make a huge difference to both people and the environment – so help you to both love your neighbour and care for creation. Fairtrade citrus fruits and grapes, and Fairtrade or local apples also make great snacks

AND A NOTE ON MILK

Because our milk is produced in developed countries, it isn't eligible to be 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.

FOOD FOR REGULAR REFRESHMENTS



FOOD FOR SPECIAL OCCASIONS

Easter ... Holiday Clubs ... Concerts or Events ... make them more special by using Fair Trade foods at your celebrations.

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, Lidl, Cocoa Loco, Divine, Green & Black's, Guylian, Plamil (dairy-free), and Tony's Chocolonely 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.

HOLIDAY CLUBS

Does your church run holiday clubs? In addition to fruit and biscuits, if you are providing juice or snack bars for the children, consider switching to Fairtrade versions. The Co-operative has own-brand Fairtrade orange juice, and Fairtrade snack bars include an all-fruit range from Tropical Wholefoods.



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?

If you're holding a breakfast, lunch or dinner, there are many Fair Trade products you could use. Here's a list of some in addition to those already mentioned – for sourcing information, see below.

FOOD AT MEALS

BREAKFAST

Cereals

Biofair Quinoa Flakes/Pops

Honey

Co-operative own-brand, Equal Exchange, Tropical Forest

Jams and Spreads

Eswatini Kitchen and Meru Herbs marmalades and jams, now marketed in the UK as True Origin, M & S (own-brand jams)

"BEFORE YOU
FINISH EATING
BREAKFAST IN THE
MORNING, YOU'VE
DEPENDED ON
MORE THAN HALF
THE WORLD."

REVD DR MARTIN
LUTHER KING, JR

LUNCH, DINNER, SNACKS

Ice cream

Ben and Jerry's*, Duchy Organics (Vanilla)

Nuts and Nut Butters

Equal Exchange (nut butters), Liberation* (nuts, nut butter), Zaytoun

Oil/ Middle Eastern specialties

Zaytoun offers olive oil, cous cous, Za'atar (herb mix), etc

Pasta and Noodles

King Soba* (noodles)

Pulses

True Origin

Rice

Kilombero (white, brown)

Sauces and Chutneys, Pickles

Eswatini Kitchen (chutneys, pickles and sauces), Meru herbs (sauces), now marketed in the UK, with mustards and more, as True Origin; Cape Treasure (curry pastes) and Ukuva sauces

Spices and herbs

Steenbergs, Turqle and Waitrose offer Fairtrade herbs and spices.



A NOTE ON SOURCING FOOD

Products marked with asterisks or supermarket own-brands are generally available in supermarkets and shops across the country. To purchase other products, you can either go to your local Fair Trade shop (CCOW's website has a list of Thames Valley outlets) or buy online. The links take you to each brand's, or their primary importer's, website: there are also a number of online retailers (eg Ethical Superstore, Real Foods) and wholesalers (eg Premcrest). that carry a wide range of products. If you used to use Traidcraft to buy different products, take a look at True Origin (formerly Just Trading Scotland), which has expanded its online range to include goods from Equal Exchange, Liberation, Zaytoun and others, in addition to their own products, or at We Are Fair Trade.



BAPTISMS, CONFIRMATIONS and FIRST COMMUNIONS

Looking for something special to mark an important occasion in someone's spiritual life? You could buy a gift that is both a Christian symbol and a sign of Christian commitment to Fair Trade, such as an olive-wood holding cross or carving from the Holy Land, a cross pendant, or candle. Look at [Fair Trade Gifts Direct](#), [Hadeel](#), and [Shared Earth](#), or visit your local Fair Trade shop.

CARDS

Do you send Christmas cards to home-bound members or distant mission partners? Or cards to mark birthdays or baptism and wedding anniversaries? A wide range of Fair Trade cards is available - look at [Cards from Africa](#), [Just Cards](#), [Oxfam](#), and [Shared Earth](#), or visit your local Fair Trade shop.

FLOWERS

Flowers often symbolise love – they can also symbolise love of neighbour. Consider using some Fairtrade flowers – alongside local ones – in your flower arrangements, and suggest them to wedding couples. They're available from a variety of supermarkets and some florists. Find out details at <https://www.fairtrade.org.uk/Buying-Fairtrade/Flowers>

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/>.

GOLD

Could you let couples getting married in your church know that they can get Fairtrade gold wedding bands? The Fairtrade Foundation has a list of jewellers: <https://www.fairtrade.org.uk/Buying-Fairtrade/Gold>

SOAP AND CLEANING PRODUCTS

Did you know that you can buy Fairtrade soap? And that many local Fair Trade shops sell a wide range of cleaning products? Take a look!

