

NATURAL FOODS UNION

We believe that the food we eat is an important factor in the way we live. A diet which is wholesome, simple, non-destructive (to other creatures, other men and our planet) and inexpensive, is a desirable social goal. We believe that by eating thus, our physical, mental and spiritual health will improve, since we cannot truly feel a separation among them.

The NFU is a brotherhood of natural foodstores, restaurants, suppliers producers and growers who share the above ideals. The NFU sprang from a desire to buy co-operatively to reduce prices and to influence growers and manufacturers to improve the quality of their produce.

The Intentions of the Union

To present an alternative to the supermarket - and most 'health food stores'. To do this we will strive to provide food of the highest quality at the lowest price we can. By high quality, we mean: unrefined organically grown where possible, ecologically sound. if processed, to be processed in the most natural way, and free from additives. We wish to provide food direct from its source, the earth, nourished by the sun, rain and elements, rather than from factories.

To promote revolutionary medicine - and help create a healthy people freed from dependence on drugs, drug companies, hospitals and doctors. To do this, we want our stores to become focal points for the exchange of experiences and ideas concerning natural medicine (ie - herbalism, Acupuncture, Massage, Yoga, Macrobiotics and other diets).

To present an economic alternative to the food industry - and make good food available to everyone. We are attempting to replace the economic system behind the food technologist and the businessman-farmer, supermarket and health food empire, by using methods that are non-exploitive of the consumer or environment. NFU traders operate on a lower mark-up, buy co-operatively in bulk, prefer to sell in bulk and pack the food themselves in simple bio-degradable, recyclable containers (hessian, cellophane or paper). There are no great profits being made, The primary concern is the spreading of life-giving food. As we obtain more and more of our supplies from local and small producers, the money that passes through our hands is used to directly support them in their efforts, rather than big artificial food combines. We can use our communal buying power to directly encourage other producers to improve the quality of their products, by presenting them with an attractive market.

