



the Nibbler

Newsletter of Sound Bites
Derby's independent wholefood grocery
A not-for-profit workers' co-operative



In our last update, we were reopening the shop to customers, which was wonderful during summer, and much harder during the cold weather. After Christmas, the dramatic spike in Covid infections meant we felt it best to close the shop again, in order to best protect the wellbeing of both staff and customers.

We're a small team, even smaller these days, it is important to note that we've all had very little time off, if any, during the last 12 months and that we're doing the best we can with all the decisions that we make; including making sure there are always options to help you get items you need (collections from the shop and deliveries have been available throughout all the times we're closed).

We're looking forward to re-opening again for you very soon, the weather is warming up for us to keep the door open, and importantly the infection rate is continuing to fall. We'll keep everyone posted!!

In the mean time we've been kept super busy with our home delivery orders; organic fruit and veg boxes, staples, household, body care, frozen and refrigerated items, it's been a mission to get every product we have in the shop onto our online shop for you, but it means that nobody misses out! We've had a much reduced range of our shorter dated goods these days, and we've been freezing cakes and pies so that we can keep supporting our lovely baking friends as best we can. We'll keep reviewing these choices over time, and see how things go.

We also all want to take the opportunity to say a big THANK YOU, thank you to everyone that has supported us in the past year, to everyone that has had kind words to share about our hard work, and to everyone we've not seen in a while because we can't. THANK YOU ALL!





As you're all aware, it has been a very strange year gone by. We've seen a huge change to the products people are typically buying, and manufacturing of new products from suppliers has also been impacted—so things have been a little bit odd, and a little bit less exciting than usual—but that's ok! We've still managed to find some wonderful products to offer up as we've had to say goodbye to some that are no longer available to us...

- ♥ Taka Turmeric organic teas, we've got 4 flavours, all of which have a little black pepper included for maximum turmeric benefits.
- ♥ Vego melts; buttons for baking or making hot chocolate, decadent, but also fair trade and organic. Wunderbar!
- ♥ Kallo stock cubes range have now added Sriracha and Umami as choices, to make adding well-rounded base flavours to meals just that bit easier
- ♥ A fabulous new range of hummus as we're not in a position to currently produce our own, Mezete in classic, red pepper or herbs are all now staples in the fridge
- ♥ Simple but tasty, BBQ baked beans from Mr Organic
- ♥ Ditto for Suma tinned vegetable ravioli!
- ♥ We've got a super exciting new range of wholemeal organic pasta from Granoro in Italy, amazing shapes are called: rosmarino, farfalle, maccheroncini and elicoidali. Impress anyone at the dinner table with these!!
- ♥ Meridian have brought out a gingernut inspired peanut butter spread which raises money for orangutans AND tastes lovely spooned straight from the jar :D
- ♥ We've got a few new flavours of the 100% black chocolate varieties from Montezuma. If you're really into the intense chocolate experience, we now have mint or hemp seed & salt to join the almonds, orange & cacao nibs or standard bars
- ♥ A super handy addition to the kitchen, we have organic cotton milk strainer bags, suitable for making any at-home plant based milks, and life that little bit easier!
- ♥ Some of our items are only temporary or seasonal varieties, such as the decadent baked goods from Clemie's Vegan Cakes in Nottingham—you'll see these flavours continually rotating so nobody can get bored of their treats.
- ♥ Another temporary addition we have from Kallo are their super flavourful rice cakes in Spinach & Pesto or Balsamic & Beetroot flavours; yes, they're excellent straight from the packet, but also to be enjoyed with many spreads.

Stay tuned and as ever, your recommendations are invaluable!

Derby

We're lucky enough to be at the centre of some great activism in Derby, but unfortunately a lot of it has been heavily impacted by the long term and ongoing issue of social distancing. Although it's frustrating not to be able to get out into the community, there are still ways you can make a difference from the comfort of your own home.

Funding

A lot of organisations and charities rely on fundraising events to help keep them afloat, so are really feeling the impact of COVID-19. If you've been able to save up funds from being at home more, maybe consider donating directly to the causes you care most about.

Alternatively, you could offer to organise online events such as raffles or concerts to help raise funds. Some of our personal favourite local organisations are listed below.

Two wonderful local animal sanctuaries that take in a host of injured animals:

Brinsley Animal Rescue

<http://brinsleyanimalrescue.org/>



Charlie's Place

<https://www.facebook.com/CharliesPlaceSanctuary/>



Aspire Food Bank

A much needed resource that was set up in response to the needs of COVID. Normally a Wrestling school, they currently run an emergency food hub to cover 4 wards of the City and as of January 2021, have fed over 14,000 people.

<https://localgiving.org/charity/Aspire-Wrestling/project/aspirefoodhub/>

Similarly, there are some wonderful services that provide free meals to Derby's homeless population.

Padley Group: <https://www.padleygroup.com/>



The Hope Centre: <https://www.hopecentrederby.co.uk/>



Street Safe Derby: <https://www.facebook.com/groups/778909945517237>



Ongoing Campaigns

The Stop the A38 Expansion group

An important current campaign that is seeking legal advice to find out whether the Department for Transport's decision to approve the environmentally damaging A38 Derby Junctions road scheme was lawful. As well as pledging financial support, you can help build momentum for the campaign by sharing it with people you know.

<https://www.crowdjustice.com/case/help-us-stop-the-a38-expansion/>

The Commitment

The Commitment is a new charity dedicated to raising the importance of climate change and nature on the political agenda. It's a campaign for people to make their own pledges to prioritise the environment when voting and then present these pledges to local politicians to incentivise them to act on the ongoing climate emergency. You can learn more about the campaign and get involved by making your own pledge on the link below.

<https://www.thecommitment.uk/makeyourcommitment>

Bee The Change

Right now is planting season and a perfect time to plant bee friendly native wildflowers and flowering shrubs in your backyards, communities and workplaces. Many pollinators are disappearing at alarming rates (especially native bees such as bumble and solitary bees) and can use all the help they can get. Use the resource below for an idea of what to plant.

<https://savebees.org/habitat/forage/>

Let dandelions live! They're one of the first pollen-rich sources to spring up and also one of the last to go. Because of the shape and structure of dandelions, their pollen and nectar are especially accessible to a great diversity of bee species throughout the year.