



To demonstrate that it is possible to eat simply, lower down the food chain, and spend less. Individually, some items in our shops are more expensive than their counterparts because of the care taken in their manufacture and/or growing. However a diet based on whole grains, vegetables, beans, seeds, nuts and fruits, with little or no animal food, can incorporate the higher quality foods without being expensive. We wish to do away with the concept of a healthy life only for the affluent. To support farmers who are enhancing and protecting the land. Most modern agricultural methods are destructive and exploitive of the land, and the consumer of the food raised on it. We are supporting and actively convincing new farmers to use proven farming methods which promote a living soil.

To encourage a return back to the land. To assist people in a better use of the land, through the use of waste ground, allotments and back gardens. To learn about wild edible and medicinal plants.

To revive interest in traditional British foods and develop their uses. To see the introduction of new crops which could grow here and make Britain more self sufficient.

To distribute information about the foods we use-and the philosophy behind them. To describe them honestly with a clear statement of the ingredients, origin and any processing used, and to praise their true qualities. We are not interested in vague sales promotion and unfounded claims.

Listed below are the shops which now form the Union, hopefully this list will grow and grow. We will be able to help people who wish to set up shops, co-ops, restaurants etc., by giving them details of suppliers and sharing our experiences. Through unity we will become stronger and more effective in our work. Because of the size and nature of our shops, there is more communication than in most others. We hope to develop this by responding to your criticisms and opinions, and we hope you will use our services and support us in our work

HARMONY FOODS 191 FRESTON ROAD, LONDON W 10 (01 969 1644)

HARVEST 31 BELVEDERE, LANSDOWN ROAD, BATH (0225 23407)

INFINITY FOODS 54 CHURCH STREET, BRIGHTON (0273 29386)

SESAME 128 REGENTS PARK ROAD, LONDON NW 1 (01 586 3779)

ARJUNA 12 MILL ROAD, CAMBRIDGE (0223 64845)

CERES 269a PORTOBELLO ROAD, LONDON W 11 (01 229 5571)

COMMUNITY SUPPLIES 28 PRINCE OF WALES CRESCENT, LONDON NW1
(01 485 8213)

THE HAELAN CENTRE 39 PARK ROAD, CROUCH END, LONDON N8
(01 340 4258)

ON THE EIGHTH DAY COMMUNITY WHOLEFOODS, 111 OXFORD ROAD,
ALL SAINTS MANCHESTER (061 273 4146)