



August  
2020

# THE GOOD NEWSletter

Just like that, it's August 2020! This time last year, a group of people met in Macclesfield to discuss the idea of reducing plastic waste in Macclesfield. At that stage, we discussed ideas including new recycling facilities, buying a van, lobbying supermarkets, working with local businesses, setting up a market shop and running a buyers cycles - some of these ideas seemed years away.

Its amazing to think that just over a year later, Scoop and Scales is firmly established as a Macclesfield Zero Waste Cooperative and in the last year we have in fact done a number of the above suggestions!



A big thank you to all that have supported us so far, we now have over 120 members and we are still growing. Our pop up shop is just the start of what is possible and we are all hoping that this is the beginning of a more permanent shop in Macclesfield. A big thank you to our Committee, Chaired by Matt and Andy, who have all gone above and beyond to make this vision a reality.



This month also sees the launch of our logo . Thank you to Mike Thorpe who has worked with our committee to create this.

We also have our new [website](#) up and running, please pop online and have a look. Thank you to Neil Puttick who has put this together for us.

## Collection event update

This month we have our collection event on the 7th of August at the Heritage Centre on Roe Street. We had around 80 members order and had a record 62 products on sale. We will also be running our first Pop up Refill Shop on the 8th of August 11am-5pm, so please pop along to have a browse, we would love it if you can come along and even bring a friend

If you or your children would like to write an article for next months GOOD NEWSletter please get in touch [Scoopandscales@gmail.com](mailto:Scoopandscales@gmail.com)



# BE OFFCUT Local Business

Hi, I'm Tristan Batt, a member of the Scoop & Scales community, based in Bollington and the founder of BE OFFCUT, an eco-conscious fashion brand.

Thanks to the work done by organisations like Scoop & Scales, as well as international media, people's knowledge and concern around the harm that plastic waste is doing to the planet has become more mainstream, especially amongst the younger generations.

The fashion industry is now coming under scrutiny - it is probably the next "big" focus in terms of impact on the planet. Did you know that 190,000 tons of textile microplastic fibres end up in the oceans every year?

This scrutiny has been further highlighted by the recent Boohoo practices in Leicester - the industry is waking up and taking notice. NEXT, ASOS and Zalando, have consequently reviewed their relationship with Boohoo. As a result, Boohoo lost close to a quarter of its value at the time. The challenge here is that it's not only a question of harm to the planet, but also as to how people are treated - a fair living wage.

Do we think consumers, especially the younger generations, will be prepared to pay more for their clothes if it means a "fairer" world? Will the consumer behaviour move towards "slow fashion"?

At BE OFFCUT we are trying to play our part. The brand's product design principle is built around the idea of using, or reusing, fashion production offcuts to re-create the new. We launched our first offer in July - our REBORO collection that features a denim patchwork made from discarded denim or denim offcuts.

Each patchwork is unique, hand crafted and finished locally. We've used skilled partners to support the finishing of the garments. Our REBORO garments are GOTS (Global Organic Textiles Standard) and climate neutral certified, with our supplier being a

"socially responsible supplier". Alongside our REBORO offer we have an everyday Essentials collection, using garments which hold GRS (Global Recycling Standard), amongst other certifications. This means that a BE OFFCUT Essentials T-shirt is produced using 5 plastic bottles and preconsumed recycled organically grown cotton.

We believe that we can #domorewithless - use the resources we have to re-imagine products, as well as ourselves.

We believe that confidence is the key to achieving whatever one sets their mind to.

Our past experiences (our offcuts) are what make us but don't have to define who we are going forward.

Check us out on [www.beoffcut.com](http://www.beoffcut.com), or find us on Facebook and Instagram @beoffcut.

We provide free local delivery and are currently offering 20% discount for Scoop & Scales members using the discount code SCOOPSCALES20 at checkout (valid until the end of August).

I am always looking for feedback, you can reach me directly on [info@beoffcut.com](mailto:info@beoffcut.com).

#domorewithless #beoffcut





# Product Reviews

As our product range grows, we are always keen to get feedback from our members. If you like or dislike a product we want to know about it. Its important to us we sell products you love so you keep coming back. Over the last few months we have been expanding our suppliers to ensure we keep our prices down and the quality and variety up. If you have any feedback you would like to tell us about, please email us

## Great Rift Breakfast Blend Loose Leaf Fairtrade Tea

Supplier	Kingdom Coffee
Price per 100g	£1.08

### Refreshing, tasty, uplifting

This great tasting breakfast tea is quite strong so you only need to use a small amount. The leaves are fine so you need an infuser or strainer with small holes.

The tea has a refreshingly wonderful taste AND tastes even better because it is Fairtrade. [Find out more](#). Reviewed by Andy



## Dried Cranberries

Supplier	Wigan Foods
Price per 100g	£0.70

### Delicious, tangy and versatile

These cranberries have become a regular on our order from Scoop and scales. We mix them with raisin and nuts to make snacks to keep us going at work. We have noticed that buying dried fruits separately is much cheaper than the shop bought trial mix and it can be a bit more varied. I would highly recommend mixing with cashew nuts and chocolate raisins. These cranberries are also good in cakes, on cereal, as a topping for desserts and we have used in curries when we ran out of sultanas [Find out more](#). Reviewed by Lucy



## Mixed tinned Beans (organic)

Supplier	Suma
Price per tin	£0.94 (400g)

### Quality, Versatile, nutritional

Mixed beans have become a store cupboard essential in our house since Scoop and Scales began stocking them. They're a high quality and delicious mix of chickpeas, borlotti, kidney and cannellini beans, with nothing added or taken away. They are an amazing source of fibre, protein and B vitamins. We put them cold into salads or heat them up in warming veggie dishes such as chilli or a simple goulash. You've always got a meal if you have a tin of mixed beans in the cupboard – don't get caught without them! [Find out more](#) Reviewed by Beth





## Toilet Roll



Supplier  
Price per roll

Who gives a crap  
£1.08

### Functional, recycled, stylish,

We have made the decision to move to this toilet paper to help slow the destruction of forests and woodlands. The 'bottom' line is that this loo roll does what it needs to do and we are now proud to say we don't flush forests down the toilets! Yes there are softer toilet rolls out there but they are not recycled and are wrapped in plastic. Even though they are a bit more expensive per roll they work out the same as other suppliers as each rolls last forever as there so many sheets on each roll. [Find out more.](#) **Reviewed by Sarah.**

## Porridge Oats

Supplier  
Price per 100g

Wigan Wholefoods  
£0.13

### Oaty, Convenient, reliable

I cook the oats in the microwave to make a lovely smooth porridge for winter breakfast. In summer I mix with a range of different fresh fruits such as raspberries, blueberries and blackberries to make a brilliant fruity muesli. When we are not harvesting these fruits, I mix in a range of seeds, nuts and dried fruits. I also like using the oats in my home made bread, cookies and fruit crumbles

[Find out more.](#) **Reviewed by David**



## Milk Chocolate Raisins

Supplier  
Price per 100g

Wigan Foods  
£0.48

### Tempting, rich, addictive



These raisins are dangerously delicious, they should come with a warning of addiction!

I like to take them with me when I go for a walk in the hills but they are so delicious lots of them disappear soon after I have collected them.

I recommend that nobody else buys them so there are more for me [Find out more.](#) **Reviewed by Emma**

## Dates (Fairtrade, organic)

Supplier  
Price per 100g

Suma  
£0.77

### Soft, sweet, heavenly!

The dates from Scoop and Scales are absolutely divine and taste just like caramel. They are the perfect substitution for refined sugar in sweet recipes. They can feel like quite a decadent snack, but you don't need to feel any guilt as three dates count as one of your five-a-day. Instead of buying packaged cereal bars, my 'go to' recipe is to whizz up one cup of nuts in the food processor. I then add in one cup of dates, along with a tbsp of cacao powder. (You can add orange zest or ginger ). Roll them up into balls and voila – yummy, wholesome date balls. Give them a try! [Find out more](#) **Reviewed by Matt**





# ART COMPETITION

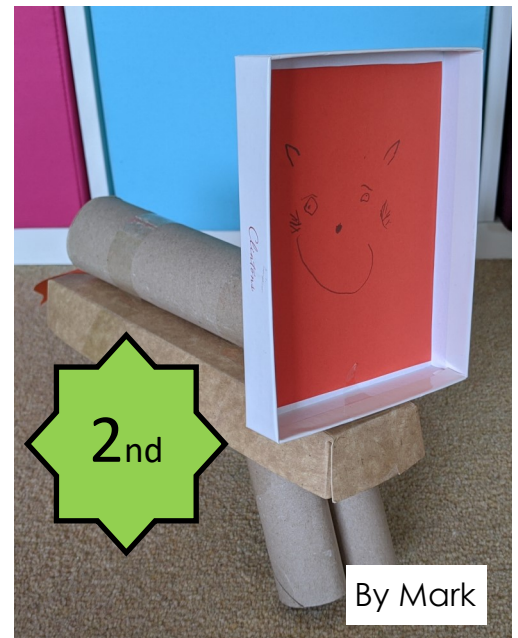
The results are in! Patty has been busy looking through the entries and here are the results. All those who entered will receive a tasty treat so please pick this up from our collection event or pop up refill shop. The winner from each category will receive a prize. Congratulations!

## Mini People (under 8 years)



1<sup>st</sup>

By Bethan and Lucas



2<sup>nd</sup>

By Mark



3<sup>rd</sup>

By Archie

This looks like it would be fun to play with as well as to make. Well done Bethan and Lucas - a much more interesting robot than Alexa !



# ART COMPETITION

## Little People (8—13)



I'm really impressed by the ambition and workmanship in this. Also very jealous as I would love to have those kind of woodworking skills and tools!



## Bigger People (Age 13+)



A tricky one as I liked them both and they showed really good use of the materials. I think Jenny just edges it, purely because hers is functional as well as decorative.