

The background of the page is composed of large, overlapping, organic shapes in two colors: a vibrant teal and a soft pink. The shapes are fluid and abstract, creating a modern, artistic feel. The teal shapes are more angular and layered, while the pink shapes are more rounded and fill the spaces between the teal ones.

Suma

CO-OPERATIVE SINCE 1977

FAIRTRADE

MAR - APR 2021

FAIRTRADE

A bit more about it..

Fairtrade is an organised social movement whose goal is to help producers in developing countries achieve better trading conditions and promote sustainability. Members of the movement advocate paying higher prices to growers and exporters, as well as aiming to establish higher social and environmental standards. The movement focuses in particular on exports from developing countries to developed countries, most notably coffee, cocoa, sugar, tea, bananas, and chocolate.

The movement seeks to promote greater equity in international trading partnerships through dialogue, transparency and respect. It promotes sustainable development by offering better trading conditions to, and securing the rights of, marginalised producers and workers in developing countries.

To find out more www.fairtrade.org.uk



Key BFGSOV

B - Biodynamic // F - Fairtrade or BAFTS accredited // G - Gluten-Free //
O - Organic // S - Added Sugar // V - Vegan

All prices are correct at time of print and stock is subject to availability.

code	product	size	rrp	bfgosv
BAGS, BOXES AND BASKETS				
SIESTA CRAFTS				
NF467	Recycled Saree Bag - Folding	each	4.50	FV
BAKING SUNDRIES				
COCOA LOCO				
KB139	Dark Chocolate Couverture	1.5kg	22.99	FOSV
DIVINE				
KB528	Dark Chocolate Baking Bar	150g	3.45	SVF
KB545	Milk Chocolate Baking Bar	150g	3.45	SF
GREEN & BLACKS				
<i>Cooks Chocolate</i>				
KB058	Dark Cooking Chocolate-Organic	150g	2.85	FOS
TAYLOR & COLLEDGE				
LJ115	Vanilla Bean Extract	100ml	9.25	FOV
VEGO				
KB072	Hazelnut Chocolate Melts	180g	4.95	OFVS
BISCUITS CRACKERS & CRISPBREAD				
TRAIIDCRAFT				
BT369	Chewy Fruit & Oat Cookies	180g	2.39	FS
BT547	Double Chocolate Chunk Cookies	180g	2.25	FSV
BT481	Stem Ginger Cookies	180g	2.05	FS
BODY CARE				
BADGER				
DY340	Sunscreen Clear Zinc SPF30	87ml	20.45	FO
DR BRONNER'S				
DY160	Almond Castile Liquid Soap	237ml	8.49	FOV
DY191	Almond Castile liquid Soap	473ml	12.75	FOV
DY208	Almond Castile Liquid Soap	946ml	20.99	FOV
DY198	Baby Castile liquid Soap	473ml	12.75	FOV
DY209	Baby Castile Liquid Soap	946ml	20.99	FOV
DY182	Citrus Orange Liquid Soap	237ml	8.49	FOV
DY201	Citrus Orange Liquid Soap	473ml	12.75	FOV
DY183	Lavender Castile Liquid Soap	237ml	8.49	FOV
DY338	Lavender Castile Liquid Soap	3.8l	67.49	FGOVB
DY205	Lavender Castile Liquid Soap	473ml	12.75	FOV
DY213	Lavender Castile Liquid Soap	946ml	20.99	FOV
DY350	Liquid Soap Peppermint	3.8l	67.49	FGOVB
DY207	Peppermint Castile Liquid Soap	473ml	12.75	FOV
DY214	Peppermint Castile Liquid Soap	946ml	20.99	FOV
DY443	Pump Soap - Lavender	355ml	11.25	FOV
DY349	Pure Castile Liquid Soap-Baby	3.8l	67.49	FGOVB
<i>Bar Soap</i>				
DY117	Almond Pure Castile Bar Soap	140g	5.49	FOV
DY118	Baby Castile Bar Soap	140g	5.49	FOV
DY119	Citrus Orange Bar Soap	140g	5.49	FOV
DY123	Lavender Castile Bar Soap	140g	5.49	FOV
DY138	Peppermint Castile Bar Soap	140g	5.49	FOV
<i>Hand Sanitiser</i>				
DY455	Hand Sanitiser - Lavender	60ml	5.19	FOV
DY479	Hand Sanitiser - Peppermint	60ml	5.19	FOV
FAIR SQUARED				
<i>Natural Latex. Carbon Neutral</i>				
DY943	Original Condoms	10	9.95	FV
<i>Packaging-Bioplastic/Cardboard</i>				
DY936	100% Rubber Period Cup - Large	each	16.99	FV
DY926	100% Rubber Period Cup - Med	each	16.99	FV
WELEDA				
<i>Skin Food</i>				
DY134	Skin Food Body Butter	150ml	18.95	FVB
DY133	Skin Food Light	75ml	12.95	FVB

code	product	size	rrp	bfgosv
CANDLES, INCENSE & HOLDERS				
GREATER GOODS				
<i>Mother's Vegan Incense</i>				
NF444	Cinnamon & Spice	12 sticks	2.00	FV
NF440	Frankincense	12 sticks	2.00	FV
NF448	Jasmine	12 sticks	2.00	FV
NF446	Lotus	12 sticks	2.00	FV
NF449	Musk	12 sticks	2.00	FV
NF445	Opium	12 sticks	2.00	FV
NF447	Orange Blossom	12 sticks	2.00	FV
NF441	Patchouli	12 sticks	2.00	FV
NF443	Vanilla	12 sticks	2.00	FV
<i>The Mother's India Incense</i>				
NF526	Aditi - Crisp Blend of Sage	20 sticks	3.50	F
NF394	Amrita - Earthy and Spicy	20 sticks	3.50	F
NF403	Ganesh - Rich and Sumptuous	20 sticks	3.50	F
NF469	Lila - Woody Patchouli	20 sticks	3.50	F
NF525	Meera - Sandalwood Blend	20 sticks	3.50	F
NF119	Mother's Incense Fan - Mixed	12 fanS	6.99	F
NF412	Om - Cassia, Vanilla, Amber	20 sticks	3.50	F
NF408	Oudh - Sensuous	20 sticks	3.50	F
NF410	Prem - Sweet blend of Jasmine	20 sticks	3.50	F
NF402	Rishi - Exotic Rose	20 sticks	3.50	F
NF411	Shanti - Woody, w/Rose, Jasmine	20 sticks	3.50	F
NF393	Yoga - Sandalwood blend	20 sticks	3.50	F
SIESTA CRAFTS				
NF579	Mango Wood Elephant Ashcatcher	each	1.59	FV
NF285	Satya Sai Nag Champa Incense	15g	0.99	FV
NF577	Satya Sai Patchouli Incense	15g	0.99	FV
NF576	Satya Sai Sandalwood Incense	15g	0.99	FV
NF578	Satya Sai White Sage Incense	15g	0.99	FV
CEREALS & MUESLIS				
BIOFAIR				
FX018	Quinoa Flakes Organic	400g	5.49	FO
MX009	Quinoa Pops Organic, FT	120g	4.55	GFO
CHOCOLATE				
BOOJA-BOOJA				
<i>Artist's Collection Gift Boxes</i>				
KB927	Fine De Champagne Truffles	185g	20.99	GFO5V
KB929	Hazelnut Truffles	185g	20.99	GFO5V
CHOCOLATE AND LOVE				
WS082	Creamy Dark 55% Chocolate	80g	3.29	FOS
WS079	Mint 67% Chocolate	80g	3.29	FOSV
WS081	Orange 65% Chocolate	80g	3.29	FOSV
WS077	Panama 80% Chocolate Bar	80g	3.35	FOSV
WS078	Pomegranate 70% Chocolate	80g	3.35	FOSV
WS080	Sea Salt 55% Chocolate	80g	3.29	FOS
COCOA LOCO				
<i>EASTER 2021</i>				
ZX353	73% Dark Choc Mini Eggs	140g	6.99	FOSV
KB218	Dark Chocolate Easter Egg 73%	225g	12.99	FOSV
KB264	Dark Chocolate Rabbit Lolly	26g	0.90	FOSV
KB232	Dark Marzipan Egg 73%	40g	4.25	FOSV
KB320	Marbled Chocolate Egg	225g	12.99	FOS
KB300	Marbled Chocolate Rabbit	200g	11.99	FSO
KB363	Milk Choc Mini Eggs	140g	6.99	FOS
KB315	Milk Chocolate & Raspberry Egg	225g	12.99	FOS
KB306	Mini Eggs White Choc Raspberry	140g	6.99	FOS
DIVINE				
<i>35g Bars</i>				
ZX286	70% Dark Chocolate	35g	1.09	FSV

code	product	size	rrp	bfgosv
ZX180	Cappuccino Bar Fairtrade	35g	1.09	FS
KB138	Dark Caramel Bar	35g	1.09	FS
ZX499	Milk Chocolate	35g	1.09	FS
KB425	Milk Chocolate Caramel Bar	35g	1.09	FS
ZX422	Orange Milk Chocolate Bars	35g	1.09	FS
ZX287	White Chocolate Mini Bar	35g	1.09	FS
	<i>90g Bars</i>			
ZX498	70% Dark Chocolate	90g	2.59	FSV
ZX365	70% Dark Smooth Hazelnut	90g	2.59	SVF
ZX469	85% Dark Chocolate	90g	2.59	FSV
ZX471	Dark Choc with Ginger & Orange	90g	2.59	FSV
KB798	Dark Choc with Lemon & Juniper	90g	2.59	VSF
KB534	Dark Choc with Raspberries	90g	2.59	FSV
ZX001	Dark Chocolate with Mint	90g	2.59	FSV
ZX789	Dark Chocolate with Pink Salt	90g	2.59	FS
KB459	Milk Choc Toffee & Sea Salt	90g	2.59	FS
ZX370	Milk Chocolate 45% Cocoa	90g	2.59	FS
ZX284	Milk Chocolate Orange	90g	2.59	FS
KB364	White Choc with Strawberries	90g	2.59	FS
ZX528	White Chocolate	90g	2.59	FS
	<i>EASTER 2021</i>			
KB295	Dark Choc & Hazelnut Egg	90g	6.09	SVF
ZX457	Dark Chocolate Mini Eggs	152g	5.45	FSV
ZX309	Easter Egg - Luxury Dark Choc	260g	11.59	FSV
KB491	FT Dark Choc Raspberry egg	90g	6.09	FSV
KB577	Milk Mini Eggs	152g	5.45	FS
KB241	Speckled Milk Mini Eggs	155g	5.45	FS
KB292	Tangy Orange Milk Easter Egg	90g	6.09	FS
	EQUAL EXCHANGE			
KB659	55% Dark Caramel & Sea Salt	100g	2.79	FOS
KB698	65% Organic Dark Orange	100g	2.79	FOSV
KB654	71% Organic Very Dark	100g	2.79	FOSV
KB977	Dark 55% Choc with Almond	100g	2.79	FOS
	GREEN & BLACKS			
	<i>90g Bars</i>			
KB116	70% Dark Chocolate	90g	2.65	FOS
KB034	85% Dark Chocolate	90g	2.65	FOSV
KB796	Dark Choc Hazelnut & Currant	90g	2.65	FOS
KB132	Dark Chocolate & Ginger	90g	2.65	FOS
ZX251	Maya Gold Dark Chocolate	90g	2.65	FOSV
KB908	Milk Choc & Chopped Almonds	90g	2.65	FOS
ZX239	Milk Chocolate	90g	2.65	FOS
KB133	Milk Chocolate & Butterscotch	90g	2.65	FOS
WS091	Milk Chocolate & Sea Salt	90g	2.65	FOS
KB370	White Chocolate	90g	2.65	FOS
	<i>Gift Range</i>			
KB746	Miniature Collection,Original	180g	7.99	FOS
KB108	Treat Collection	90g	3.99	FOS
	<i>Minibars</i>			
KB199	70% Dark Chocolate	35g	1.05	FOS
KB177	White Chocolate	35g	1.05	FOS
	OMBAR RAW CHOCOLATE			
ZX397	Hazelnut Centre	35g	2.05	FGOSV
	<i>70g Bars</i>			
ZX403	Hazelnut Centre	70g	3.39	FGOSV
	ORGANIC SEED & BEAN COMPANY			
	<i>Gifting Range</i>			
ZX666	Gift Set Botanicals Collection	1 set	9.59	FOSV
ZX664	Gift Set Favourites Collection	set	9.59	FOSV
	<i>Large Bars</i>			
KB152	37% Milk Choc,Hazels & Almonds	85g	2.99	FOS
KB733	37% Milk Chocolate	85g	2.99	FOS

code	product	size	rrp	bfgosv
KB970	58% Dark Choc & Espresso	85g	2.99	FOS
KB155	58% Dark Choc & Hazelnuts	85g	2.99	FOSV
KB979	58% Dark Choc, Lemon & Cardamon	85g	2.99	FOS
ZX793	58% Dark Sweet Orange & Thyme	85g	2.99	FOSV
KB736	70% Dark Choc & Sea Salt	85g	2.99	FOSV
KB767	72% Dark Choc & Lavender	85g	2.99	FOSV
KB200	72% Dark Choc & Mint	85g	2.99	FOSV
KB773	72% Dark Choc, Chilli & Lime	85g	2.99	FOSV
KB743	72% Dark choc, Dominican	85g	2.99	FOSV
KB772	72% Dark Choc, Mandarin & Ginger	85g	2.99	FOSV
ZX313	Raspberry & Vanilla White Bar	85g	2.99	FOS
ZX126	Sea Salt & Tropical Lime	85g	2.99	FOS
KB742	White Choc, Lemon & Poppy Seed	85g	2.99	FOS
	<i>Mini Bars</i>			
ZX392	58% Dark Choc & Espresso	25g	1.25	FOSV
ZX391	58% Dark Sweet Orange & Thyme	25g	1.25	FOSV
ZX400	72% Dark Choc, Dominican	25g	1.25	FOSV
ZX389	Sea Salt & Tropical Lime	25g	0.99	FOS
	ORGANICA			
KB277	Vegan Diets White Chocolate	100g	2.89	FOVS
	PONCHITO			
	<i>EASTER 2021</i>			
ZX684	Milk Chocolate Bunny 170g	170g	2.99	FOS
	TONY'S CHOCOLONELY			
ZX337	Dark Choc 51% Almonds&Sea Salt	180g	4.05	FS
ZX345	Dark Chocolate 70%	180g	4.05	FS
ZX105	Dark/Milk Choc Pretzel&Toffee	180g	4.05	FS
KB886	Milk Choc Caramel/Sea Salt	180g	4.05	FS
ZX091	Milk Chocolate	180g	4.05	FS
KB697	Milk Chocolate 32% Nougat	180g	4.05	FS
ZX369	Milk Chocolate Hazelnut	180g	4.05	FS
ZX724	White Chocolate & Raspberry	180g	4.05	FS
	<i>EASTER 2021</i>			
ZX722	Easter Bar Lemon Meringue	180g	4.05	FS
ZX714	Easter Egg Assortment	155g	4.55	FS
	<i>Small Bars</i>			
ZX101	Dark Chocolate 51% Almond	47g	1.49	FSV
ZX111	Milk Choc Caramel & Sea Salt	47g	1.49	FS
ZX102	Milk Chocolate	50g	1.49	FS
ZX114	Milk Chocolate 32% Hazelnut	47g	1.49	FGS
	VEGO			
KB821	Mini Whole Hazel Chocolate Bar	65g	2.25	FGOSV
WS003	Vego Dark Nuts & Berries	85g	2.85	FOVS
WS059	Vego White - Almond Bliss	50g	2.25	FOVS
KB943	Vegolino Pralines	180g	5.95	FOSV
KB489	Whole Hazelnut Chocolate Bar	150g	3.99	FGOSV
	CLOTHING			
	SIESTA CRAFTS			
NF088	Recycled Sari Gift Wrap/Scarf	each	3.99	FV
	COCOA			
	SUMA BAGGED DOWN - ORGANIC			
LJ149	Cocoa Powder - Organic	3kg		FOV
	SUMA COMMODITIES - ORGANIC			
LJ173	Cocoa Powder Fairtrade	25kg		FOV
	SUMA PREPACKS			
LJ189	Cocoa Powder - Organic	250g	3.25	FOV
	CAFEDIRECT			
TE603	Sao Tome Hot Chocolate	300g	3.80	FS
	CLIPPER			
TE205	Drinking Chocolate Fairtrade	250g	3.35	FSV
TE196	Instant Hot Chocolate	1kg	10.15	FS
TE188	Instant Hot Chocolate	350g	3.59	FS

code	product	size	rrp	bfgov
	DIVINE			
TE687	Drinking Chocolate	400g	4.39	FVS
	EQUAL EXCHANGE			
TE491	Hispaniola Cocoa Powder - og	250g	4.49	FOV
	GREEN & BLACKS			
TE453	Cocoa Powder - organic	125g	2.73	FOV
TE131	Hot Chocolate	300g	4.75	FO
	HASSLACHER'S			
TE078	Bar of Drinking Chocolate	250g	5.59	FV
	MONTEZUMA'S			
KB190	Dark Drinking Chocolate	300g	5.75	FOSV
	COFFEE			
	SUMA			
	<i>Bulk Packs</i>			
TE103	Colombia Cosurca Beans	1kg	20.28	FOV
TE656	Espresso Beans	1kg	19.69	FOV
TE101	Ethiopia Yirgacheffe Beans	1kg	21.28	FOV
TE109	Honduras Coffee Beans	1kg	17.24	FOV
TE758	Medium Roast Ground Coffee	1kg	18.59	FOV
TE106	Peru Cepicafe Beans	1kg	18.21	FOV
TE107	Sumatra Gayo Highlands Beans	1kg	20.56	FOV
TE113	Swiss Water Decaff Beans	1kg	21.28	FOV
	<i>Roast and Ground Coffees</i>			
TE014	Bolivia Femenino Ground Coffee	227g	4.75	FOV
TE372	Colombia Ground Coffee	227g	4.75	FOV
TE400	Decaffeinated Ground Coffee	227g	5.35	FOV
TE650	Espresso Ground Coffee	227g	4.99	FOV
TE374	Ethiopia Yirgacheffe Ground	227g	5.15	FOV
TE384	Honduras Ground Coffee	227g	4.35	FOV
TE643	Medium Roast Ground Coffee	227g	4.10	FOV
TE397	Peru Ground Coffee	227g	4.59	FOV
TE641	Suma Dark Roast	227g	4.10	FOV
TE399	Sumatra Ground Coffee	227g	4.75	FOV
	<i>Roast Whole Bean Coffees</i>			
TE373	Colombia Coffee Beans	227g	4.75	FOV
TE655	Espresso Coffee Beans	227g	4.99	FOV
TE375	Ethiopia Yirgacheffe Beans	227g	5.15	FOV
TE401	Peru Coffee Beans	227g	4.59	FOV
	CAFEDIRECT			
	<i>Instant Coffees</i>			
TE949	Decaffeinated Organic	100g	5.55	FOV
TE513	Machu Picchu	100g	5.10	FV
TE792	Smooth Organic	100g	5.55	FOV
TE329	Smooth Roast	100g	4.60	FV
TE203	Smooth Roast	200g	7.80	FV
TE395	Smooth Roast	500g	22.60	FV
	<i>Roast & Ground Coffees</i>			
TE493	Decaffeinated Machu Picchu	227g	4.75	FV
TE666	Intense Roast	227g	4.35	FV
TE951	Kilimanjaro Tanzania	227g	4.50	FV
TE156	Lively Roast	227g	4.35	FV
TE952	Machu Picchu Organic Ground	227g	4.50	FOV
TE226	Mayan Gold	227g	4.50	FV
TE176	Smooth Roast	227g	4.35	FV
	<i>Roast Wholebean Coffees</i>			
TE901	Machu Picchu Organic	227g	4.50	FOV
TE229	Machu Picchu Organic	750g	13.65	FOV
	CAFEDIRECT (LONDON FIELDS)			
	<i>Roast & Ground Coffees</i>			
TE198	D.R. Congo	200g	5.50	FOV
TE202	Honduras	200g	5.50	FOV
TE207	Peru	200g	4.99	FOV

code	product	size	rrp	bfgosv
TE216	Roaster's Choice	200g	5.50	FOV
	<i>Roast Wholebean Coffees</i>			
TE186	D.R. Congo	200g	5.50	FOV
TE201	Honduras	200g	5.50	FOV
TE206	Peru	200g	4.99	FOV
TE212	Roaster's Choice	200g	5.50	FOV
	CLIPPER			
	<i>FOOD SERVICE RANGE</i>			
TE724	Instant - Fairtrade & Organic	500g	22.89	FOV
TE526	Instant Organic Decaff	500g	25.95	FOV
	<i>Instant Coffees</i>			
TE879	Fairtrade Org Decaf Instant	100g	5.85	FOV
TE422	Fairtrade Organic Instant	100g	5.29	FOV
TE076	Fairtrade Organic Instant	100g	5.29	FOV
TE739	Fairtrade Organic Instant	100g	5.29	FOV
	<i>Roast and Ground Coffees</i>			
TE845	Decaffeinated Ground Coffee	227g	4.75	FOV
TE849	Italian Style Ground Coffee	227g	4.25	FOV
TE705	Papua New Guinea Ground Coffee	227g	4.25	FOV
	EQUAL EXCHANGE			
	<i>Roast & Ground Coffees</i>			
TE872	Anytime Med Roast Og Ground	227g	4.89	FOV
TE875	Colombian Excelso - og	227g	4.89	FOV
TE347	D.R. Congo	227g	4.89	FOV
TE874	Dark City Og Ground Coffee	227g	4.89	FOV
TE870	Decaffeinated Ground Coffee	227g	5.25	FOV
TE867	Ethiopia Yirgacheffe Og Ground	227g	5.25	FOV
TE876	Grown By Women - Ground Coffee	227g	4.89	FOV
TE812	Guatemalan Ground Coffee	227g	4.89	FOV
TE866	Italian Blend Ground Coffee	227g	4.89	FOV
	<i>Roast Wholebean Coffees</i>			
TE898	Anytime Med Roast Og Beans	1kg	18.95	FOV
TE402	Dark City Og Coffee Beans	227g	4.89	FOV
TE403	Decaffeinated Og Coffee Beans	227g	5.25	FOV
TE896	Espresso - og	1kg	18.95	FOV
TE409	Grown By Women - Coffee Beans	227g	4.89	FOV
TE408	Italian Blend Coffee Beans	227g	4.89	FOV
TE008	Italian Blend Og Coffee Beans	1kg	18.95	FOV
TE371	Medium Roast Coffee Beans	227g	4.89	FOV
TE105	Women Grew This - Coffee Beans	1kg	18.95	FOV
	GRUMPY MULE			
	<i>Roast & Ground Coffees</i>			
TE286	Colombia Cafe Equidad	227g	4.65	FOV
TE136	Cool Ground	227g	4.69	FOV
TE289	Decaffeinated	227g	5.25	FOV
TE839	Guatemala Pocola	227g	5.25	FV
TE134	Honduras La Labor	227g	4.69	FOV
TE132	Honduras Pico Pijol	227g	4.69	FOV
TE559	Peru Femenino	227g	4.65	FOV
TE285	Sumatra Gayo Highlands	227g	4.65	FOV
	<i>Roast Wholebean Coffees</i>			
TE718	Cafe Equidad - Colombia Beans	227g	4.65	FOV
TE130	Decaffeinated	227g	5.25	FOV
	PERCOL			
	<i>Instant Coffees</i>			
TE005	Colombian Fairtrade	100g	4.79	FV
TE679	Colombian Fairtrade Decaff	100g	4.79	FV
	<i>Roast & Ground Coffees</i>			
TE717	Bold Peruvian Fairtrade Ground	200g	4.75	FOV
TE636	Delicious Decaff Fairtrade Org	200g	4.75	FOV
TE633	Intense Espresso Fairtrade Org	200g	4.75	FOV
TE632	Rich Americano Fairtrade Org	200g	4.75	FOV

code	product	size	rrp	bfgosv
TE634	Smooth Colombian Fairtrade Org	200g	4.75	FOV
	DRINKS (CHILLED)			
	KARMA KOMBUCHA			
CV256	Ginger	1l	6.25	FOV
CV245	Mango	500ml	3.85	FOV
CV258	Pomegranate	1l	6.25	FOV
	FAR EASTERN FOOD			
	KING SOBA			
WT123	Og Basmati White Rice Noodles	250g	2.39	OFV
WT087	Pad Thai Noodles Fairtrade	250g	2.45	FOV
	FLAKES, BRANS & WHEATGERM			
	SUMA COMMODITIES - ORGANIC			
FX654	Quinoa Flakes - F/Trade - Org	15kg		FOV
	FRUIT - DRIED			
	SUMA BAGGED DOWN - ORGANIC			
DR072	Dates OG pitted fairly traded	1kg		FOV
	SUMA COMMODITIES - ORGANIC			
DR986	Dates - Fairtrade Organic	5kg		FOV
	SUMA PREPACKS - ORGANIC			
DR720	Dates -og pitted fairly traded	250g	2.99	FOV
	TROPICAL WHOLEFOODS			
DR134	Fairtrade Apricots	125g	1.99	FV
DR200	Fairtrade Organic Mango	100g	2.85	FOV
	ZAYTOUN			
DR189	Medjoul Dates - Palestine	5kg		FV
DR164	Palestinian Medjoul Dates	250g	4.95	FV
DR028	Palestinian Medjoul Dates	500g	9.35	FV
	GRAINS			
	BIOFAIR			
QS015	Organic Fairtrade Quinoa Red	500g	5.49	FOV
QS024	Organic Fairtrade Quinoa Tri	500g	5.05	FOV
QS081	Organic FT Black Quinoa Grain	400g	4.75	FOV
	ZAYTOUN			
QS014	Maftoul Giant Couscous	200g	3.49	FV
QS131	Smoky Freekeh	200g	3.25	FV
	HERB & FRUIT TEA INFUSIONS			
	CLIPPER			
TE042	Blackcurrant	20 bags	2.19	FGOV
TE035	Indian Chai	20 bags	2.19	FGOV
TE036	Red Fruits	20 bags	2.19	FGOV
TE037	Summer Berry	20 bags	2.19	FGOV
	<i>FOOD SERVICE RANGE</i>			
TE148	Chamomile - og	25 bags	2.53	FOV
TE141	Chamomile - og	250 bags		FOV
TE166	Peppermint - og	25 bags	2.53	FOV
TE162	Peppermint - og	250 bags		FOV
	HAMPSTEAD TEA			
TE556	Peppermint Spearmint	20 bags	2.49	FOVB
TE557	Rosehip Hibiscus	20 bags	2.49	FOVB
	PUKKA			
TE421	Clean Matcha Green	20 bags	2.99	FOV
TE609	Ginseng Matcha Green	20 bags	2.99	FOV
TE490	Mint Matcha Green	20 bags	2.99	FOV
TE095	Original (Black Spice) Chai	20 bags	2.99	FOV
TE542	Supreme Green Matcha	20 bags	2.99	FOV
TE623	Turmeric Gold	20 bags	2.99	FOV
TE094	Vanilla Chai	20 bags	2.99	FOV

code	product	size	rrp	bfgosv
HERBS & SPICES - PREPACKED				
SUMA ORGANIC				
<i>Milled Spices - Organic, F/T</i>				
HE166	Cinnamon - Fairtrade, organic	25g	1.55	FOV
HE169	Ginger - organic, Fairtrade	25g	1.55	FOV
HE162	Pepper - Black, F/T, organic	25g	1.55	FOV
HE170	Turmeric - organic, Fairtrade	25g	1.55	FOV
<i>Whole Spices - Organic, F/T</i>				
HE163	Whole Black Peppercorns OG, FT	25g	1.55	FOV
HE167	Whole Cloves - organic & FT	25g	1.55	FOV
HONEY				
EQUAL EXCHANGE				
HY003	Chilean Ulmo Blossom	500g	5.90	F
HY005	Organic Raw Clear	500g	5.90	FO
HY004	Organic Raw Set	500g	5.90	FO
WAINWRIGHT'S				
HY100	Organic Forest Honey - Clear	380g	4.79	FO
HY601	Organic Forest Honey - Clear	7lb		FO
HY099	Organic Forest Honey - Set	380g	4.79	FO
HY602	Organic Forest Honey - Set	7lb		FO
HOUSEHOLD PRODUCTS				
IF YOU CARE				
NF224	Latex House Gloves - Medium	medium	3.49	FV
NF223	Latex Household Gloves- Large	large	3.49	FV
TRAIDCRAFT				
NF181	Fair Trade Rubber Gloves	1 pairs	1.45	GFV
INDIAN FOOD				
GEO ORGANICS				
KJ573	Mango Chutney OG Fairtrade	300g	3.05	FOSV
JAMS & FRUIT SPREADS				
TRAIDCRAFT				
GH165	Organic Orange Marmalade	340g	2.59	FOVS
NUT & SEED BUTTERS				
SUMA				
GH135	Peanut Butter, Crunchy + Salt	340g	4.25	FVO
EQUAL EXCHANGE				
GH704	Peanut Butter -Crunchy no salt	280g	2.99	FOV
NUTS & SEEDS				
ZAYTOUN				
NU108	Palestinian Almonds	150g	5.99	FOV
OILS & FATS				
EQUAL EXCHANGE				
<i>Palestinian Fairtrade Oils</i>				
GT555	Olive Oil	1l	21.39	FV
ZAYTOUN				
GT056	Olive Oil - Fair Trade	500ml	15.75	FOV
GT023	Olive Oil - Fairtrade	5l	126.69	FOV
GT020	Olive Oil - Organic Fairtrade	250ml	9.39	FOV
GT022	Olive Oil - Organic Fairtrade	750ml	22.85	FOV
PAPER PRODUCTS & STATIONERY				
NAMASTE				
<i>XMAS 2020</i>				
NF138	Red / White Print Paper Stars	8 pack	9.15	F
SNACK BARS & FLAPJACKS				
TROPICAL WHOLEFOODS				
KB710	Organic Mango & Brazil	40g	0.89	FOV

code	product	size	rrp	bfgosv
SOFT DRINKS				
CHARITEA				
JU598	ChariTea Black	330ml	1.39	FOSV
JU597	ChariTea Green	330ml	1.39	FOS
JU596	ChariTea Mate	330ml	1.39	FOSV
JU595	ChariTea Red	330ml	1.39	FOSV
GUSTO				
JU223	Fiery Ginger With Chipotle	275ml	1.99	FOV
JU376	Naturally Slim Cola	275ml	1.99	FCV
JU353	Organic Real Cola	275ml	1.99	FGOV
JU224	Sicilian Blood Orange	275ml	1.99	FOV
JU159	Sicilian Lemon with Fresh Yuzu	275ml	2.05	FOV
KARMA DRINKS				
<i>Cans</i>				
JU617	Gingerella Ginger Ale	250ml	1.35	FOSV
JU616	Karma Cola	250ml	1.35	FOSV
JU749	Karma Cola - sugar free	250ml	1.35	FV
JU800	Karma Orangeade	250ml	1.35	FOSV
JU615	Lemony Lemon	250ml	1.35	FSOV
<i>Glass Bottles</i>				
JU073	Gingerella Ginger Ale	300ml	1.99	FOVS
JU075	Karma Cola	300ml	1.99	FOSV
JU750	Karma Cola - Sugar Free	300ml	1.99	FOV
JU078	Lemony Lemon	300ml	1.99	FOSV
JU302	Summer Orangeade	300ml	1.99	FOSV
LEMONAID BEVERAGES				
JU592	Lemonaid Blood Orange	330ml	1.82	FOSV
JU068	Lemonaid Ginger	330ml	1.82	FOSV
JU589	Lemonaid Passion Fruit	330ml	1.82	FOSV
SUGARS & SYRUPS				
SUMA COMMODITIES				
LJ546	Fairtrade Golden Granulated	25kg		FV
SUMA COMMODITIES - ORGANIC				
LJ217	Caster Sugar Fairtrade Organic	25kg		FOV
SUMA PREPACKS				
LJ090	Golden Granulated Sugar	500g	3.05	FV
BILLINGTONS				
LJ188	Fairtrade Demerara	500g	1.89	FV
LJ185	Fairtrade Golden Gran Sugar	500g	1.74	FV
LJ192	Fairtrade Natural Dark Brown	500g	1.82	FV
EQUAL EXCHANGE				
LJ500	Raw Cane Sugar - organic	500g	2.39	FOV
LJ527	Sugar Sticks	1		FOV
MERIDIAN				
HY300	Blackstrap Molasses - Organic	350g	1.99	FOV
HY012	Blackstrap Molasses - Organic	600g	2.49	FOV
RAYNERS				
LJ587	Fairtrade Organic Golden Syrup	340g	3.75	FVO
LJ704	Golden Syrup - Organic	5kg	35.99	FOV
TRAI DCRAFT				
LJ515	Brown Sugar Sticks	3g	12.19	FV
LJ514	White Sugar Sticks	3g	12.19	FV
SUPERFOODS & SPORTS NUTRITION				
NATURES AID				
VM003	MCT Oil	500ml	18.95	FCV
NATURYA				
MD040	Greens Blend Organic	250g	12.99	FGOV
MD216	Organic Cacao Powder F/trade	250g	6.99	FCVO

code	product	size	rrp	bfgosv
------	---------	------	-----	--------

SUPPLEMENTS & REMEDIES

NATURES AID

Childrens Vitamins

VM015	Multi-Vitamin Drops	50ml	8.45	FG
VM034	Vitamin C Drops	50ml	4.95	FGV
VM037	Vitamin D3 Drops	50ml	7.45	FG

SWEET SNACKS

COTSWOLD FUDGE CO

ZX064	Vegan Bitterscotch Fudge	150g	3.25	FGSV
ZX463	Vegan Chocolate Fudge	150g	3.25	FGSV
ZX073	Vegan Mocha Fudge	150g	3.25	FGSV
ZX464	Vegan Seasalt Fudge	150g	3.25	FGSV
ZX465	Vegan Vanilla Fudge	150g	3.25	FGSV

TEAS

CAFEDIRECT

Everyday Teas

TE690	Everyday Tea	80 bags	3.45	FV
TE390	Everyday Tea	160 bags	6.20	FV
TE637	Everyday Tea Decaff	80 bags	4.75	FV

CLIPPER

TE982	Assam - organic	125g	2.53	FOV
TE983	Assam - organic	50 bags	2.53	FOV
TE486	Citrus Green Tea + Echinacea	20 bags	1.89	OFV
TE154	Decaffeinated Green	40 bags	3.49	FOV
TE151	Decaffeinated Tea	40 bags	3.49	FOV
TE164	Decaffeinated Tea	80 bags	5.99	FOV
TE053	Earl Grey - organic	80 bags	3.99	FOV
TE158	Earl Grey Decaff	40 bags	3.49	FOV
TE897	English Breakfast Organic	125g	2.53	FOV
TE507	English Breakfast Organic	80 bags	3.99	FGOV
TE172	FT OG English Breakfast Tea	40 bags	2.69	FGOV
TE177	FT Organic Earl Grey	40 bags	2.69	FGOV
TE168	FT Organic Everyday Tea	40 bags	2.69	FGOV
TE189	FT Organic Everyday Tea	80 bags	3.99	FGOV
TE191	FT Organic Green & Lemon Tea	80 bags	3.99	FGOV
TE182	FT Organic Green Tea	40 bags	2.69	FGOV
TE190	FT Organic Green Tea	80 bags	3.99	FGOV
TE183	FT Organic White Tea	40 bags	2.69	FGOV
TE877	Green Tea - og	100g	2.69	FOV
TE991	Organic Green Tea & peppermint	20 bags	1.99	OFV
TE990	Organic Green Tea with Lemon	20 bags	1.99	OFV
TE989	Organic Pure Green Tea	20 bags	1.99	OFV

FOOD SERVICE RANGE

TE150	Earl Grey - og	25 bags	2.53	FOV
TE152	Earl Grey - og	250 bags		FOV
TE796	English Breakfast - og	25 bags	2.53	FOV
TE635	Everyday Decaffeinated - og	25 bags	2.53	FOV
TE447	Fairtrade Blend	100 bags	5.08	FV
TE149	Fairtrade Everyday blend	250 bags		FV
TE801	Fairtrade Everyday Decaff	250 bags		FV
TE448	Fairtrade Everyday One Cup Bag	1100 bags		FV
TE726	Fairtrade One Cup Teabags	440 bags	14.72	FV
TE161	Green Tea - og	25 bags	2.53	FOV
TE159	Green Tea - og	250 bags		FOV
TE451	Speciality English Breakfast	250 bags		FOV

HAMPSTEAD TEA

TE939	Clean Green	20 bags	2.49	FOV
TE936	Divine Earl Grey	20 bags	2.49	FOV
TE932	English Breakfast	20 bags	2.49	FOV
TE935	Pure Darjeeling	20 bags	2.49	FOV

PUKKA

TE213	Elegant English Breakfast	20 bags	2.99	FOV
-------	---------------------------	---------	------	-----

code	product	size	rrp	bfgov
TE214	Gorgeous Earl Grey	20 bags	2.99	FOV
QI				
TE819	Fairtrade Chun Mee Tea	100g	2.39	FOV
TE485	Fairtrade Green Tea	25 bags	1.69	FOV
TE817	Fairtrade Gunpowder Tea	100g	2.39	FOV
TE114	Fairtrade White Tea	25 bags	1.89	FOV
TE112	Jasmine Green Tea	25 bags	1.69	FOV
TOOTH CARE				
DR BRONNER'S				
DY544	Peppermint Toothpaste	140ml	7.49	FV
WINES				
RED WINE				
<i>Chile</i>				
WN030	Merlot Carmenere	75cl	9.12	F
<i>Lebanon</i>				
WN033	Coteaux Les Cedres Du Liban	75cl	20.39	FV
<i>South Africa</i>				
WN114	Cab Sauvignon - Running Duck	75cl	10.45	FOV
WN137	Dig This! Shiraz Merlot	75cl	10.19	FOV
WN197	Merlot - Running Duck	75cl	10.19	FOV
WN138	Merlot - Stellar	75cl	10.75	FOV
WN196	Pinotage - Running Duck	75cl	10.59	FOV
WN116	Shiraz - Running Duck	75cl	10.19	FOV
ROSE WINE				
<i>South Africa</i>				
WN118	Shiraz Rose - Running Duck	75cl	10.19	FOV
WHITE WINE				
<i>Chile</i>				
WN032	Sauvignon Blanc Semillon	75cl	9.12	FV
<i>South Africa</i>				
WN008	Chenin Blanc - Running Duck	75cl	10.19	FOV
WN115	Chenin Sauv Blanc - R/Duck	75cl	10.19	FOV
WN136	Dig This! Chenin Sauv Blanc	75cl	10.19	FOV
WN019	Sauvignon Blanc - Stellar	75cl	10.19	FOV

Suma

CO-OPERATIVE SINCE 1977

Lacy Way, Lowfields Business Park, HX5 9DB

Email: sales@suma.coop

Sales: +44 (0)1422 313848

Shop online: www.suma.coop/wholesale