

# Suma

CO-OPERATIVE SINCE 1977

**FAIRTRADE**

NOV - DEC 2022

# 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](http://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
	<b>BABY &amp; CHILD FOOD</b>			
	<b>CHEEKY MONKEY</b>			
BB024	Peanut Butter Puffs	60g	2.49	FGOV
	<b>BAGS, BOXES AND BASKETS</b>			
	<b>SIESTA CRAFTS</b>			
NF467	Recycled Saree Bag - Folding	each	4.79	FV
	<b>BAKING SUNDRIES</b>			
	<b>COCOA LOCO</b>			
KB139	Dark Chocolate Couverture	1.5kg	22.99	FOSV
	<b>ENGEVITA</b>			
LJ144	Organic Yeast Flakes	100g	5.99	FGOV
LJ020	Yeast Flakes with Vitamin B12	100g	3.75	FGV
	<b>GREEN &amp; BLACKS</b>			
	Cooks Chocolate			
KB058	Dark Cooking Chocolate-Organic	150g	2.85	FOS
	<b>TAYLOR &amp; COLLEDGE</b>			
LJ115	Vanilla Bean Extract	100ml	7.95	FOV
	<b>VEGO</b>			
KB072	Hazelnut Chocolate Melts	180g	6.15	OFVS
	<b>BEERS</b>			
	<b>LITTLE VALLEY BREWERY</b>			
RT019	Radical Roots Ginger Pale Ale	500ml	2.75	OVF
	<b>BISCUITS CRACKERS &amp; CRISPREAD</b>			
	<b>TRADCRAFT</b>			
BT547	Double Chocolate Chunk Cookies	180g	2.25	FSV
BT481	Stem Ginger Cookies	180g	2.50	FSV
	<b>BODY CARE</b>			
	<b>BADGER</b>			
DY340	Sunscreen Clear Zinc SPF30	87ml	2.45	FO
	<b>DR BRONNER'S</b>			
DY208	Almond Castile Liquid Soap	946ml	21.99	FOV
DY191	Almond Castile liquid Soap	473ml	13.29	FOV
DY198	Baby Castile Liquid Soap	473ml	13.29	FOV
DY209	Baby Castile Liquid Soap	945ml	17.59	FOV
DY443	Lavender - Pump Soap	355ml	11.69	FOV
DY183	Lavender Castile Liquid Soap	237ml	8.79	FOV
DY205	Lavender Castile Liquid Soap	473ml	13.29	FOV
DY213	Lavender Castile Liquid Soap	945ml	17.59	FOV
DY338	Lavender Castile Liquid Soap	3.8l	69.99	FGOVB
DY572	Orange Castile Liquid Soap	946ml	21.99	FOV
DY201	Orange Castile Liquid Soap	473ml	13.29	FOV
DY214	Peppermint Castile Liquid Soap	945ml	21.99	FOV
DY207	Peppermint Castile Liquid Soap	473ml	13.29	FOV
	Bar Soap			
DY117	Almond Pure Castile Bar Soap	140g	5.69	FOV
DY118	Baby Castile Bar Soap	140g	5.69	FOV
DY123	Lavender Castile Bar Soap	140g	5.69	FOV
DY119	Orange Castile Bar Soap	140g	5.69	FOV
DY138	Peppermint Castile Bar Soap	140g	5.69	FOV
	Hand Sanitiser			
DY455	Hand Sanitiser - Lavender	60ml	5.49	FOV
DY479	Hand Sanitiser - Peppermint	60ml	5.49	FOV
	<b>ETHIQUE</b>			
	Accessories			
DY521	Aqua In - Shower Container	1	1.99	FV
	<b>BODY</b>			
DY557	Botanical Deodorant Tube	70g	11.00	FV
DY499	Jasmine + Ylang Ylang Butter	100g	12.00	FV
DY492	Lavender + P/mint Body Wash	120g	5.50	FV
DY496	Orange + Vanilla Body Wash	120g	5.50	FV
DY519	Sweet Orange + Vanilla Butter	100g	12.00	FV
	<b>CONCENTRATES</b>			

code	product	size	rrp	bfgosv
DY547	Bloom Conditioner Concentrate	25g	7.00	FV
DY537	Bloom Shampoo Concentrate	50g	7.00	FV
DY549	Sorbet Conditioner Concentrate	25g	7.00	FV
DY552	Sorbet Hand Wash Concentrate	50g	7.00	FV
DY546	Sorbet Shampoo Concentrate	50g	7.00	FV
	<b>CONDITIONER BARS</b>			
DY465	Curliosity Conditioner Bar	110g	14.00	FV
DY451	The Guardian Conditioner Bar	60g	14.00	FV
DY453	Wonderbar Conditioner Bar	60g	14.00	FV
	<b>DISCOVERY PACKS</b>			
DY523	Discovery Pack - Balanced Hair	45g	8.50	FV
DY522	Discovery Pack - Dry Hair	45g	8.50	FV
DY533	Discovery Pack - Touchy Scalps	45g	8.50	FV
	<b>SHAMPOO BARS</b>			
DY428	Frizz Wrangler Shampoo Bar	110g	13.00	FV
DY429	Heali Kiwi Shampoo Bar	110g	13.00	FV
DY434	Pinkalicious Shampoo Bar	110g	13.00	FV
DY439	Professor Curl Shampoo Bar	108g	13.00	FV

#### **WELEDA**

	Skin Food			
DY814	Skin Food	75ml	13.50	FB
DY134	Skin Food Body Butter	150ml	19.75	FVB
DY086	Skin Food Body Lotion	200ml	14.95	FVB
DY133	Skin Food Light	75ml	13.50	FVB

#### **CANDLES, INCENSE & HOLDERS**

##### **GREATER GOODS**

	Mother's Vegan Incense			
NF444	Cinnamon & Spice	12 sticks	2.00	FV
NF365	Display with Stock - 162 Units	1	2.00	FV
NF440	Frankincense	12 sticks	2.00	FV
NF448	Jasmine	12 sticks	2.00	FV
NF446	Lotus	12 sticks	2.00	FV
NF447	Orange Blossom	12 sticks	2.00	FV
NF441	Patchouli	12 sticks	2.00	FV
NF367	Sandalwood	12 sticks	2.00	FV
	The Mother's India Incense			
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
NF366	Mother's India Display & Stock	60	3.50	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**

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
	<b>XTMAS 2022</b>			
NF257	Thai Flower Tealights	10	5.59	FV

#### **CHOCOLATE**

##### **ALTERECO**

KB566	Dark Chocolate 70%	100g	2.89	FOSV
KB567	Dark Chocolate 85%	100g	2.89	FOSV
KB561	Dark Chocolate with Almond	100g	2.89	FOSV
KB568	Milk Chocolate	100g	2.89	FOS
KB571	Orange Dark Chocolate	100g	2.89	FOSV

code	product	size	rrp	bfgosv
KB572	Salted Caramel Milk Chocolate	100g	2.89	FOS
	<b>BOOJA-BOOJA</b>			
	Artist's Collection Gift Boxes			
KB927	Fine De Champagne Truffles	185g	24.99	GFOSV
KB929	Hazelnut Truffles	185g	24.99	GFOSV
	<b>CHOCOLATE AND LOVE</b>			
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
	<b>COCOA LOCO</b>			
	XMAS 2022			
KB681	Dark Choc Mint Thins	170g	8.49	FOSV
KB063	Dark Chocolate Coated Ginger	100g	5.49	FOSV
KB649	Dark Chocolate Mango	110g	5.49	FOSV
KB641	Dark Chocolate Raspberry Stars	100g	5.49	FOSV
WS026	Lolly Making Kit	250g	14.99	FOS
KB195	Milk & White Chocolate Robins	100g	5.49	FOS
KB474	Milk Chocolate Elves	100g	5.49	FOS
KB642	Milk Chocolate Santas	100g	5.49	FOS
WS119	Truffle Making Kit	400g	14.99	FOSV
ZX864	White Chocolate Polar Bears	100g	5.49	FOS
	<b>DIVINE</b>			
	35g Bars			
ZX286	70% Dark Chocolate	35g	1.25	FSV
ZX828	70% Dark with Cool Mint Crisp	35g	1.25	FSV
ZX180	Cappuccino Bar Fairtrade	35g	1.25	FS
ZX499	Milk Chocolate	35g	1.25	FS
ZX422	Orange Milk Chocolate Bars	35g	1.25	FS
ZX287	White Chocolate Mini Bar	35g	1.25	FS
	90g Bars			
ZX365	41% Dark Smooth Hazelnut	90g	2.85	SVF
KB039	60% Dark Pretzel & Caramel	90g	2.85	FS
ZX498	70% Dark Chocolate	90g	2.85	FSV
ZX469	85% Dark Chocolate	90g	2.85	FSV
ZX471	Dark Choc with Ginger & Orange	90g	2.85	FSV
KB534	Dark Choc with Raspberries	90g	2.85	FSV
ZX001	Dark Chocolate with Mint	90g	2.85	FSV
ZX789	Dark Chocolate with Pink Salt	90g	2.85	FSV
KB045	Milk Choc Almond & Salt Caramel	90g	2.85	FS
KB459	Milk Choc with Salted Caramel	90g	2.85	FS
ZX370	Milk Chocolate 45% Cocoa	90g	2.85	FS
KB043	Milk Chocolate Orange Crisp	90g	2.85	FS
KB364	White Choc with Strawberries	90g	2.85	FS
	XMAS 2022			
WS092	70% Dark Chocolate	90g	2.85	FSV
WS094	70% Dark Chocolate Coins	65g	2.55	FSV
KB730	Dark Advent Calendar	85g	5.75	FSV
KB119	Dark Chocolate Ginger Thins	200g	5.45	FSV
KB544	Dark Chocolate Mint Thins	200g	5.45	FSV
WS095	Fairtrade Milk Choc Coins	65g	2.55	FS
WS195	Milk Choc Orange & Gingerbread	90g	2.85	FS
KB537	Milk Chocolate Advent Calendar	85g	5.75	FS
ZX375	Milk Chocolate Giant Coin	58g	2.55	FS
ZX829	The Chunky Chocolate Gift Pack	210g	11.45	FS
	<b>EQUAL EXCHANGE</b>			
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
	<b>GREEN &amp; BLACKS</b>			
	90g Bars			

code	product	size	rrp	bfgosv
KB116	70% Dark Chocolate	90g	2.65	FOSV
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
	Gift Range			
KB665	Miniature Collection, Milk	180g	7.99	FOS
KB746	Miniature Collection,Original	180g	7.99	FOS
KB405	Tasting Collection	395g	14.95	FOS
	Minibars			
KB199	70% Dark Chocolate	35g	1.50	FOS
KB177	White Chocolate	35g	1.50	FOS
	<b>OMBAR CHOCOLATE</b>			
ZX419	100% Cacao Chocolate Bar	35g	2.50	FGOV
KB763	72% Cacao Chocolate Bar	35g	2.50	FGOSV
ZX659	90% Cacao Chocolate Bar	35g	2.50	FGOSV
KB759	Blueberry & Acai Chocolate Bar	35g	2.50	FGOSV
KB761	Coco 60% Chocolate Bar	35g	2.50	FGOSV
KB406	Coco Mylk Chocolate Bar	35g	2.50	FGOSV
ZX657	Coconut & Vanilla Choc Centres	35g	2.50	FGOSV
ZX397	Hazelnut Truffle Centre Bar	35g	2.50	FGOSV
ZX421	Pistachio Centres Choc Bar	35g	2.50	FGOSV
ZX663	Raspberry & Coconut Centre Bar	35g	2.50	FGOSV
KB764	Strawberry Mylk Chocolate Bar	35g	2.50	FGOSV
	70g Bars			
ZX951	72% Cacao Chocolate Bar	70g	3.39	FGOSV
ZX952	Coco Almond Chocolate Bar	70g	3.39	FSGOV
ZX953	Coco Mylk Chocolate Bar	70g	3.39	FGOSV
ZX639	Coconut & Vanilla Chocolate	70g	3.39	FGOSV
ZX403	Hazelnut Truffle Chocolate Bar	70g	3.39	FGOSV
ZX641	Pistachio Chocolate Bar	70g	3.39	FGOSV
ZX644	Raspberry & Coconut Choc Bar	70g	3.39	FGOSV
ZX975	Salt & Nibs Chocolate Bar	70g	3.39	FSGOV
	Buttons			
KB492	Coco Mylk Chocolate Buttons	25g	1.55	FGOSV
	Oat Mylk			
ZX184	Fruit & Nut	70g	2.99	FOSV
ZX187	Hazelnut	70g	2.99	FOSV
ZX155	Salted Caramel Truffle	70g	2.99	FOSV
ZX192	Smooth & Creamy	70g	2.99	FOSV
	<b>ORGANIC SEED &amp; BEAN COMPANY</b>			
	Large Bars			
KB152	37% Milk Choc Hazel & Almond	75g	2.99	FOS
KB733	37% Milk Chocolate	75g	2.99	FOS
KB970	58% Dark Espresso	75g	2.99	FOS
KB155	58% Dark Hazelnut	75g	2.99	FOSV
KB979	58% Dark Lemon & Cardamom	75g	2.99	FOS
KB188	58% Dark Salted Pretzel	80g	2.99	FOSV
KB736	70% Dark Chocolate & Sea Salt	75g	2.99	FOSV
KB743	72% Dark Dominican	75g	2.99	FOSV
KB767	72% Dark Lavender	75g	2.99	FOSV
KB772	72% Dark Mandarin & Ginger	75g	2.99	FOSV
KB200	72% Dark Mint	75g	2.99	FOSV
KB184	Coffee	75g	2.99	FOSV
KB181	Salted Caramel	75g	2.99	FOSV
KB183	Sea Salt & Orange	75g	2.99	FOSV
ZX126	Sea Salt & Tropical Lime	75g	2.99	FOS
	<b>TONY'S CHOCOLONELY</b>			
ZX337	Dark Choc 51% Almonds&Sea Salt	180g	3.65	FSV

code	product	size	rrp	bfgosv
ZX345	Dark Chocolate 70%	180g	3.65	FSV
ZX218	Dark Chocolate Lemony Caramel	180g	3.65	FSV
ZX201	Dark Milk 42%	180g	3.65	FS
ZX105	Dark/Milk Choc Pretzel&Toffee	180g	3.65	FS
KB886	Milk Choc Caramel/Sea Salt	180g	3.65	FS
ZX091	Milk Chocolate	180g	3.65	FS
ZX369	Milk Chocolate Hazelnut	180g	3.65	FS
ZX724	White Chocolate & Raspberry Gift Range	180g	3.65	FS
KB838	Small Bar Tasting Pack	288g	1.99	FS
KB178	Tiny Tony Gift Box Non Grocery Exclusives	180g	7.35	FS
ZX642	Milk Chocolate Chip Cookie	180g	3.65	FS
ZX673	Milk Pecan Caramel Crunch Small Bars	180g	3.65	FS
ZX101	Dark Chocolate 51% Almond	47g	1.49	FSV
ZX111	Milk Choc Caramel & Sea Salt	47g	1.49	FS
ZX102	Milk Chocolate Sweet Solution Bars	50g	1.49	FS
ZX994	Milk Caramel Biscuit	180g	3.65	FS
KB697	Milk Chocolate 32% Nougat	180g	3.65	FS
ZX996	Milk Creamy Hazelnut Crunch	180g	3.65	FS
WS032	Milk Crispy Wafer XMAS 2022	180g	3.65	FS
KB839	Big Tiny Christmas Calendar	225g	15.69	FS
ZX870	D/Choc with Candy Cane Pieces	180g	4.50	FSV
ZX868	Milk Choc Gingerbread Bar	180g	4.50	FS
KB841	Tiny Tony's christmas Pouch	180g	6.26	FS
<b>VEGO</b>				
KB821	Mini Whole Hazel Chocolate Bar	65g	2.59	FGOSV
WS003	Vego Dark Nuts & Berries	85g	3.45	FOVS
WS059	Vego White - Almond Bliss	50g	2.25	FOVS
KB943	Vegolino Pralines	180g	5.95	FOSV
KB489	Whole Hazelnut Chocolate Bar	150g	4.55	FGOSV
<b>VIVANI ICHOC CHOCOLATE</b>				
KB579	Vivani iChoc Salty Pretzel	80g	2.76	FOSV
KB582	White Barista Art	80g	2.76	FOSV
<b>VIVANI ORGANIC CHOCOLATE</b>				
KB897	Vivani iChoc Almond & Orange	80g	2.76	FOSV
KB882	Choco Cookie	80g	2.76	FOSV
KB922	Classic Style	80g	2.76	FOSV
KB738	Super Nut	80g	2.76	FOSV
KB881	White Nougat Crisp	80g	2.76	FOSV
KB898	White Vanilla	80g	2.76	FOSV
<b>CLOTHING</b>				
<b>SIESTA CRAFTS</b>				
NF083	Indian Acrylic Scarf	each	18.99	FV
NF088	Recycled Sari Gift Wrap/Scarf	each	4.29	FV
<b>COCOA</b>				
<b>SUMA PREPACKS - ORGANIC</b>				
LJ189	Cocoa Powder - Organic	250g	3.35	FOV
<b>CLIPPER</b>				
TE205	Drinking Chocolate	250g	3.69	FSV
TE188	Instant Hot Chocolate	350g	3.99	FS
TE196	Instant Hot Chocolate	1kg	12.99	FS
<b>COCOA LOCO</b>				
ZX253	XMAS 2022 FESTIVE SPOON SET	115g	7.99	FOS
<b>DIVINE</b>				
TE687	Drinking Chocolate XMAS 2022	400g	4.55	FVS

code	product	size	rrp	bfgosv
TE003	Salted Caramel Hot Chocolate	300g	5.75	FSV
WS193	Winter Spice Hot Chocolate	300g	5.75	FSV
<b>EQUAL EXCHANGE</b>				
TE491	Hispaniola Cocoa Powder - og	250g	4.49	FOV
<b>GREEN &amp; BLACKS</b>				
TE453	Cocoa Powder - organic	125g	2.73	FOV
TE131	Hot Chocolate	300g	4.75	FO
<b>HASSLACHER'S</b>				
XMAS 2022				
TE078	Bar of Drinking Chocolate	250g	5.59	FV
<b>MONTEZUMA'S</b>				
KB190	Dark Drinking Chocolate	300g	8.15	FOSV
<b>COFFEE</b>				
<b>SUMA ORGANIC</b>				
Bulk Packs				
TE103	Columbia Beans	1kg	23.39	FOV
TE656	Espresso Beans	1kg	23.39	FOV
TE101	Ethiopia Yirgacheffe Beans	1kg	25.39	FOV
TE109	Honduras Coffee Beans	1kg	19.99	FOV
TE758	Medium Roast Blend Ground	1kg	21.99	FOV
TE106	Peru Cepicafé Beans	1kg	19.99	FOV
TE107	Sumatra Gayo Highlands Beans	1kg	24.79	FOV
TE113	Swiss Water Decaff Beans	1kg	25.39	FOV
Roast and Ground Coffees				
TE014	Bolivia Femenino Ground Coffee	227g	6.19	FOV
TE372	Colombia Ground Coffee	227g	5.39	FOV
TE650	Espresso Ground Coffee	227g	5.99	FOV
TE374	Ethiopia Yirgacheffe Ground	227g	6.19	FOV
TE384	Honduras Ground Coffee	227g	5.50	FOV
TE643	Medium Roast Ground Coffee	227g	4.89	FOV
TE397	Peru Ground Coffee	227g	5.29	FOV
TE641	Suma Dark Roast Ground	227g	4.89	FOV
TE399	Sumatra Ground Coffee	227g	5.49	FOV
TE400	Swiss Water Decaf Ground	227g	6.19	FOV
Roast Whole Bean Coffees				
TE373	Colombia Coffee Beans	227g	5.39	FOV
TE655	Espresso Coffee Beans	227g	5.89	FOV
TE375	Ethiopia Yirgacheffe Beans	227g	6.19	FOV
TE401	Peru Coffee Beans	227g	5.29	FOV
<b>CAFEDIRECT</b>				
Blend - Roast & Ground				
TE666	Intense Roast Ground	227g	4.85	FV
TE156	Lively Roast Ground	227g	4.85	FV
TE176	Smooth Roast Ground	227g	4.85	FV
Instant Coffees				
TE513	Machu Picchu Instant	100g	5.79	FV
TE383	Machu Picchu Instant	200g	8.99	FV
TE377	Machu Picchu Instant Decaff	100g	5.19	FV
TE449	Mayan Gold Instant	100g	5.79	FV
TE395	Smooth Roast Instant	500g	25.49	FV
Roast Wholebean Coffees				
TE320	Machu Picchu Decaf Beans	227g	5.90	FV
TE901	Machu Picchu Organic Beans	227g	5.90	FOV
TE229	Machu Picchu Organic Beans	750g	13.49	FOV
TE302	Mayan Gold Beans	227g	5.90	FV
Single Origin - Roast & Ground				
TE323	Cauca Valley Columbia Ground	227g	5.90	FV
TE951	Kilimanjaro Tanzania Ground	227g	5.90	FV
TE493	Machu Picchu Decaf Ground	227g	5.39	FV
TE952	Machu Picchu Organic Ground	227g	4.99	FOV
TE226	Mayan Gold Ground	227g	5.90	FV
XMAS 2022				
TE452	Christmas Blend	227g	6.19	FOV



code	product	size	rrp	bfgosv
	<b>CLIPPER</b>			
	Food Service Range			
TE724	Instant - Fairtrade & Organic	500g	26.79	FOV
TE526	Instant Organic Decaff	500g	29.99	FOV
	Instant Coffees			
TE076	Fairtrade Organic Instant	100g	5.79	FOV
TE422	FT Org Everyday Instant Coffee	100g	5.79	FOV
TE879	FT Org Super Spec Decaf Coffee	100g	6.45	FOV
TE739	FT Org Super Special Coffee	100g	5.79	FOV
	Roast and Ground Coffees			
TE845	Decaffeinated Ground Coffee	227g	5.39	FOV
TE849	Italian Style Ground Coffee	227g	4.59	FOV
TE705	Papua New Guinea Ground Coffee	227g	4.59	FOV
	<b>EQUAL EXCHANGE</b>			
	Roast & Ground Coffees			
TE872	Anytime Medium Roast	200g	6.39	FOV
TE875	Colombian Excelso	200g	6.39	FOV
TE874	Dark City	200g	6.39	FOV
TE325	Dark Roast Decaffeinated	200g	6.99	FOV
TE870	Decaffeinated	200g	6.99	FOV
TE867	Ethiopia Yirgacheffe	200g	6.99	FOV
TE876	Grown by Women	200g	6.39	FOV
TE812	Guatemalen	200g	6.39	FOV
TE866	Italian Blend	200g	6.39	FOV
	Roast Wholebean Coffees 1kg			
TE471	Anytime Medium Roast	1kg	25.99	FOV
TE898	Anytime Medium Roast	1kg	25.99	FOV
TE469	Espresso	1kg	25.99	FOV
TE896	Espresso	1kg	25.99	FOV
TE472	Italian Blend	1kg	25.99	FOV
TE008	Italian Blend	1kg	25.99	FOV
	Roast Wholebean Coffees 200g			
TE402	Dark City	200g	6.39	FOV
TE409	Grown By Women	200g	6.39	FOV
TE834	Guatemalen	200g	6.39	FOV
TE408	Italian Blend	200g	6.39	FOV
TE371	Medium Roast	200g	6.39	FOV
	Roast Wholebean Coffees 227g			
TE326	Dark Roast Decaf	227g	6.99	FOV
TE403	Decaffeinated	227g	6.99	FOV
	<b>GRUMPY MULE</b>			
	Roast & Ground Coffees			
TE286	Colombia Cafe Equidad	227g	5.55	FOV
TE136	Cool Ground	227g	5.49	FOV
TE289	Decaf Ground Swiss Water	227g	6.39	FOV
TE839	Guatemala Pocola	227g	6.69	FV
TE134	Honduras Fuerza La Labor	227g	5.49	FOV
TE132	Honduras Pico Pijol	227g	5.49	FOV
TE559	Peru Cafe Femenino	227g	5.49	FOV
TE285	Sumatra Gayo Highlands	227g	5.69	FOV
	Roast Wholebean Coffees			
TE718	Colombia Cafe Equidad Beans	227g	5.59	FOV
TE130	Decaf Beans - Swiss Water	227g	6.29	FOV
	Roast Wholebean Coffees 1KG			
TE416	Dark Peak Espresso Beans	1kg	21.79	FV
TE417	Landscape Espresso Beans	1kg	23.49	FOV
TE424	Milestone Espresso Beans	1kg	21.79	FV
	XTMAS 2022			
TE345	Grumpy Yule	227g	5.69	FOV
	<b>PERCOL</b>			
	Instant Coffees			
TE679	Delicious Decaf	100g	4.79	FV
TE005	Smooth Colombian	100g	4.79	FV
	Roast & Ground Coffees			

code	product	size	rrp	bfgosv
TE632	Rich Americano Fairtrade	200g	4.75	FOV
	<b>DRINKS (CHILLED)</b>			
	<b>COCOS</b>			
CV482	Mango & Passionfruit Kefir	200ml	2.95	FGOV
	<b>KARMA</b>			
	Kefir			
CV753	Kefruit Elderflower & Hibisc.	500ml	3.40	FOVB
CV752	Kefruit Fig and Lemon	500ml	3.40	FOVB
	Kombucha			
CV256	Ginger	1l	6.25	FOVB
CV245	Mango	500ml	3.85	FOVB
CV762	Mango	1l	6.45	FOVB
CV258	Pomegranate	1l	6.25	FOVB
	<b>FAR EASTERN FOOD</b>			
	<b>KING SOBA</b>			
WT123	Og Basmati White Rice Noodles	250g	2.59	OFV
	<b>FRUIT - DRIED</b>			
	<b>SUMA PREPACKS - ORGANIC</b>			
DR720	Dates -og pitted fairly traded	250g	2.99	FOV
	<b>TROPICAL WHOLEFOODS</b>			
DR200	Fairtrade Organic Mango	100g	3.19	FOV
DR233	Sun Dried Banana Chips	150g	2.45	FOV
DR234	Sun Dried Pineapple	100g	3.19	FV
	<b>ZAYTOUN</b>			
DR164	Palestinian Medjoul Dates	250g	5.29	FV
DR028	Palestinian Medjoul Dates	500g	9.95	FV
	<b>GRAINS</b>			
	<b>ZAYTOUN</b>			
QS014	Maftoul Giant Couscous	200g	3.49	FOV
QS131	Smoky Freekeh	200g	3.25	FV
	<b>GRAVY, STOCK &amp; BOUILLON</b>			
	<b>MARIGOLD</b>			
LJ178	Bouillon Reduced Salt	2kg	2.95	FGV
LJ208	Organic Bouillon	2kg	22.15	FGOV
LJ253	Organic Reduced Salt Bouillon	2kg	36.39	FGOV
LJ139	Original Bouillon	2kg	19.19	FGV
	<b>HERB &amp; FRUIT TEA INFUSIONS</b>			
	<b>CLIPPER</b>			
	Everyday Infusions			
TE035	Indian Chai	20 bags	2.19	FGOV
	Food Service Range			
TE148	Chamomile	25 bags	2.99	FOV
TE166	Peppermint	25 bags	2.99	FOV
	<b>GREENYPEEPS</b>			
	Carbon Negative Tea			
TE439	Camomile	20 bags	2.99	FOV
TE446	Lemongrass & Ginger	20 bags	2.99	FOV
TE444	Peppermint	20 bags	2.99	FOV
TE445	Spiced Chai	20 bags	2.99	FOV
	<b>HAMPSTEAD TEA</b>			
TE556	Peppermint Spearmint	20 bags	2.99	FOVB
TE557	Rosehip Hibiscus	20 bags	2.99	FOVB
	<b>PUKKA</b>			
TE421	Clean Matcha Green	20 bags	3.45	FOV
TE609	Ginseng Matcha Green	20 bags	3.45	FOV
TE490	Mint Matcha Green	20 bags	3.45	FOV
TE095	Original (Black Spice) Chai	20 bags	3.45	FOV
TE542	Supreme Green Matcha	20 bags	3.45	FOV
TE623	Turmeric Gold	20 bags	3.45	FOV
TE094	Vanilla Chai	20 bags	3.45	FOV
	XMAS 2022			
TE268	Days of Giving Advent Calendar	48 sachet	25.99	VFO

code	product	size	rrp	bfgosv
TE314	Pukka Festive Collection	30 sachet	9.99	FOV
	<b>HERBS &amp; SPICES - PREPACKED</b>			
	<b>STEENBERGS</b>			
	XMAS 2022			
HE114	Mulled Wine Sachets-Fairtrade	20g	2.19	FOV
	<b>HONEY</b>			
	<b>EQUAL EXCHANGE</b>			
HY005	Organic Raw Clear	500g	6.69	FO
HY004	Organic Raw Set	500g	6.69	FO
	<b>WAINWRIGHT'S</b>			
HY100	Organic Forest Honey - Clear	380g	4.79	FO
HY099	Organic Forest Honey - Set	380g	4.79	FO
	<b>HOUSEHOLD PRODUCTS</b>			
	<b>IF YOU CARE</b>			
NF223	Latex Household Gloves- Large	1ARgE	4.79	FV
	<b>SIESTA CRAFTS</b>			
	XMAS 2022			
NF153	Curled Cat Tea Light Holder	each	6.49	F
NF281	Elephant T-Light Holder	each	6.99	F
NF142	Hedgehog T-Light Holder	each	6.99	F
	<b>TRAIDCRAFT</b>			
NF181	Fair Trade Rubber Gloves	1 pairs	1.45	GFV
	<b>INDIAN FOOD</b>			
	<b>GEO ORGANICS</b>			
KJ573	Mango Chutney OG Fairtrade	300g	3.39	FOSV
	<b>INTIMATE CARE</b>			
	<b>FAIR SQUARED</b>			
	Natural Latex. Carbon Neutral			
DY943	Original Condoms	10	9.95	FV
	<b>JAMS &amp; FRUIT SPREADS</b>			
	<b>TRAIDCRAFT</b>			
GH165	Organic Orange Marmalade	340g	3.29	FOVS
	<b>MILK - NON DAIRY</b>			
	<b>GLEBE FARM</b>			
SY165	Almond Drink Barista	1l	2.50	FGV
SY164	Coconut Drink Barista	1l	2.15	FGV
	<b>SPROUD</b>			
SY218	Iced Coffee - Caramel	330ml	2.35	FGSV
SY217	Iced Coffee - Original	330ml	2.35	FGSV
	<b>NUT &amp; SEED BUTTERS</b>			
	<b>SUMA ORGANIC</b>			
GH135	Peanut Butter, Crunchy + Salt	340g	4.35	FVO
	<b>NUTS &amp; SEEDS</b>			
	<b>ZAYTOUN</b>			
NU108	Palestinian Almonds	150g	5.99	FOV
	XMAS 2022			
NU045	Caramelised Almonds	140g	5.99	FVS
NU121	Chilli Almonds	140g	5.99	FVS
	<b>OILS &amp; FATS</b>			
	<b>EQUAL EXCHANGE</b>			
	Palestinian Fairtrade Oils			
GT555	Olive Oil	1l	21.39	FV
	<b>ZAYTOUN</b>			
GT056	Olive Oil - Fair Trade	500ml	15.75	FOV
GT020	Olive Oil - Organic Fairtrade	250ml	9.39	FOV
GT022	Olive Oil - Organic Fairtrade	750ml	22.85	FOV
	<b>OLIVES</b>			
	<b>ORGANICO</b>			
KJ079	OG Black Olives	280g	2.95	FOV
KJ410	OG Pitted Green Olives	280g	2.95	FOV

code	product	size	rrp	bfgosv
<b>SNACK BARS &amp; FLAPJACKS</b>				
<b>PROPER</b>				
KB115	Hazelnut Praline Popcorn Bar	26g	1.75	FGOS
<b>TROPICAL WHOLEFOODS</b>				
JUST 5				
KB769	Organic F/T Apricot & Almond Just 5	40g	1.25	FOV
KB592	Organic F/T Banana & Cocoa	40g	1.25	FOV
KB590	Organic F/T Date & Cocoa JUST 5	40g	1.25	FOV
DR051	Organic F/T Date & Walnut	40g	1.25	FOV
KB710	Organic F/T Mango & Brazil	40g	1.25	FOV
<b>SOFT DRINKS</b>				
<b>CHARITEA</b>				
JU598	ChariTea Black	330ml	1.95	FOSV
JU597	ChariTea Green	330ml	1.95	FOS
JU596	ChariTea Mate	330ml	1.95	FOSV
JU595	ChariTea Red	330ml	1.95	FOSV
<b>DAIONI ORGANIC</b>				
On the Go - Ready to Drink				
JU230	Caffe Latte	330ml	2.10	FO
JU225	Double Shot Coffee	330ml	2.10	FO
JU219	Skinny Latte Coffee	330ml	2.10	FO
<b>GUSTO</b>				
JU223	Fiery Ginger With Chipotle	275ml	2.90	FOV
JU376	Naturally Slim Cola	275ml	2.90	FGV
JU353	Organic Real Cola	275ml	2.90	FGOV
JU224	Sicilian Blood Orange	275ml	2.90	FOV
JU159	Sicilian Lemon with Fresh Yuzu	275ml	2.15	FOV
<b>KARMA DRINKS</b>				
Cans				
JU617	Gingerella Ginger Ale	250ml	1.42	FOSV
JU616	Karma Cola	250ml	1.42	FOSV
JU800	Karma Orangeade	250ml	1.42	FOSV
JU615	Lemony Lemon	250ml	1.42	FOSV
JU420	Razza Raspberry Lemonade Glass Bottles	250ml	1.42	FOSV
JU073	Gingerella Ginger Ale	300ml	2.15	FOVS
JU075	Karma Cola	300ml	2.15	FOSV
JU078	Lemony Lemon	300ml	2.15	FOSV
JU418	Razza Raspberry Lemonade	300ml	2.15	FOVS
JU302	Summer Orangeade	300ml	2.15	FOSV
<b>LEMONAID BEVERAGES</b>				
JU592	Lemonaid Blood Orange	330ml	1.91	FOSV
JU068	Lemonaid Ginger	330ml	1.91	FOSV
JU589	Lemonaid Passion Fruit	330ml	1.91	FOSV
<b>SUGARS &amp; SYRUPS</b>				
<b>SUMA PREPACKS</b>				
LJ090	Golden Granulated Sugar	500g	3.55	FV
<b>BILLINGTONS</b>				
LJ185	Fairtrade Golden Gran Sugar	500g	2.90	FV
<b>EQUAL EXCHANGE</b>				
LJ500	Raw Cane Sugar - organic	500g	2.39	FOV
<b>MERIDIAN</b>				
HY300	Blackstrap Molasses - Organic	350g	2.29	FOV
HY012	Blackstrap Molasses - Organic	600g	2.79	FOV
<b>RAYNERS</b>				
LJ704	Golden Syrup - Organic	5kg	39.99	FOV
<b>TRAIDCRAFT</b>				
LJ515	Brown Sugar Sticks	3g	12.19	FV
LJ889	Caster Sugar - Golden Caster	500g	1.89	FSV
LJ990	Sugar - Demerara	500g	1.89	FSV

code	product	size	rrp	bfgosv
<b>SUPERFOODS &amp; SPORTS NUTRITION</b>				
<b>NATURES AID</b>				
VM003	MCT Oil	500ml	18.95	FGV
<b>NATURYA</b>				
MD040	Greens Blend Organic	250g	12.99	FGOV
MD216	Organic Cacao Powder F/trade	250g	6.99	FGVO
<b>SUPPLEMENTS &amp; REMEDIES</b>				
<b>PUKKA</b>				
MD160	Elderberry Syrup	100ml	11.99	FOS
<b>SWEET SNACKS</b>				
<b>BEAR</b>				
Yoyos in multipacks				
ZX009	Yoyo-Blueberry&Banana Smoothie	5 x 20g	2.85	FV
ZX050	Yoyos - Apple Multipack	5 x 20g	2.85	FV
ZX015	Yoyos -Peach & Banana Smoothie	5 x 20g	2.85	FV
<b>COTSWOLD FUDGE CO</b>				
ZX064	Vegan Btterscotch Fudge	150g	3.45	FGSV
ZX463	Vegan Chocolate Fudge	150g	3.45	FGSV
ZX464	Vegan Seasalt Fudge	150g	3.45	FGSV
ZX465	Vegan Vanilla Fudge	150g	3.45	FGSV
<b>TEAS</b>				
<b>CAFEDIRECT</b>				
TE388	Everyday Tea	440 bags	14.49	FV
TE690	Everyday Tea	80 bags	3.92	FV
<b>CLIPPER</b>				
TE983	Assam	50 bags	2.53	FOV
Food Service Range				
TE178	Fairtrade Everyday	100 bags	6.99	FV
TE448	Fairtrade Everyday One Cup Bag	1100 bags	34.99	FV
TE726	Fairtrade One Cup Teabags	440 bags	14.79	FV
Food Service Range - 250's				
TE152	Earl Grey	250 bags	23.99	FOV
TE451	Speciality English Breakfast	250 bags	23.99	FOV
Food Service Range - 6 X 25's				
TE150	Earl Grey	25 bags	2.89	FOV
TE161	Green Tea	25 bags	2.89	FOV
Green Tea 20's				
TE990	Green Tea with Lemon Organic	20 bags	2.45	OFV
TE989	Organic Pure Green Tea	20 bags	2.45	OFV
Loose Leaf 80g				
TE463	Earl Grey	80g	3.79	FOV
TE467	English Breakfast	80g	3.79	FOV
TE460	Green Tea and Lemon	80g	3.79	FOV
TE466	Pure Green	80g	3.79	FOV
Loose Leaf Tea 80g				
TE458	Lemon & Ginger	80g	3.79	FOV
Looseleaf Tea				
TE982	Assam	125g	2.99	FOV
TE897	English Breakfast Organic	125g	2.99	FOV
TE877	Green Tea	100g	2.99	FOV
Pack 40				
TE154	Decaffeinated Green	40 bags	3.49	FOV
TE151	Decaffeinated Tea	40 bags	3.49	FOV
TE158	Earl Grey Decaff	40 bags	3.49	FOV
TE172	English Breakfast Tea Organic	40 bags	2.89	FGOV
TE177	FT Organic Earl Grey	40 bags	2.89	FGOV
TE168	FT Organic Everyday Tea	40 bags	2.89	FGOV
TE182	FT Organic Green Tea	40 bags	2.89	FGOV
TE183	FT Organic White Tea	40 bags	2.89	FGOV
Pack 80				
TE164	Decaffeinated Tea	80 bags	5.99	FOV
TE053	Earl Grey	80 bags	3.99	FOV

code	product	size	rrp	bfgosv
TE507	English Breakfast Organic	80 bags	3.99	FGOV
TE189	FT Organic Everyday Tea	80 bags	3.85	FGOV
TE190	FT Organic Green Tea	80 bags	3.99	FGOV
TE179	Green and Mint Super Green Teas	80 bags	3.99	FOV
TE391	Defending Organic Green Tea	20 bags	2.49	FOV
TE379	Reviving Organic Green Tea	20 bags	2.49	FOV
<b>ENGLISH TEA SHOP</b>				
Christmas				
TE282	Holiday White Prism XMAS 2022	12 bags	3.99	FOV
TE284	Advent Calendar Hanging	25 bags	12.99	FOV
TE173	Advent Calendar Puzzle -White	25 bags	9.99	FOV
TE278	Advent Calendar Triangle	25 bags	9.99	FOV
TE115	Advent Tea Calendar - Sachets	25 bags	4.49	FOV
TE140	Book Style Advent Calendar-Red	25 bags	9.99	FOV
TE116	Book Style Advent Calndr-Night	25 bags	9.99	FOV
TE143	Book Style Advent Calndr-White	25 bags	9.99	FOV
TE273	Uplifting Moments	32 bags	8.99	FOV
<b>GREENYPEEPS</b>				
Carbon Negative Tea				
TE441	Darjeeling	20 bags	2.49	FOV
TE426	Earl Grey	20 bags	2.49	FOV
TE425	English Breakfast	20 bags	2.49	FOV
TE435	Green Tea	20 bags	2.49	FOV
<b>HAMPSTEAD TEA</b>				
TE939	Clean Green	20 bags	2.99	FOV
TE936	Divine Earl Grey	20 bags	2.99	FOV
TE932	English Breakfast	20 bags	2.99	FOV
TE935	Pure Darjeeling	20 bags	2.99	FOV
<b>PUKKA</b>				
TE213	Elegant English Breakfast	20 bags	3.45	FOV
TE214	Gorgeous Earl Grey	20 bags	3.45	FOV
<b>QI</b>				
TE485	Fairtrade Green Tea	25 bags	1.94	FOV
TE114	Fairtrade White Tea	25 bags	2.17	FOV
TE112	Jasmine Green Tea Looseleaf	25 bags	2.17	FOV
TE819	Fairtrade Chun Mee Tea	100g	2.75	FOV
<b>TOMATOES &amp; TOMATO PRODUCTS</b>				
<b>ORGANICO</b>				
KJ010	Sundried Tomatoes - og	190g	3.95	FOV
<b>TOOTH CARE</b>				
<b>DR BRONNER'S</b>				
DY544	Peppermint Toothpaste	105ml	7.89	FV
DY629	Spearmint Toothpaste	105ml	7.89	FV
<b>VEGETABLES</b>				
<b>ORGANICO</b>				
KJ016	Artichoke Hearts - og	190g	4.49	FOV
<b>WINES</b>				
<b>RED WINE</b>				
Chile				
WN030	Pico a Pico Merlot Carmenere Lebanon	75cl	9.89	F
WN033	Coteaux Les Cedres Du Liban South Africa	75cl	17.39	FV
WN114	Running Duck Cab. Sauvignon	75cl	1.99	FOV
WN197	Running Duck Merlot	75cl	1.79	FOV
WN196	Running Duck Pinotage	75cl	1.99	FOV
WN116	Running Duck Shiraz	75cl	1.79	FOV
WN138	Stellar Organics Merlot	75cl	11.90	FOV

code	product	size	rrp	bfgosv
	<b>ROSE WINE</b>			
	South Africa			
WN118	Running Duck Shiraz Rose	75cl	1.79	FOV
	<b>WHITE WINE</b>			
	Chile			
WN032	Pico a Pico Sauvignon Blanc	75cl	9.89	FV
	South Africa			
WN008	Running Duck Chenin Blanc	75cl	1.79	FOV
WN115	Running Duck Chenin Sauv Blanc	75cl	1.79	FOV
WN019	Stellar Org. Sauvignon Blanc	75cl	1.79	FOV
	<b>YOGHURT, NON-DAIRY (CHILLED)</b>			
	<b>COCOS</b>			
CV501	Natural Light Coconut Yoghurt	400g	5.35	FGOV

# Suma

CO-OPERATIVE SINCE 1977

Lacy Way, Lowfields Business Park, HX5 9DB

Email: [sales@suma.coop](mailto:sales@suma.coop)

Sales: +44 (0)1422 313848

Shop online: [www.suma.coop/wholesale](http://www.suma.coop/wholesale)