

## SUSTAINABLE IDEFORD A-Z

### N is for Nuts (and other Nice Things)

Are you interested in saving money on your grocery bill? In buying high-quality food, delivered to your door? If so, read on (it's not just about nuts!)

We are trying to set up a group of four or more households to order from the Essential Co-operative, based in Bristol. They stock thousands of items, including pasta, rice, chickpeas and lentils, oats, biscuits, stock cubes, seeds and, of course, nuts - all items that can be bought in bulk and kept in your cupboard for months.

The idea is to place a group order every now and then (there is no set interval between orders). Essential would then deliver it to one address in the village, from which each household's goods could easily be distributed. This would also save multiple car journeys to the shops.

Most of their products are organic. They also sell cleaning products of the more nature-friendly type. You can see their full range at <https://essential-trading.coop> Don't be misled by the prices (RSP) shown there: the prices you'd actually pay are lower, often substantially so. Here are a few examples, with a supermarket price for comparison:

Item (organic)	Quantity	Essential price	Price of Sainsburys equivalent
Raisins	6 x 500g	£20.62	£21.00
Sunflower seeds	6 x 500g	£9.75	£54.00
Mixed nuts	6 x 250g	£14.35	£25.00
Chickpeas tinned	6 x 400g	£5.40	£6.63
Porridge oats	6 x 500g	£6.55	£8.10
Brown rice, long-grain	6 x 500g	£11.00	£11.40
Penne pasta	12 x 500g	£17.09	£16.20
Washing-up liquid	12 x 750ml	£21.56 (Bio-D)	£36.47 (Ecover)

There will be a chance to learn more about this opportunity at the Sustainable Ideford meeting on 10 April (details elsewhere in this issue). If you can't make it then, or you're already convinced, contact Robin on 07792 533310 or [grandvizier51@gmail.com](mailto:grandvizier51@gmail.com)