



THE LITTLE BOOK OF FAIRNESS



DID YOU KNOW?

Shared interest helped **396,973** producers in **55** countries last year.

HELLO!

This is the little book of fairness, and I'm Super Avo, the superfruit avocado.

I work with Shared Interest and we believe in a world that's fair.

Shared Interest helps farmers around the world. They make sure they're paid well and have enough money to live.

This is called fair trade.



If you want to help out fair trade friends too, look out for these labels in the supermarket.



DID YOU KNOW?
There are over
4,500 Fairtrade Mark
products sold in the UK.

WHY SHOULD WE EAT AVOCADOS?

Avocados are a superfood and full of things that are really good for you. This is why they are healthy:



DID YOU KNOW?
Avocados look like a vegetable, but they're actually a fruit.



FIBRE

Fibre helps you go to the toilet and keeps your tummy healthy.

PROTEIN

This is very important for your bones, muscles, skin and blood. Avocados are the fruit with the most protein.

VITAMINS

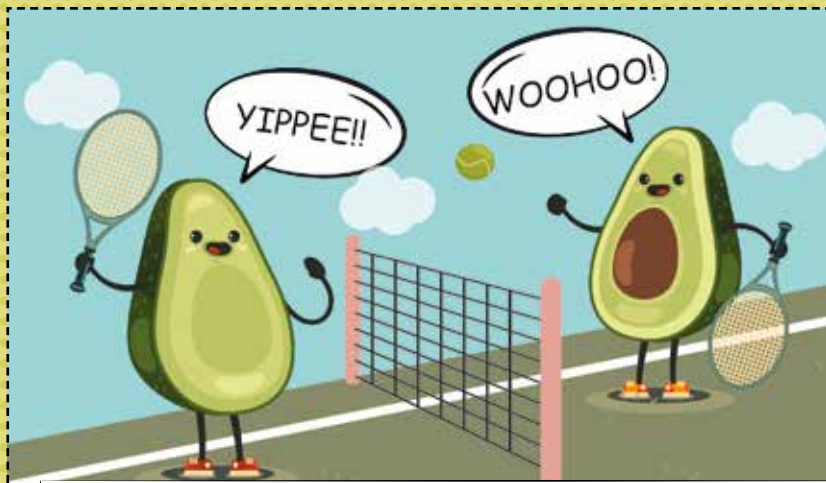
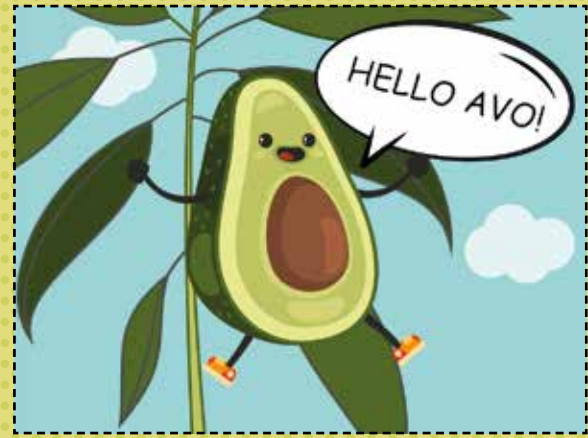
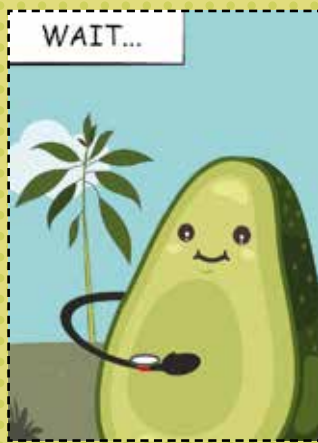
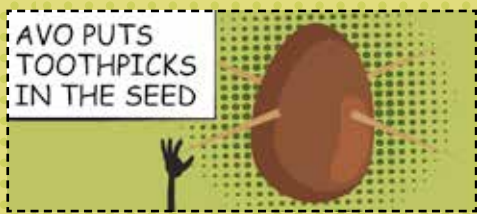
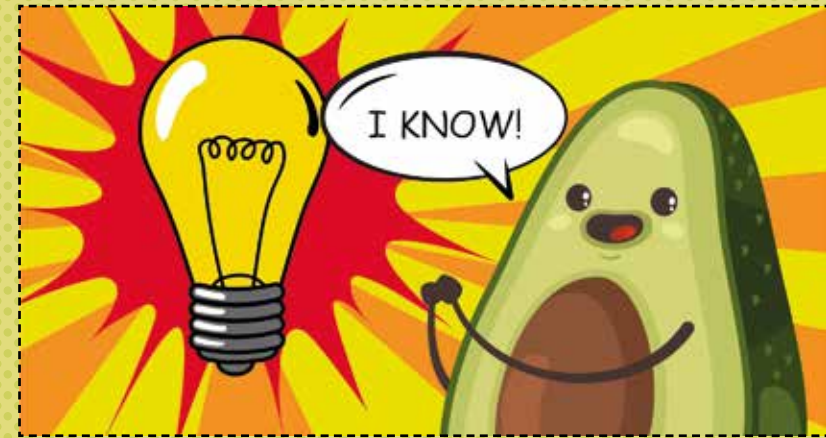
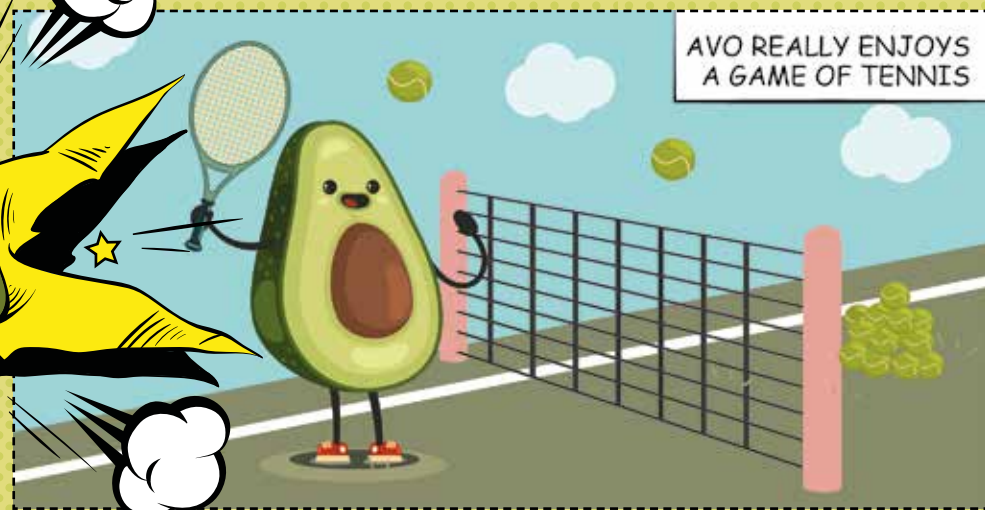
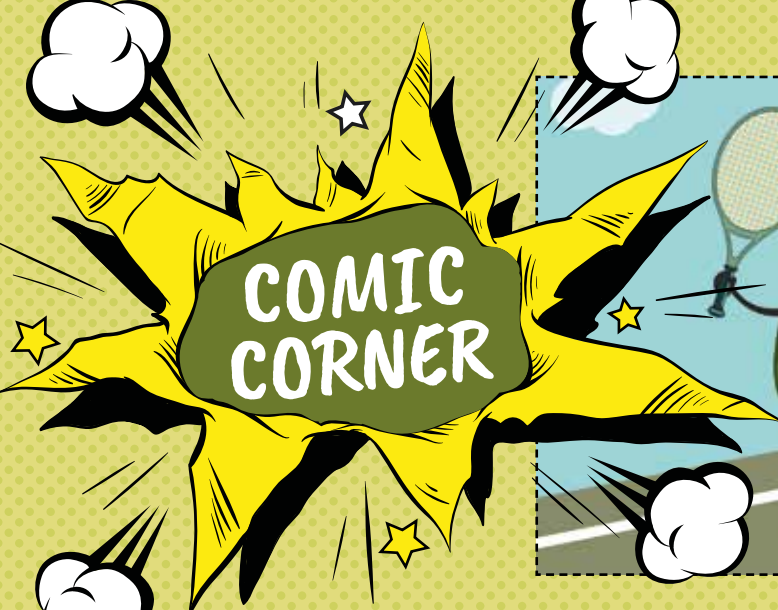
Vitamins stop you getting poorly and avocados are full of vitamin A, B, B6, C and E.

OMEGA-3 FATTY ACIDS

This helps keep your heart and blood healthy.

POTASSIUM

This helps your heart pump blood around your body.



Find out how to grow your own avocado at: shared-interest.com/super-avo



Use the stickers in the back of this booklet to label the continents.

1 CAPIM

Capim have over 11,000 beehives, and work with more than 100 farmers in Mexico. Shared Interest has helped them to buy more supplies so they can harvest more honey to sell.

2 GOURMET GARDENS

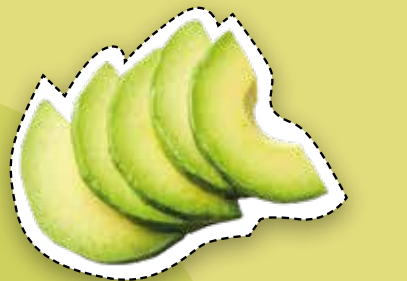
There is a country called Uganda in East Africa where the rainforest provides the ideal weather to produce organic and Fairtrade vanilla. There are 1,000 farmers who grow vanilla for Gourmet Gardens.

3 CANDELA

Candela is a company that grows Brazil nuts in Peru. Shared Interest are working with Candela to help the farmers earn a fair wage for their work.

4 CAYAT

Cayat make cocoa products in Ivory Coast. Shared Interest have helped them buy machines that can make chocolate faster and even tastier.



SHAREDINTEREST
INVESTING IN A FAIRER WORLD

HOW DO YOU MAKE CHOCOLATE?

1. Chocolate comes from the **cacao tree** which grows pods and can grow up to **2,000** cocoa pods each year.

2. The farmer who looks after the cacao tree opens the pods. Inside, there are **cocoa beans**, which are taken out.

DID YOU KNOW?
When people in the UK put their money into the Shared Interest pot, **20%** of this is then used to help **cocoa farmers**.

3. The cocoa beans are 'fermented' (dried in the sun). About **400** cocoa beans make **1 bar** of chocolate.

4. The beans are dried, baked and crushed up to go into a chocolate mixture with **sugar, milk** and other ingredients.



DID YOU KNOW?
70% of the world's cocoa is grown in **Africa**.



CAN YOU SPOT THE 8 DIFFERENCES?



HOW TO MAKE BANANA & AVOCADO MUFFINS

YOU WILL NEED:



1
FAIRTRADE
AVOCADO



1
FAIRTRADE
BANANA



1/4 TSP
BAKING
SODA



1 TSP
BAKING
POWDER



1 TSP
FAIRTRADE
HONEY



150G
PLAIN
FLOUR



100G
ROLLED
OATS



60ML
MILK



1
FREE-RANGE
EGG

1



Preheat the oven to 180C and line a muffin tray with 10 paper cases.

3



In another bowl mash the banana and avocado together and then mix in the honey. Add the egg and milk and mix well.

5



Divide the mixture between the paper cases and bake in the oven for 25 minutes (make sure you have a parent or guardian with you).

2



Add the flour, oats, baking powder and baking soda to a large bowl and mix with a spoon.

4



Add the wet ingredients to the dry ingredients and mix just enough until all the ingredients have combined.

6



Allow the muffins to cool completely before removing the paper cases.

ONCE COOL...
enjoy your
yummy
muffins.





DID YOU KNOW?
The **FSC serial number**
will tell you where this
booklet was printed.

THANKS FOR READING THE LITTLE BOOK OF FAIRNESS

For parents/guardian: Help us make the world a fairer
place and visit shared-interest.com/schools

For teachers: We can visit your school to help pupils learn more
about fairtrade. If you're interested, contact our membership team
on 0191 233 9102 or at membership@shared-interest.com

You can write to us at: Shared Interest Society, Pearl Assurance
House, 7 New Bridge Street, West Newcastle upon Tyne NE1 8AQ

**PLEASE PASS ME ON TO A
FRIEND OR RECYCLE ME.**

