

Wish List

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,
couscous



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

Sugar Waitrose and Co-op's own brands are 100% fair trade. Fair trade sugar can also be found at Sainsbury's.

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



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

Please NO tinned soup, tinned spaghetti, baked beans and NO pork

pulses

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
peanut butter,
chocolate spread,
stock cubes

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

shampoo
toilet paper
liquid soap
deodorant
shaving products
body lotion

cleaning products
incense sticks
tealights