

## SHOPPING WITH A CONSCIENCE

At the heart of what we do is another first: our Ethical Points Scheme.

Every product is rated across eight criteria to produce a points rating. For those holding an Ethical Points card, these points are converted into pence and can be redeemed against purchases. What makes this scheme unique is that points bear no relation to price; in fact, there are more points for an unwrapped organic loaf than a bottle of wine costing ten times as much!

The scheme has two main benefits. Firstly, it makes ethical shopping easier – just buy the product with the most points, whether it be tea, chocolate or shampoo. For card holders, there is the added bonus of being rewarded for doing so.

Secondly, the points ratings enables us to replace low scoring items with higher scoring – and therefore more ethical – alternatives.

## ETHICS IN ACTION

At Organic Heaven we like to practise what we preach. This includes:

- Only using ethical suppliers for electricity (Good Energy), telecomms (The Phone Coop), banking (The Cooperative Bank) and insurance (CIS)
  - Recycling packaging and composting food waste (we usually fill just a couple carrier bags per week with non-compostable and non-recyclable waste)
  - Using sustainable transport modes where possible: staff walk or cycle to work and waste is transported for composting by bike and trailer.
  - Providing Chesterfield's only refill facility for Ecover and Bio-D cleaning products and Faith In Nature and Dr Bronner's toiletries.
  - Only using 100% recycled paper for our printing and photocopying requirements
  - Having a 'no plastic' policy for packaging materials. We only offer paper or compostable bags.
- Our full Ethical Policy can be viewed on our website.

## HOME DELIVERY

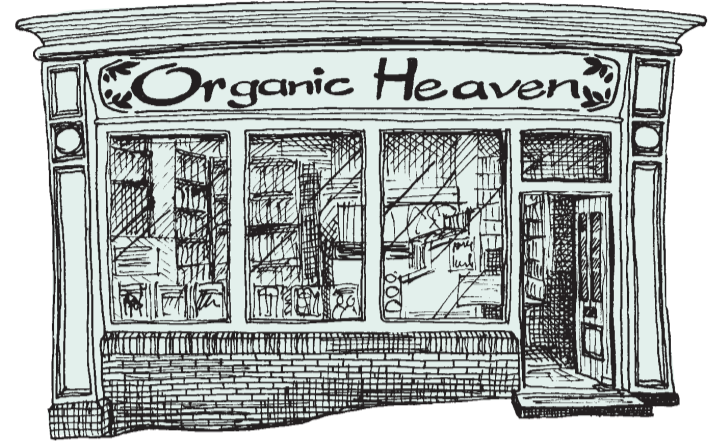
We can deliver to your door any of the 1,300 products we stock, including fruit & veg, chilled and frozen items. We can also provide special requests from the range of 10,000 lines offered by our suppliers. This includes bulk supplies that would be a struggle to carry yourself, such as 15kg bags of flour or 12kg bags of laundry powder.

You can order over the phone (we can send you a price list) or via our website. You may wish to have a regular weekly order of the essentials or simply order as and when you need to. Delivery charges are between £2.50 and £5.00 depending on the size of the order. Deliveries are normally on a Tuesday or Friday, when the main deliveries arrive and produce is at its freshest.



# Organic Heaven

## CHESTERFIELD



4 Theatre Yard  
(just off Low Pavement, behind Caffe Nero)

### OPENING TIMES

Monday to Saturday, 9.30am – 5.00pm

We accept debit and credit cards in the shop or over the phone

### CONTACT DETAILS

Telephone: 01246 224666 / 233377  
0845 2235453 (local rate)

email: [info@organicheaven.org.uk](mailto:info@organicheaven.org.uk)

Website: [www.organicheaven.org.uk](http://www.organicheaven.org.uk)

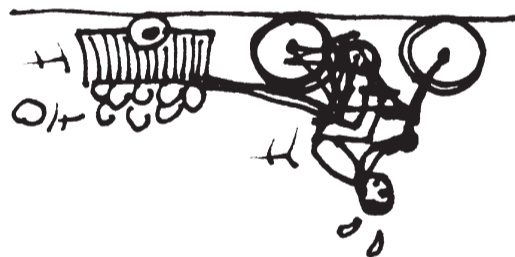
## BUFFET SERVICE

If you are planning an event but are fed up with sandwiches cut up into little triangles and sausages on sticks and wish to offer a delicious spread of unusual vegetarian/vegan food, why not try our buffet service? You can order from over 40 savoury and 20 sweet items and we will prepare freshly made organic side dishes to accompany them, such as salads, hummus, coleslaw and rice and grain dishes. We can also provide drinks if required. There is no fixed menu or set prices, simply tell us what you want and we'll work a price out for you.

For a full list of the range of savoury and sweet items on offer, pick up our separate deli menu or have a look at the deli page on our website.



Designed by Cronk  
Illustrations by Jim  
Printed by Ted, on recycled paper from 100% post-consumer waste



EVERYTHING ELSE – Tuesday and Friday

DELI – Monday, Tuesday, Thursday

CHILLED & FROZEN – Tuesday and Friday

FRUIT & VEG – Tuesday and Friday (usually arrives lunchtime)

BREAD – Monday, Tuesday, Thursday, Saturday

the following list will help you:

With over ten deliveries a week there are clearly better days to come if you want to find certain items in stock and as fresh as possible. Hopefully



Here you will find 500 eco-friendly products including a wide range of toiletries, cleaning products and kitchen accessories such as bin liners and baking parchment. There is also a range of supplements from leading ethical vitamin company Vitidian. Many of the cleaning products and some toiletries are refillable, just bring along your old bottle and save 15% on the usual price. We also stock a range of magazines and books you'd struggle to find in high street outlets. As well as the environment and health, subjects include yoga, complementary health and spirituality. Upstairs you'll also find a small seating/play area with toys and books for the little ones. Ideal for taking a break, you can even help yourself to free tea! It's a perfect spot for breastfeeding mums or shopped-out dads.

## WHAT'S THE BEST DAY FOR...?



something new!

good day to try

delivers. It's therefore a

order to make way for the new

prices of any remaining items are reduced in

Note that changeover day is Tuesday, when the

menu available in the shop.

Full details are available on our separate deli

range includes cakes, flapjacks and crumbles.

The savoury range includes pasties, calzones,

burritos, flans, rolls and fillos whilst the sweet

ingredients (eg. dairy, salt, sugar) clearly stated.

information for those wanting to avoid particular

savoury items and 8 sweet items, with

On a typical week you can expect to find 16

which changes each week.

Our vegetarian take-away is unique. We offer

## TAKE AWAY DELI

## UPSTAIRS – NON-FOOD

We have a wide range of seasonal, UK produced fruit & veg available. Because produce is sold loose, you can buy as much or as little as you like. We compare favourably with supermarkets on price and range and win hands down when it comes to packaging (none) and food miles. We are typically 20–25% cheaper than even the market leader Tesco! Where there are no English suppliers, we source from mainland Europe where possible, even if this means paying extra. Some items, such as bananas, are sourced from further afield and, as far as we are aware, none of the produce is air-freighted. Aside from a few staple items, we move with the seasons which can come as a surprise when year-round availability is the norm. Hopefully you will come to appreciate the seasonality of food and rediscover the delight of anticipating produce coming into season.

## DOWNSTAIRS – FOOD

Tim and Becky



We are a family-run business established in 2005 committed to offering an ethical shopping experience and a convenient alternative to the almighty and all-pervasive supermarkets. For those who shop with a conscience we aim to have everything you need spread over two floors, including fresh produce, chilled & frozen products, ecological toiletries & detergents, alternative magazines and an extensive vegetarian/vegan take-away deli service. Every product in the shop has been carefully chosen according to our own set of ethical criteria, with an emphasis on organic and fairtrade products from companies with strong ethical principles.

## FRUIT AND VEG

## ABOUT ORGANIC HEAVEN