

'Dalesmade': food and crafts from the Yorkshire Dales:

www.dalesmade.co.uk

The Ecologist: www.theecologist.org

Ethical Consumer: www.ethicalconsumer.org

European Union Eco-label: <http://europa.eu.int/comm/environment/ecolabel/index>

Fairtrade Foundation: 020 7405 5942; website: www.fairtrade.org.uk

Friends of the Earth: recycling information on www.foe.co.uk/campaigns/waste/links.html

Henry Doubleday Research Organisation and Ryton Organic Gardens: 024 7630 3517; website: www.hdra.org.uk

Holy Trinity Skipton, Church Office: 700773

Recycle-more: very informative website, including recycling bank locator,

at www.recyclemore.co.uk

RSPCA: 0870 3335999; website: www.rspca.org.uk

Soil Association: 0117 314 5000; website: www.soilassociation.org.
Yorkshire Office at Skipton Auction Mart, Gargrave Rd (796222)

SUSTAIN Alliance: website: www.sustainweb.org

Waste online: www.wasteonline.org.uk (info on recycling)

organic....phosphate-free..food-miles...LOAF.....recycling.....GM-

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9th edition

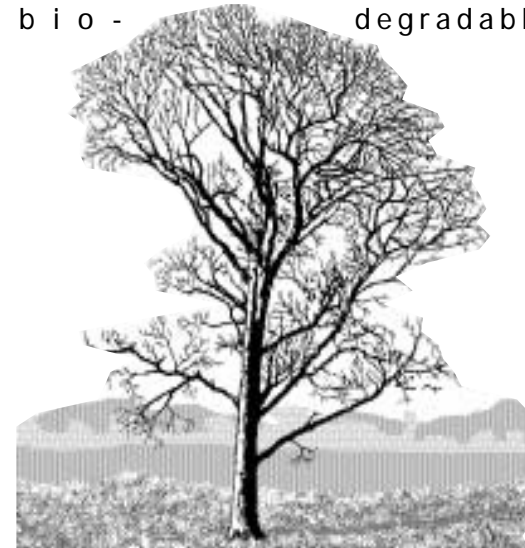
2005

organic....phosphate-free..food-miles...LOAF.....recycling.....GM-free.sustainability.....free-range...Agenda 21.....Freedom

GREEN PAGES

Ideas for ethical and eco-friendly shopping and recycling in and around Skipton

Food.....cruelty-free.....environmentally-friendly....local produce...bio-degradable....fair-



trading.....Ecolabelling.....animal-welfare.....peat-free.....Soil Association.....energy-saving.....organic....phosphate-free....food miles...LOAF.....recycling.....GM-free.....sustainability.....free-range...Agenda 21.....Freedom-Food....cruelty-free.....environmentally-friendly.....local produce.....bio-degradable....fair-

Autumn 2005 Edition

STOCKISTS OF ENVIRONMENTALLY-FRIENDLY, CRUELTY-FREE AND FAIRLY-TRADED PRODUCTS IN AND AROUND SKIPTON:

This list aims to bring together suppliers of products which are environmentally-friendly, cruelty-free, fairly traded, and locally sourced. The list cannot claim to be exhaustive, but has been carried out in good faith and we hope will be found useful by those wishing to be 'more ethical consumers'. This listing does not imply endorsement of these suppliers or products.

This project was first undertaken in 1997, as part of a 'Caring for Creation' initiative by the Christian Ecology Group at Holy Trinity Church. The Christian Ecology Group meets on an occasional basis, under the auspices of Holy Trinity Church, to consider ecological and trade justice issues. It is open to everyone and we can be contacted via the Church Office (Skipton 700773).

CRITERIA FOR INCLUSION:

'**LOAF**': is a useful acronym and stands for Local, Organic, Animal-friendly, Fairly-traded. These terms are explained a bit more below. Use your loaf!

LOCAL FOOD

Think globally – eat locally! As consumers, we can now buy foods from far-flung parts of the world, but at a cost not only to our purses. There are huge implications, environmentally, economically and socially, from the rapid escalation in the distance that our food is travelling (so called 'food miles'). We can play a practical part by examining the labels that tell us how far our food has travelled onto the supermarket shelves. Using local sources of food – farmers markets, local butchers, market gardens, local dairy producers, local bakers, local breweries – is a positive way for us to try to counteract this escalation. Also, local food often has less packaging, which leads to less refuse.

Mobile phones: see 'computer cartridge' section above

Paper: Aireville Park, Focus car park, Greatwood and Horse Close Community Centre, Morrisons, Railway Station, Tesco, Town Hall Car Park

Plastic bags: Tesco

Plastic: no current facilities in Skipton, but there are collection points in Keighley and in the main car park in Ilkley; poly wrapping from magazines can be sent to Polyprint, Mackintosh Rd, Rackheath Ind Est, Rackheath, Norwich NR13 6LT

Postcards: Holy Trinity Church (High Street) (foreign and pictorial British only)

Records: Oxfam

Shoes (fastened in pairs): Bus Station, Coach St Car Park, Craven District Council Offices (Granville St), Morrison's, Tesco, Town Hall Car Park

Spectacles: Oxfam

Stamps: Holy Trinity Church, Oxfam

Textiles: Morrisons, Tesco, Town Hall Car Park

Wool (DK) (for knitting garments for refugees): Oxfam

Those people living within Bradford Met area can use their vastly better facilities for recycling

Useful contacts

Christian Aid: 020 7523 2225 website: www.christianaid.org.uk

Christian Ecology Link: 01423 871616; website: www.christian-ecology.org.uk

Compassion in World Farming: website: www.ciwf.org

Cornerstone Bookshop (Newmarket St): 793673 stocks a number of book titles on Christian perspectives of green issues under the classification 'Social & Ethical Issues'

Craven District Council Operational Services 706203, Agenda 21 Officer: 706212; Recycling enquiries: 706333

Craven Voluntary Action: 701056

Other Recycling

Aluminium foil: no current facilities

Bicycles: 'Recycle' aims to collect and ship second hand bicycles and parts to developing countries. Contact 01206 382207 www.re-cycle.org

Moyo (a Craven-based charity) sends bicycles to Malawi. Contact donations secretary John Lewis 01729 825573

Books: charity shops, or the Prism Project: suppliers of second hand books to Her Majesty's Prison Service tel: 01279 777 007 or contact info@prismproject.org

Cans: Aireville Park, Focus car park, Greatwood and Horse Close Community Centre, Morrisons, Tesco, Town Hall Car Park

Cardboard: no facilities (collection point in Keighley)

Coins (foreign currency left over from your holiday): Oxfam

Computer cartridges and mobile phones: several charities will take cartridges and phones—contact cartridges4charity.co.uk or ActionAid (0845 3 100 200) who provide freepost envelopes; also Oxfam take phones

also 'RABBITT' will take cartridges, phones, computer hardware, fluorescent tubes tel: 0800 138 0988 www.worktwice.co.uk/rabbitt;

Computers: donate to charity: www.digital-links.org

Dog waste: Dog litter bins (red) placed in strategic spots. Special bio-degradable plastic bags available to the public free of charge, from Post Offices and public buildings (eg Town Hall)

Fridges: free collection service by Craven District Council – tel 706203

Furniture: free collection service by CDC (tel 706203); also Craven Voluntary Action (especially chests of drawers, electric cookers and fridges) tel 701056

Glass: Aireville Park, Focus car park, Greatwood and Horse Close Community Centre, Hanover Hotel (Keighley Rd), Herriots (Broughton Rd), Morrisons, Railway Station, Tesco, Town Hall Car Park

Household goods: charity shops

There can be a dilemma for the customer who has to choose between 'organic' and 'local' - but buying food which is in season may mean you can buy local and organic! The organisation SUSTAIN is an alliance of organisations pledged to promote better food and farming: www.sustainweb.org for more information.

ORGANIC & ENVIRONMENTALLY-FRIENDLY PRODUCTS

Many products now claim to be environmentally friendly and sometimes the claims are confusing or misleading. Organic food is produced sustainably, preserving the long-term fertility of the soil, protecting wildlife and having strict controls on animal welfare. It does not contain genetically-modified material. Organic food should carry the symbol of one of the monitoring organisations such as the Soil Association. Timber that has been taken from sustainable sources should carry the Forest Stewardship Council (FSC) mark.

ANIMAL-FRIENDLY PRODUCTS

There are many claims made on products about animal-testing and cruelty. Reading the labels on toiletries and allied products will yield only limited information, and the diligent consumer may wish to go beyond this point and ask direct questions of the manufacturer about their policies. For food, the RSPCA has developed a farm animal welfare labelling scheme, called 'Freedom Food'. Decoding the labels on eggs: 'Caged hens' means 4 birds per cage; 'Barn' means up to 9 birds per square metre, some perches and litter; 'Free-range' means access to outdoor space and higher welfare system; 'Organic' means kept in smaller groups with more space and most of their food grown without chemical pesticides and fertilisers. Battery eggs are not due to be phased out until 2012. The 'lion' mark indicates that producers have complied with the minimum legal standards. (For more information, see 'Compassionate Shoppers' Guide' from Compassion in World Farming.)

FAIRLY-TRADED PRODUCTS

Fairly-traded products are those where producers, mainly in developing countries, have been paid a fair wage and have decent working conditions. More information is available from the Fairtrade Foundation on 020 7405 5942 or www.fairtrade.org.uk

However, Fair Trade products are not the whole answer to global trade injustice. The Trade Justice Campaign is calling for radical change to international trade. More information from Christian Aid, tel: 020 7523 2225, www.christianaid.org.uk

In this country, buying directly from the farm or producer is a good way of ensuring that the producer is not being exploited!

Addresses for all the stores listed
are found under the first entry for that store

1 BABY CARE

Beanstalk Organix (home delivery/shop in Addingham/catalogue: tel 01943 831103): organic baby food including Hipp 'formula' milk made from organic milk; Green People 'Happy Kids', 'Little Green Earthlets' and 'Natracare' products, Weleda organic baby toiletries, organic cotton wool, Moltex 'Eco-friendly' disposable nappies

Boots (High Street), **Co-op** (Swadford St), **Morrison's** (Broughton Rd), **Superdrug** (Caroline Square), **Tesco** (Craven St) all sell organic baby food

Healthy Life (High St): Green People products, certified organic, for babies and children (organicbabies.org) and 'organic children.com' toiletries

2 BEER AND WINE

Co-op: organic beer, fair trade and organic wine

Hallas (Gargrave Rd): organic beer, wine and cordial

Morrison's: organic beer, cider and wine

Terroirlanguedoc.co.uk (Grassington Rd): organic wine by mail order

Tesco: organic beer, wine, cider and cordial

22 WOODLAND BURIAL SITES

Contact either number also for information on biodegradable coffins and caskets

Brocklands Woodland Burial, Rathmell 01729 840102

Tarn Moor Memorial Woodland, Skipton 01756 701688

REFUSE AND RECYLING

The phrase: **reduce, reuse, recycle** is useful: we need to reduce our consumption—don't buy things we don't need; then reuse as much as possible or pass on to others rather than throw away; and recycling should be seen as the last resort! Why not invest in some 'bags for life' from the supermarket, or use cloth shopping bags, to reduce the number of plastic bags you use?

Also, we should try to buy recycled products as much as possible so that there is a market for all the recycled materials we are creating! Look out for recycled glass and paper products and even fleece clothing made from recycled plastic bottles...

To reduce the amount of junk mail you receive, sign up with the Mailing preference Service, DMA House, 70 Margaret St, London W1W 8SS tel: 020 7291 3310 www.mpsonline.org.uk

Skibeden Waste/Recycling Site

Summer opening: 8.30am-7.00pm Winter opening: 8.30am-4.00pm

Has recycling containers for the following:

Batteries	Green waste
Cans (mixed)	Metal
Car batteries	Oil
Clothing	Paper
Foil	Rubble, concrete and soil
Gas bottles	Wood
Glass bottles	Yellow pages

Plus waste collection of: Asbestos; General waste

Doorstep collection in Skipton (Some addresses only)

Craven District Council will collect fortnightly:

Paper and cardboard, glass, tins (blue bins)

Garden waste (brown bins)

20 TOILET PAPER & KITCHEN ROLL

'Nouvelle' recycled brand, is sold at most large stores. Many supermarkets also sell 'own brand' products carrying 'recycled' information

Beanstalk Organix : Suma brand

Co-op: own brand 100% recycled toilet rolls and kitchen rolls; 'Cotton Soft' organic cotton toilet rolls

Morrisons: own brand 100% recycled toilet rolls and kitchen rolls

21 TOILETRIES

Animal-testing remains a concern for many people. Always read the label, or ask the retailer if they have a policy on this. Try to buy products with minimal and biodegradable packaging

Apothecary II (Craven Court): own range of toiletries, produced locally, not tested on animals, using only vegetable derivatives

Avena Herbal Products (kiosk, Albert St): 'no animal or chemical additives'. Produced locally

Beanstalk Organix: wide range of toiletries, some organic;

Body Shop (High St): has a comprehensive and externally audited policy statement on social, environmental and animal protection issues: 'For us, animal protection, human rights, fair trade and environmentalism, are not fads or marketing gimmicks, but fundamental components in our holistic approach to life of which work and business are a part'. They operate a recycling scheme for their own bottles – return them to the shop. Some products contain 'Community Trade' items such as cocoa butter and sugar

Co-op: 'Independently approved by BUAV – campaigners against animal testing. Products and ingredients not tested on animals by us or our suppliers since 1985. No animal ingredients'

Healthy Life: 'Faith in Nature' and 'Green People' 'environmentally conscious' and other brands claiming to be 'cruelty free'; Tisserand organic products

Pink (Sheep St): 'products suitable for vegetarians and vegans'

Tesco: own brand 'none of our products are tested on animals'

There are two local breweries: the Copper Dragon in Skipton and Folly Ales of Hetton, which are stocked by some of the pubs and restaurants in and around Skipton, including Escape, Herriots, the Narrowboat, the Royal Shepherd and the Woolly Sheep

3 CAFES

When eating in cafes, why not ask whether the food has been sourced locally and the drinks are fairly traded?

Cornerstones Bookshop Coffee Shop: Fair trade coffee and tea
Healthy Life: home cooking includes organic ingredients; organic drinks

Holy Trinity Church Refectory (High St): Fair trade tea

St Andrew's Church Coffee Shop (Newmarket St): Fair trade coffee and tea

Utopia (Broughton Hall Courtyard): Fair trade coffee and tea

Wetherspoons The Devonshire (Newmarket St): organic wine

4 CAT LITTER

Products made from recycled material are stocked at most supermarkets

5 CHARCOAL - see TIMBER

6 CLEANING PRODUCTS

Many cleaning products now claim to be bio-degradable – check the label to see what they really mean. Environmentally-friendly products do not contain phosphates, which cause damage to rivers by promoting algal growth. As with toiletries, the claims about animal testing are difficult to evaluate, but are encouraging

Beanstalk Organix: wide range of environmentally-friendly products

Co-op: own brand ('product and ingredients not tested on animals since 1985') and Ecover

Healthy Life: Ecover products

Morrison's: Ecover products

Tesco: own brand (refers to 'rabbit symbol' explained in store literature) and Ecover

7 CLOTHING & BED LINEN

Cornerstone Bookshop: fairly traded organic and natural dye clothing from Traidcraft catalogue available to order

Dales Footwear (Market stall near Healthy Life): all moccasins locally made

The Earth Collection (Craven Court): adults' and children's clothes made from natural fibres

'Features' Dress Agency (Court Lane): ladies' second hand clothes

Lotus Petals (Coach St): about 60% of goods are fairly traded—please ask staff for details

The following charity shops sell used clothing: Age Concern, British Heart Foundation, Help the Aged, Cancer Research UK, Oxfam, SCAD, Scope, Sense

8 FOOD

The following shops sell a variety of organic products and some fair trade items: **Co-op, Healthy Life, Morrison's, Tesco**

Beanstalk Organix: wide range of organic perishable and dry goods, also fairly traded food and fruit/veg box scheme, home delivery

Booths (Ilkley and Settle): source about 25% of their food locally

Country Cakes (Cracoe - available from farmers' markets: use local and fairly traded products in baking)

Cornerstone Bookshop: Traidcraft fair trade products: catalogue available

Feast: (an organisation promoting the best of food and drink in the north of England). For information call 01756 798348 or see www.feastnet.net

Growing with Grace: (Clapham) has organic veg box scheme of their own and other locally grown vegetables with home delivery (tel: 015242 51723, website: www.growingwithgrace.co.uk)

Hallas: Fair trade coffee beans

Julian Graves (Craven Court): small range of organic foods and drinks

Cartridge World (Newmarket St): refilling laser and ink cartridges

Craven Stationery Co (Coach St) will take some ink cartridges, including Canon, hp and lexmark, for recycling and gives a donation to local charities

Ellesmere Press (Otley St) can obtain recycled copy paper

Skipton Stationery and Business Service (Sidings Business Park, tel: 792231): will research and order recycled paper

16 PAINT

Focus stock a number of water-based paints

17 REFUSE BAGS (bin liners, garden bags using recycled plastic)

Co-op, Focus, and Tesco

Beanstalk Organix and **Tesco** also stock 100% degradable bags

18 STATIONERY

Cornerstone Bookshop (Traidcraft range)

Lotus Petals: fairly-traded paper gift items

19 TIMBER

The Forest Stewardship Council (FSC) certification mark shows that timber has been taken from a renewable source. Look for this mark when buying wood or wood products. FSC website is www.fsc-uk.info

Focus: working towards having all their timber products FSC certified

Merritt & Fryers (Firth St): main supplies are from managed forests, fast growing pine from Scandinavia, Russia and Canada. Oak comes from English and European sources, felled because of storms or road works

CHARCOAL: this is also FSC certifiable, to show that it has been manufactured from trees taken from approved forests. Known stockists are **Co-op, Focus** and **Tesco**. **Bolton Abbey Estate shops** sell charcoal from 'traditionally managed woodlands'.

Organic gardening

Gardening organically means creating a healthy garden without using chemicals which may be harmful to our health and to the future of the soil. An organic garden will encourage wildlife. Information on organic gardening can be obtained from the Henry Doubleday Association (HDRA) (see 'Useful contacts' section)

12 GIFTS

Choice (Keighley Rd): Fair trade basketware

Cornerstone: Traidcraft fair trade products in stock and to order

Lotus Petals: approximately 60% of goods are fairly traded—please ask staff for details

Oxfam: fair trade gifts

13 INVESTMENTS

This publication cannot give advice about investments. However, there is a local ecological and ethical building society, The Ecology Building Society, with its head office in Silsden. For more info: 0845 674 5566

14 LIGHT BULBS (energy saving)

Energy saving light bulbs are more expensive to buy than ordinary light bulbs, but they save about three quarters of the electricity and last about 8 times as long, so they work out cheaper in the long run and help the environment by saving energy. They have a different rating from ordinary bulbs (e.g. 7 or 8 watt bulb is equivalent to 40 watt normal bulb) – check on the pack before buying.

Energy saving light bulbs are now available from most electrical shops, DIY outlets and supermarkets

15 OFFICE / COMPUTER SUPPLIES

Buying recycled paper (and then re-using it) reduces the amount of waste that has to be land filled, reduces the number of trees which have to be cut down, and halves the amount of energy and water needed for production.

Paper Shop (Sunmoor Drive off Shortbank Rd): Fair trade drinks cartons

Oxfam (Swadford St): fair trade and some organic products including coffee, tea, biscuits, jams, marmalade, cocoa, drinking chocolate, fruit juice, dried fruit and chocolate. New: Tasting of fair trade food once a month

Taste of Italy (Newmarket St): Organic pasta, balsamic vinegar, olive oil, and fair trade organic coffee

Freedom Food' (RSPCA certified) meats are sold at Tesco

Free range eggs are sold at many grocery outlets

9 FOOD MILES: LOCAL PRODUCE:

BAKERS: local bakeries and shops on High St, Water St, Swadford St

BUTCHERS/FARM SHOPS: the following sell locally bred meat or fish:

CCM Quality Foods, Skipton Auction Mart (Gargrave Rd): certified organic butchers, selling Yorkshire beef, lamb and pork (tel: 01756 692909)

Coniston Hall Estate Shop, Coniston (tel: 01756 748080)

Drake and Macefield (11 Otley St)

Far Cappelside Farm, Rathmell (01729 840301): organic beef and lamb direct to customer through selection boxes

Farmhouse Fare (top of High Street)

Jackson's of Cracoe, Farm Shop (tel or fax 01756 730269)

Kilnsey Park & Trout Farm, Kilnsey: also sell local cheeses, free range eggs, etc (tel: 01756 752150) www.kilnseypark.co.uk

Low Leases Organic Farm, Leeming Bar: veg box delivery to Skipton, also rare breed pork by mail order (tel: 01609 748177) www.lowleasesorganicfarm.co.uk

Mackenzies Yorkshire Smokehouse, Unit 1, Wood Nook Farm, Hardisty Hill, Blubberhouses (off A59): wide range of smoked foods all produced on the premises (tel: 01943 880369) www.mackenziesyorkshiresmokehouse.co.uk

Meldingscale Organics, Meldingscale Farm, Clapham: organic beef (box scheme available) (01524 251345)

A H Price and Sons, Long Bank Farm, Keasden, Clapham (tel: 015242 51349): organic lamb

Red Lion Farm: 'A Good Idea' (Beamsley) (open Fri-Sun): locally produced foods, flowers and crafts

Redmire Farm (Buckden, tel: 01756 760253): local lamb

Colin M. Robinson (41 Main St, Grassington, tel: 01756 752476)

Stanforth Pork Butchers (Mill Bridge)

Sutcliffe's (5 Otley St)

Town End Farm Shop & Tearoom, Airton (tel: 01729 830902): local meat, also home made preserves, cheese, bacon, local organic vegetables if pre-ordered; tea room uses local bread.

Yorkshire Dales Lamb Producers' Group (tel: 01756 709666)

CHOCOLATES:

Humphrey's (in Walker's Bakery, Water Street and Newmarket St) and **Whitakers** (High Street) sell locally-made products

DAIRY PRODUCTS:

Milk:

- i) **Greenbank Dairy** (Snaygill) milk from own cows, also cream
- ii) **Arla Foods** (Broughton Road and Settle Creamery) draw their milk supplies from a wider area
Both Greenbank and Arla supplies bottled milk to Skipton corner shops and for delivery via doorstep deliveries
Doorstep deliveries cut down on waste as bottles are returnable for further use
- iii) **Townhead Farm Dairy** (Grassington) supply milk to Skipton corner shops

Cheese: Local cheese stalls on Skipton market

Lawsons Cheeses (Skipton Market, & Unit 43, Craven Buildings, Craven St): range includes organic cheeses (tel: 01756 751574; www.cheesesdirect.com)

Wensleydale Creamery (Hawes: 01969 667664, www.wensleydale.co.uk): local cheese

FARMERS' MARKETS

Grassington: The Square (3rd Sun of the month, 10.00am start)

Settle: Market Place (2nd Sunday of the month, 10.00am start)

Skipton: Canal Basin, Coach St (1st Sun of the month, 9.30am start)

Details of all from Northern Dales Farmers Markets: 01748 884414/884965, www.ndfm.co.uk

The Soil Association produce a free booklet listing stockists of local and organic produce in Yorkshire, Humberside and North Lincolnshire. Available from their Organic Centre, Skipton Auction Mart, Gargrave Rd (796222)

10 FURNITURE

AJB Interiors (Coach St): locally made wooden furniture

11 GARDENING

Peat and compost: the Government has introduced the target of reducing peat in growing media by 90% by 2010 and by 40% as an interim target by 2005 as an attempt to protect the remaining peat bogs which are a precious wildlife habitat. Already 94% of the UK's lowland peat bog has been lost

Focus: has a peat policy which states 'it is our aim progressively to reduce and eventually eliminate the use of peat in our growing media and outdoor plant ranges'

Skibeden Waste/Recycling Site sells locally produced compost
Twin Locks Garden Centre (Gargrave): 'Nature's Own' organic peat-free compost. Also sells compost bins made from recycled plastic. (These are sometimes subsidised by a Craven District Council and North Yorkshire County Council recycling scheme)