

The background features large, stylized, cream-colored letters and shapes, including 'S', 'U', 'M', 'A', and 'D', which are partially visible and overlap each other. The overall aesthetic is modern and graphic.

**Suma**

CO-OPERATIVE SINCE 1977

**FAIRTRADE**

November December 2024

# FAIRTRADE

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## 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	price	bfgosv
<b>BAGS, BOXES AND BASKETS</b>				
<b>SIESTA CRAFTS</b>				
NF137	Sari Folding Bag - Recycled	1 x 20 bags	59.99	FV
<b>BAKING SUNDRIES</b>				
<b>ENGEVITA</b>				
LJ144	Organic Yeast Flakes	6 x 100g	29.21	FGOV
LJ143	Yeast Flakes Protein & Fibre	6 x 100g	17.79	FGV
LJ020	Yeast Flakes with Vitamin B12	6 x 100g	19.11	FGV
<b>EPICURE</b>				
XMAS 2024				
LJ084	Mediterranean Peach Halves	6 x 540g	14.77	FGSV
LJ146	Stoneless Sour Cherries	6 x 570g	14.77	FGSV
LJ145	Williams Pear Halves	6 x 540g	14.77	FGSV
<b>GREEN &amp; BLACKS</b>				
Cooks Chocolate				
KB058	Dark Cooking Chocolate-Organic	15 x 150g	37.93	FOS
<b>TAYLOR &amp; COLLEDGE</b>				
LJ115	Vanilla Bean Extract	6 x 100ml	40.27	FOV
<b>VEGO</b>				
KB072	Hazelnut Chocolate Melts	10 x 180g	46.26	OFVS
<b>BISCUITS CRACKERS &amp; CRISPBREAD</b>				
<b>IBIS</b>				
BT187	W'grn Salt & Pepper Rice Cake	12 x 130g	15.26	FOV
BT179	Wholegrain Salted Rice Cake	12 x 130g	15.26	FOV
BT182	Wholegrain Unsalted Rice Cake	12 x 130g	15.26	FOV
<b>BODY CARE</b>				
<b>DR BRONNER'S</b>				
DY443	Lavender - Pump Soap	1 x 355ml	8.89	FOV
DY183	Lavender All In One Magic Soap	1 x 240ml	6.15	FOV
DY338	Lavender Castile Liquid Soap	1 x 3,8l	48.99	FGOVB
475ml Bottle				
DY191	Almond All In One Magic Soap	1 x 475ml	9.49	FOV
DY198	Baby All In One Magic Soap	1 x 475ml	9.49	FOV
DY717	Cherry Blossom Castile Soap	1 x 475ml	9.49	FOV
DY205	Lavender All In One Magic Soap	1 x 475ml	9.49	FOV
DY201	Orange All In One Magic Soap	1 x 475ml	9.49	FOV
DY207	Peppermint AllInOne Magic Soap	1 x 475ml	9.49	FOV
DY715	Rose All In One Magic Soap	1 x 475ml	9.49	FOV
945ml Bottle				
DY208	Almond All In One Magic Soap	1 x 945ml	15.30	FOV
DY209	Baby Castile Liquid Soap	1 x 945ml	15.30	FOV
DY213	Lavender Castile Liquid Soap	1 x 945ml	15.30	FOV
DY572	Orange All In One Magic Soap	1 x 945ml	15.30	FOV
DY214	Peppermint Castile Liquid Soap	1 x 945ml	15.30	FOV
Bar Soap				
DY117	Almond Pure Castile Bar Soap	12 x 140g	47.75	FOV
DY118	Baby Castile Bar Soap	12 x 140g	47.75	FOV
DY123	Lavender Castile Bar Soap	12 x 140g	47.75	FOV
DY119	Orange Castile Bar Soap	12 x 140g	47.75	FOV
Hand Sanitiser				
DY455	Hand Sanitiser - Lavender	1 x 60ml	3.39	FOV
DY479	Hand Sanitiser - Peppermint	1 x 60ml	3.39	FOV
<b>KOOSHOO</b>				
DY731	Hair Scrunchies - Black Olive	10 x 1 pack	55.71	FOV
DY732	Hair Scrunchies - Gold Sand	10 x 1 pack	55.71	FOV
DY730	Hair Ties - Black	10 x 1 pack	39.00	FOV
DY729	Hair Ties - Earth Tints	10 x 1 pack	39.00	FOV
DY734	Headbands - Jet Black	10 x 1 pack	50.15	FOV
DY733	Headbands - Watercress Green	10 x 1 pack	50.15	FOV
<b>SIESTA CRAFTS</b>				
XMAS 2024				

code	product	size	price	bfgosv
DY485	Soap Dish Sea Kelp	each	5.85	FV
DY483	Soap Dish Sea Urchin	each	5.85	FV
<b>WELEDA</b>				
	Skin Food			
DY814	Skin Food	75ml	7.11	F
DY134	Skin Food Body Butter	150ml	14.95	FVB
DY086	Skin Food Body Lotion	200ml	8.71	FVB
DY181	Skin Food Cleansing Balm	1 x 75ml	7.56	VF
DY133	Skin Food Light	75ml	7.15	F
DY180	Skin Food Night Cream	1 x 40ml	8.71	VF
DY179	Skin Food Nourishing Day Cream	1 x 40ml	8.71	VF
DY189	Skin Food Ultra Light Dry Oil	1 x 100ml	9.30	FVB
	XTMAS 2024			
DY760	For Men - Skin Saviours	1 x gift set	14.29	FGV
DY757	Refresh - Body & Soul	1 x gift set	11.90	FGV
DY756	Relax - Body & Soul Gift	1 x gift set	10.71	FGV
DY755	Skin Food - Bedtime Beauty	1 x gift set	20.83	FG
DY759	Sports Aftercare - Arnica	1 x gift set	14.89	FGV
<b>CANDLES, INCENSE &amp; HOLDERS</b>				
<b>GREATER GOODS</b>				
	Display Units With Stock			
NF119	Mother's Incense Fan - Mixed	1 x 12 fans	4.93	FV
	Mother's Vegan Incense			
NF444	Incense Cinnamon & Spice	6 x 12 sticks	7.50	FV
NF440	Incense Frankincense	6 x 12 sticks	7.50	FV
NF441	Incense Patchouli	6 x 12 sticks	7.50	FV
	The Mother's India Incense			
NF526	Incense - Aditi	5 x 20 sticks	10.85	FV
NF394	Incense - Amrita	5 x 20 sticks	10.85	FV
NF403	Incense - Ganesh	5 x 20 sticks	10.85	FV
NF469	Incense - Lila	5 x 20 sticks	10.85	FV
NF525	Incense - Meera	5 x 20 sticks	10.85	FV
NF412	Incense - Om	5 x 20 sticks	10.85	FV
NF408	Incense - Oudh	5 x 20 sticks	10.85	FV
NF410	Incense - Prem	5 x 20 sticks	10.85	FV
NF402	Incense - Rishi	5 x 20 sticks	10.85	FV
NF411	Incense - Shanti	5 x 20 sticks	10.85	FV
NF393	Incense - Yoga	5 x 20 sticks	10.85	FV
<b>SIESTA CRAFTS</b>				
NF285	Satya Sai Nag Champa Incense	12 x 15g	7.89	FV
NF577	Satya Sai Patchouli Incense	12 x 15g	7.89	FV
NF576	Satya Sai Sandalwood Incense	12 x 15g	7.89	FV
NF578	Satya Sai White Sage Incense	12 x 15g	7.89	FV
	XTMAS 2024			
NF175	Incense Ashcatcher - Elephant	each	1.25	FV
NF174	Incense Clove Pack 20	6 x 20 pack	2.80	FV
NF224	Incense Frankincense 20 Pack	6 x 20 pack	2.80	FV
NF150	Incense Myrrh Pack 20	6 x 20 pack	2.80	FV
NF176	Pottery Incense Holder	each	3.10	FV
<b>CEREALS &amp; MUESLIS</b>				
<b>IBIS</b>				
MX048	Wholegrain Rice Pops	6 x 275g	13.55	FOV
MX056	Wholegrain Rice Pops	6 x 275g	14.92	FOSV
<b>CHOCOLATE</b>				
<b>ALTERECO</b>				
KB566	Dark Chocolate 70%	14 x 100g	30.50	FOSV
KB567	Dark Chocolate 85%	14 x 100g	30.50	FOSV
KB561	Dark Chocolate with Almond	14 x 100g	30.50	FOSV
KB568	Milk Chocolate	14 x 100g	30.50	FOS
KB571	Orange Dark Chocolate	14 x 100g	30.50	FOSV
KB572	Salted Caramel Milk Chocolate	14 x 100g	30.50	FOS

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<b>BENNETTO</b>				
KB872	70% Dark Chocolate Bar	12 x 80g	25.43	FGOV
KB874	82% Super Dark Bar	12 x 80g	28.86	FGOV
KB875	Coconut Flake Bar	12 x 80g	25.43	FGOV
KB896	Dark Chocolate with Raspberry	12 x 80g	28.86	FGOV
KB880	Dark Coffee Bar	12 x 80g	28.86	FGOV
KB885	Dark Mint Bar	12 x 80g	25.43	FGOV
KB895	Dark Orange with Chilli bar	12 x 80g	25.43	FGOV
KB894	Dark Salted Caramel	12 x 80g	25.43	FGOV
KB900	Dark with Toasted Hazelnuts	12 x 80g	25.43	FGOV
<b>BOOJA-BOOJA</b>				
	Artist's Collection Gift Boxes			
KB927	Fine De Champagne Truffles	3 x 185g	56.69	GFOSV
KB929	Hazelnut Truffles	3 x 185g	56.69	GFOSV
<b>CHOCOLARDER</b>				
	XMAS 2024			
KB232	Sea Salt Caramel Truffles	3 x 175g	26.51	FS
<b>CHOCOLATE AND LOVE</b>				
WS232	100% Dark Ginger Bar	12 x 80g	41.66	FGOSV
WS082	Creamy Dark 55% Chocolate	14 x 80g	42.60	FOS
WS079	Mint 67% Chocolate	14 x 80g	39.00	FOSV
WS081	Orange 65% Chocolate	14 x 80g	39.00	FOSV
WS077	Panama 80% Chocolate Bar	14 x 80g	42.60	FOSV
WS136	Passion Fruit Dark Chocolate	12 x 85g	38.92	FGOSV
WS078	Pomegranate 70% Chocolate	14 x 80g	45.40	FOSV
WS080	Sea Salt 55% Chocolate	14 x 80g	39.00	FOS
<b>COCOA LOCO</b>				
	XMAS 2024			
KB251	Dark Chocolate Cinnamon Chilli	6 x 100g	26.23	FO
KB063	Dark Chocolate Coated Ginger	6 x 100g	26.23	FOSV
KB649	Dark Chocolate Mango	6 x 100g	26.23	FOSV
KB728	Dark Chocolate Santa Lolly	24 x 40g	41.14	FO
KB195	Milk & White Chocolate Robins	6 x 100g	26.23	FOS
KB724	Milk Chocolate Santa Lolly	24 x 40g	41.14	FO
KB642	Milk Chocolate Santas	6 x 100g	26.23	FOS
WS119	Truffle Making Kit	4 x 400g	59.94	FOSV
ZX864	White Chocolate Polar Bears	6 x 100g	26.23	FOS
<b>DIVINE</b>				
	35g Bars			
ZX286	70% Dark Chocolate	30 x 35g	26.30	FSV
ZX180	Cappuccino Bar Fairtrade	30 x 35g	26.30	FS
ZX499	Milk Chocolate	30 x 35g	26.30	FS
ZX422	Orange Milk Chocolate Bars	30 x 35g	26.30	FS
ZX287	White Chocolate Mini Bar 90g Bars	30 x 35g	26.30	FS
ZX365	41% Dark Smooth Hazelnut	15 x 90g	30.70	SVF
KB039	60% Dark Pretzel & Caramel	15 x 90g	30.70	FS
ZX498	70% Dark Chocolate	15 x 90g	30.70	FSV
ZX469	85% Dark Chocolate	15 x 90g	30.70	FSV
ZX471	Dark Choc with Ginger & Orange	15 x 90g	30.70	FSV
KB534	Dark Choc with Raspberries	15 x 90g	30.70	FSV
ZX001	Dark Chocolate with Mint	15 x 90g	30.70	FSV
ZX789	Dark Chocolate with Pink Salt	15 x 90g	30.70	FSV
KB459	Milk Choc with Salted Caramel	15 x 90g	30.70	FS
ZX370	Milk Chocolate 45% Cocoa	15 x 90g	30.70	FS
KB364	White Choc with Strawberries Dessert Bars	15 x 90g	30.70	FS
ZX647	Dark Chocolate Bakewell Bar	10 x 180g	32.50	FSV
ZX652	Lemon Cheesecake Bar	10 x 180g	32.50	FS
ZX634	Milk Chocolate Tiramisu Bar XMAS 2024	10 x 180g	32.50	FS
ZX277	45% Milk Caramel	10 x 180g	32.14	FS

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WS094	70% Dark Chocolate Coins	25 x 65g	48.21	FV
KB730	Dark Advent Calendar	12 x 85g	47.15	FSV
WS095	Fairtrade Milk Choc Coins	25 x 65g	48.21	FS
KB537	Milk Chocolate Advent Calendar	12 x 85g	47.15	FS
ZX375	Milk Chocolate Giant Coin	12 x 58g	25.72	FS
<b>EQUAL EXCHANGE</b>				
KB698	65% Organic Dark Orange	12 x 100g	33.21	FOSV
KB654	71% Organic Very Dark	12 x 100g	33.21	FOSV
<b>GREEN &amp; BLACKS</b>				
	90g Bars			
KB116	70% Dark Chocolate	15 x 90g	27.76	FOSV
KB034	85% Dark Chocolate	15 x 90g	27.76	FOSV
KB796	Dark Choc Hazelnut & Currant	15 x 90g	27.76	FOS
KB132	Dark Chocolate & Ginger	15 x 90g	27.76	FOS
ZX239	Milk Chocolate	15 x 90g	27.76	FOS
KB133	Milk Chocolate & Butterscotch	15 x 90g	27.76	FOS
KB370	White Chocolate	15 x 90g	27.76	FOS
<b>HU</b>				
KB674	Almond Butter Crispy Dark Bar	12 x 60g	27.08	FGOSV
KB675	Cashew Butter Vanilla Dark Chc	12 x 60g	27.08	FGOSV
KB678	Crunchy Mint Dark Chocolate	12 x 60g	27.08	FGOSV
KB673	Hazelnut Butter Dark Chocolate	12 x 60g	27.08	FGOSV
KB672	Salty Dark Chocolate Bar	12 x 60g	27.08	FGOSV
KB671	Simple Dark Chocolate Bar	12 x 60g	27.08	FGOSV
KB680	Vanilla Crunch Dark Chocolate	12 x 60g	27.08	FGOSV
<b>ICHOC ORGANIC CHOCOLATE</b>				
	iChoc			
KB922	Classic Style	10 x 80g	20.57	FOSV
KB579	Salty Pretzel	10 x 80g	20.57	FOSV
KB898	White Vanilla	10 x 80g	20.57	FOSV
<b>MOO FREE</b>				
KB504	Choccy Rocks Bunnycomb Bar	16 x 35g	14.00	FGSV
<b>OMBAR CHOCOLATE</b>				
KB574	100% Cacao Chocolate Bar	10 x 70g	22.87	FGOSV
ZX419	100% Cacao Chocolate Bar	10 x 35g	14.23	FGOV
KB763	72% Cacao Chocolate Bar	10 x 35g	14.23	FGOSV
KB584	90% Cacao Chocolate Bar	10 x 70g	22.87	FGOSV
ZX659	90% Cacao Chocolate Bar	10 x 35g	14.23	FGOSV
KB761	Coco 60% Chocolate Bar	10 x 35g	14.23	FGOSV
KB406	Coco Mylk Chocolate Bar	10 x 35g	14.23	FGOSV
KB960	Oat m'lk Brownie Filled Bar	15 x 42g	18.21	FGOV
KB959	Oat M'lk Caramel Filled Bar	15 x 42g	18.21	FGOSV
	70g Bars			
ZX951	72% Cacao Chocolate Bar	10 x 70g	22.87	FGOSV
ZX952	Coco Almond Chocolate Bar	10 x 70g	22.87	FSGOV
ZX953	Coco Mylk Chocolate Bar	10 x 70g	22.87	FGOSV
ZX639	Coconut & Vanilla Chocolate	10 x 70g	22.87	FGOSV
ZX403	Hazelnut Truffle Chocolate Bar	10 x 70g	22.87	FGOSV
ZX641	Pistachio Chocolate Bar	10 x 70g	22.87	FGOSV
ZX644	Raspberry & Coconut Choc Bar	10 x 70g	22.87	FGOSV
ZX975	Salt & Nibs Chocolate Bar	10 x 70g	22.87	FSGOV
	Filled Bars			
KB321	Almond Butter Chocolate Bar	15 x 42g	22.21	FGOSV
KB374	Coco Raspberry Chocolate Bar	15 x 42g	22.21	FGOSV
KB359	Coconut Vanilla Chocolate Bar	15 x 42g	22.21	FGOSV
KB355	Hazelnut Truffle Chocolate Bar	15 x 42g	22.21	FGOSV
KB373	Pistachio Cream Chocolate Bar	15 x 42g	22.21	FGOSV
	Oat Mylk			
ZX184	Fruit & Nut	10 x 70g	20.00	FOSV
ZX187	Hazelnut	10 x 70g	20.00	FOSV
ZX155	Salted Caramel Truffle	10 x 70g	20.00	FOSV
ZX192	Smooth & Creamy	10 x 70g	20.00	FOSV
	XMAS 2024			

code	product	size	price	bfgosv
ZX508	Coco Mylk Advent Calendar	10 x 125g	107.15	FGOSV
ZX510	Coco Mylk Filled Bauble	5 x 80g	27.86	FGOSV
ZX745	Irish Cream Flavour Bar	10 x 70g	21.16	FGOSV
ZX515	Oat M*lk Filled Bauble	5 x 80g	27.86	FGOSV
ZX147	Oat Milk Advent Calendar	10 x 125g	107.15	FGOSV
<b>ORGANIC SEED &amp; BEAN COMPANY</b>				
Large Bars				
KB152	37% Milk Choc Hazel & Almond	10 x 75g	22.46	FOS
KB733	37% Milk Chocolate	10 x 75g	22.46	FOS
KB813	37% Milk Chocolate Caramel	10 x 75g	22.46	FOS
KB816	37% Popped Rice Milk Chocolate	10 x 75g	22.46	FOS
KB970	58% Dark Espresso	10 x 75g	22.46	FOSV
KB155	58% Dark Hazelnut	10 x 75g	22.46	FOSV
KB979	58% Dark Lemon & Cardamom	10 x 75g	22.46	FOSV
KB736	70% Dark Chocolate & Sea Salt	10 x 75g	22.46	FOSV
KB743	72% Dark Dominican	10 x 75g	22.46	FOSV
KB767	72% Dark Lavender	10 x 75g	22.46	FOSV
KB772	72% Dark Mandarin & Ginger	10 x 75g	22.46	FOSV
KB200	72% Dark Mint	10 x 75g	22.46	FOSV
ZX126	Sea Salt & Tropical Lime	10 x 75g	22.46	FOS
<b>TONY'S CHOCOLONELY</b>				
KB004	Caramel S/Salt Almond Pretzel	15 x 180g	37.71	FS
KB741	Dark Creamy Hazelnut Crunch	15 x 180g	37.71	FSV
KB794	Rainbowpack Classics 6 Pack 180g Bars	6 x 1.08kg	93.43	FS
ZX337	Dark Choc 51% Almonds&Sea Salt	15 x 180g	37.71	FSV
ZX345	Dark Chocolate 70%	15 x 180g	37.71	FSV
ZX105	Dark/Milk Choc Pretzel&Toffee	15 x 180g	37.71	FS
KB886	Milk Choc Caramel/Sea Salt	15 x 180g	37.71	FS
ZX091	Milk Chocolate	15 x 180g	37.71	FS
ZX369	Milk Chocolate Hazelnut	15 x 180g	37.71	FS
ZX724	White Chocolate & Raspberry Gift Range	15 x 180g	37.71	FS
KB838	Small Bar Tasting Pack	12 x 288g	78.15	FS
KB178	Tiny Tony Gift Box Non Grocery Exclusives	6 x 180g	27.52	FS
ZX642	Milk Chocolate Chip Cookie	15 x 180g	37.71	FS
ZX673	Milk Pecan Caramel Crunch Sharing Bags	15 x 180g	37.71	FS
KB863	Littl'Bits Caramel Sea Salt	8 x 100g	15.20	FS
KB862	Littl'Bits Dark Orange Cookie	8 x 100g	15.20	FSV
KB864	Littl'Bits Marshmallow Biscuit	8 x 100g	15.20	FS
KB865	Littl'Bits Triple Choc Mix Small Bars	8 x 100g	15.20	FGS
ZX101	Dark Chocolate 51% Almond	35 x 47g	32.50	FSV
ZX612	Milk 32% Almond Honey Nougat	35 x 47g	32.50	FS
ZX111	Milk Choc Caramel & Sea Salt	35 x 47g	32.50	FS
ZX102	Milk Chocolate Sweet Solution Bars	35 x 50g	32.50	FS
ZX994	Milk Caramel Biscuit	15 x 180g	37.71	FS
KB697	Milk Chocolate 32% Nougat	15 x 180g	37.71	FS
ZX996	Milk Creamy Hazelnut Crunch	15 x 180g	37.71	FS
WS032	Milk Crispy Wafer XMAS 2024	15 x 180g	37.71	FS
KB839	Christmas Countdown Calendar	12 x 225g	117.60	FS
ZX868	Milk Choc Gingerbread Bar	15 x 180g	37.72	FS
KB604	Tiny Tony's christmas Pouch	6 x 135g	23.49	FS
<b>VEGO</b>				
KB669	Chocolate & Rice Crisp Bar	20 x 40g	24.00	FGOV
KB821	Mini Whole Hazel Chocolate Bar	20 x 65g	31.14	FGOSV
WS059	Vego White - Almond Bliss	18 x 50g	28.03	FOVS
KB943	Vegolino Pralines	8 x 180g	34.86	FOSV

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KB489	Whole Hazelnut Chocolate Bar	20 x 150g	60.00	FGOSV
<b>CHOCOLATE &amp; SWEET SPREADS</b>				
<b>VEGO</b>				
GH075	Hazelnut Chocolate Spread	6 x 350ml	25.29	FGSV
<b>CLOTHING</b>				
<b>SIESTA CRAFTS</b>				
NF139	Sari Recycled Gift Wrap/Scarf XMAS 2024	1 x 30	73.89	FV
NF178	Llama Socks Pair	pair	6.00	F
NF147	Macrame Plant Hanger	each	6.69	FV
NF148	Macrame Wall Plant Hanger	each	7.20	FV
NF135	Recycled Sari Scrunchie	each	1.25	FV
NF136	Sari Patch Scarf	each	5.99	FV
<b>COCOA</b>				
<b>SUMA PREPACKS - ORGANIC</b>				
LJ189	Cocoa Powder - Organic	6 x 250g	21.83	FOV
<b>CLIPPER</b>				
TE205	Drinking Chocolate	6 x 250g	20.73	FSV
TE188	Instant Hot Chocolate	6 x 350g	22.34	FS
TE196	Instant Hot Chocolate	4 x 1kg	48.23	FS
<b>COCOA LOCO</b>				
XMAS 2024				
ZX320	Festive Spoon Set	6 x 115g	44.91	FOS
<b>DIVINE</b>				
TE687	Drinking Chocolate	6 x 400g	20.50	FVS
<b>EQUAL EXCHANGE</b>				
TE491	Hispaniola Cocoa Powder - og	6 x 250g	25.00	FOV
<b>GREEN &amp; BLACKS</b>				
TE453	Cocoa Powder - FT Organic	6 x 125g	18.89	FOV
TE131	Hot Chocolate	6 x 250g	33.37	FGO
<b>COFFEE</b>				
<b>SUMA ORGANIC</b>				
Bulk Packs				
TE103	Colombia Beans	1kg	19.24	FOV
TE656	Espresso Beans	1kg	19.24	FOV
TE101	Ethiopia Yirgacheffe Beans	1kg	20.89	FOV
TE109	Honduras Coffee Beans	1kg	16.47	FOV
TE758	Medium Roast Blend Ground	1kg	16.97	FOV
TE106	Peru Cepicafe Beans	1kg	16.47	FOV
TE107	Sumatra Gayo Highlands Beans	1kg	20.31	FOV
TE113	Swiss Water Decaf Beans	1kg	20.66	FOV
Roast and Ground Coffees				
TE372	Colombia Ground Coffee	6 x 227g	26.80	FOV
TE650	Espresso Ground Coffee	6 x 227g	28.18	FOV
TE374	Ethiopia Yirgacheffe Ground	6 x 227g	30.13	FOV
TE384	Honduras Ground Coffee	6 x 227g	24.21	FOV
TE643	Medium Roast Ground Coffee	6 x 227g	23.53	FOV
TE397	Peru Ground Coffee	6 x 227g	25.56	FOV
TE641	Suma Dark Roast Ground	6 x 227g	23.53	FOV
TE399	Sumatra Ground Coffee	6 x 227g	27.71	FOV
TE400	Swiss Water Decaf Ground	6 x 227g	30.70	FOV
Roast Whole Bean Coffees				
TE373	Colombia Coffee Beans	6 x 227g	26.80	FOV
TE401	Peru Coffee Beans	6 x 227g	25.56	FOV
<b>CAFEDIRECT</b>				
Blend - Roast & Ground				
TE298	Familia Espresso Ground	6 x 200g	24.94	FV
TE156	Lively Roast Ground	6 x 200g	22.29	FV
TE176	Smooth Roast Ground	6 x 200g	22.29	FV
Coffee Bags				
TE321	Machu Picchu Coffee Bags	6 x 10 x 7g	19.70	FV



code	product	size	price	bfgosv
TE324	Machu Picchu Decaf Coffee Bags Instant Coffees	6 x 10 x 7g	19.70	FV
TE513	Machu Picchu Instant	6 x 100g	28.46	FV
TE377	Machu Picchu Instant Decaf	6 x 100g	25.56	FV
TE449	Mayan Gold Instant	6 x 100g	28.46	FV
TE395	Smooth Roast Instant Roast Whole Bean Coffee	6 x 500g	128.76	FV
TE299	Familia Espresso Beans	6 x 200g	24.94	FV
TE901	Machu Picchu Organic Beans	6 x 200g	19.63	FOV
TE229	Machu Picchu Organic Beans	6 x 750g	67.57	FOV
TE302	Mayan Gold Beans Single Origin - Roast & Ground	6 x 200g	19.63	FOV
TE323	Cauca Valley Columbia Ground	6 x 200g	19.63	FV
TE951	Kilimanjaro Tanzania Ground	6 x 200g	23.09	FV
TE493	Machu Picchu Decaf Ground	6 x 200g	19.63	FV
TE952	Machu Picchu Organic Ground	6 x 200g	19.63	FOV
TE226	Mayan Gold Ground	6 x 200g	19.63	FOV
<b>CLIPPER</b>				
	Food Service Range			
TE724	Instant - Fairtrade & Organic	4 x 500g	113.20	FOV
TE526	Instant Decaf Organic Instant Coffees	4 x 500g	128.47	FOV
TE422	FT Org Everyday Instant Coffee	6 x 100g	33.39	FOV
TE879	FT Org Super Spec Decaf Coffee	6 x 100g	38.73	FOV
TE739	House Blend	6 x 100g	35.07	FOV
TE076	Rich Roast Instant Coffee FT Roast and Ground Coffees	6 x 100g	35.07	FOV
TE845	Decaffeinated Ground Coffee	8 x 227g	41.37	FOV
TE705	House Blend	8 x 227g	35.26	FOV
TE849	Italian Style Ground Coffee	8 x 227g	35.26	FOV
<b>EQUAL EXCHANGE</b>				
	Roast & Ground Coffees			
TE872	Anytime Medium Roast	8 x 200g	37.00	FOV
TE875	Colombian Excelso	8 x 200g	37.00	FOV
TE874	Dark City	8 x 200g	37.00	FOV
TE325	Dark Roast Decaffeinated	8 x 200g	41.79	FOV
TE870	Decaffeinated	8 x 200g	41.79	FOV
TE867	Ethiopia Yirgacheffe	8 x 200g	39.58	FOV
TE876	Grown by Women	8 x 200g	37.00	FOV
TE866	Italian Blend Roast Wholebean Coffees 1kg	8 x 200g	37.00	FOV
TE896	Espresso	6 x 1kg	113.06	FOV
TE008	Italian Blend Roast Wholebean Coffees 200g	6 x 1kg	113.06	FOV
TE402	Dark City	8 x 200g	37.00	FOV
TE403	Decaffeinated	8 x 200g	41.79	FOV
TE409	Grown By Women	8 x 200g	37.00	FOV
TE408	Italian Blend	8 x 200g	37.00	FOV
TE371	Medium Roast	8 x 200g	37.00	FOV
<b>GRUMPY MULE</b>				
	Roast & Ground Coffees			
TE286	Colombia Cafe Equidad	6 x 227g	24.86	FOV
TE289	Decaf Ground Swiss Water	6 x 227g	28.49	FOV
TE134	Honduras Fuerza La Labor	6 x 227g	24.79	FOV
TE559	Peru Cafe Femenino	6 x 227g	24.79	FOV
TE285	Sumatra Gayo Highlands Roast Wholebean Coffees	6 x 227g	25.79	FOV
TE718	Colombia Cafe Equidad Beans	6 x 227g	24.89	FOV
TE130	Decaf Beans - Swiss Water Roast Wholebean Coffees 1KG	6 x 227g	28.49	FOV
TE416	Dark Peak Espresso Beans	1kg	16.29	FV
TE417	Landscape Espresso Beans	1kg	17.59	FOV

code	product	size	price	bfgosv
<b>PERCOL</b>				
	Instant Coffees			
TE679	Delicious Decaf	6 x 100g	24.97	FV
TE005	Smooth Colombian	6 x 100g	22.45	FV
	Roast & Ground Coffees			
TE632	Rich Americano Fairtrade	6 x 200g	22.45	FOV
<b>CRISPS &amp; SNACKS</b>				
<b>EAT REAL</b>				
	Hummus Chips - Sharing			
ZX423	Sea Salt & Balsamic Vinegar	10 x 110g	16.51	FSV
<b>DRINKS (CHILLED)</b>				
<b>COCOS</b>				
CV482	Mango & Passionfruit Kefir	6 x 200ml	13.54	FGOV
<b>KARMA</b>				
	Kefir			
CV753	Kefruit Elderflower	6 x 750ml	19.70	FOV
CV752	Kefruit Fig and Lemon	6 x 750ml	19.71	FOV
	Kombucha			
CV318	Apple Kombucha	6 x 1l	23.20	FGOSVB
CV256	Ginger Kombucha	6 x 1l	23.20	FOVB
CV060	Ginger Trilogy Kombucha	6 x 500ml	14.21	FOVB
CV245	Mango Kombucha	6 x 500ml	14.21	FOVB
CV258	Pomegranate Kombucha	6 x 1l	23.20	FOVB
CV259	Sunset Ltd. Edition Kombucha	6 x 1l	23.20	FOVB
	Zero Sugar			
CV322	Citrus Tangerine Kombucha	6 x 750ml	15.67	FGOV
CV343	Ginger & Lime Kombucha	6 x 750ml	15.67	FGOV
CV331	Red Fruits Kombucha	6 x 750ml	15.67	FGOV
<b>UCHA</b>				
CV158	Ginger Kombucha	12 x 350ml	15.16	FGOSV
CV161	Mango Kombucha	12 x 350ml	15.16	FGOSV
CV159	Raspberry Kombucha	12 x 350ml	15.16	FGOSV
<b>FRUIT - DRIED</b>				
<b>SUMA PREPACKS - ORGANIC</b>				
DR720	Dates -og pitted fairly traded	6 x 250g	13.46	FOV
<b>TROPICAL WHOLEFOODS</b>				
DR200	Fairtrade Organic Mango	14 x 100g	33.60	FOV
<b>ZAYTOUN</b>				
DR028	Palestinian Medjoul Dates	6 x 500g	60.07	FV
DR164	Palestinian Medjoul Dates	6 x 250g	27.11	FV
<b>GRAINS</b>				
<b>IBIS</b>				
QS088	Brown Long Grain Jasmine Rice	6 x 1kg	22.63	FOV
QS089	Semi-Milled Jasmine Rice	6 x 1kg	22.63	FOV
QS087	White Long Grain Jasmine Rice	6 x 1kg	22.63	FOV
<b>ZAYTOUN</b>				
QS014	Maftoul Giant Couscous	6 x 200g	17.76	FOV
QS131	Smoky Freekeh	6 x 200g	17.76	FV
<b>GRAVY, STOCK &amp; BOUILLON</b>				
<b>MARIGOLD</b>				
LJ178	Bouillon Reduced Salt	1 x 2kg	16.88	FGV
LJ208	Organic Bouillon	1 x 2kg	17.63	FGOV
LJ253	Organic Reduced Salt Bouillon	1 x 2kg	20.63	FGOV
LJ139	Original Bouillon	1 x 2kg	16.31	FGV
<b>HERB &amp; FRUIT TEA INFUSIONS</b>				
<b>BOS</b>				
TE241	Rooibos - Apple & Mint	12 x 20 bags	35.04	FGOV
TE281	Rooibos - Chai	12 x 20 bags	35.04	FGOV
TE242	Rooibos - Orange & Ginger	12 x 20 bags	35.04	FGOV
TE261	Rooibos - Strawberry & Vanilla	12 x 20 bags	35.04	FGOV

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<b>CLIPPER</b>				
TE035	Everyday Infusions Indian Chai	4 x 20 bags	9.26	FGOV
TE148	Food Service Range Chamomile	6 x 25 bags	16.23	FOV
TE166	Peppermint	6 x 25 bags	16.23	FOV
<b>HAMPSTEAD TEA</b>				
TE556	Peppermint Spearmint	4 x 20 bags	10.77	FOVB
TE557	Rosehip Hibiscus	4 x 20 bags	10.77	FOVB
<b>PUKKA</b>				
TE421	Clean Matcha Green	4 x 20 bags	15.26	FOV
TE609	Ginseng Matcha Green	4 x 20 bags	15.26	FOV
TE490	Mint Matcha Green	4 x 20 bags	15.26	FOV
TE232	Morning Berry	4 x 20 bags	15.26	FOV
TE095	Original (Black Spice) Chai	4 x 20 bags	15.26	FOV
TE542	Supreme Green Matcha	4 x 20 bags	15.26	FOV
TE094	Vanilla Chai	4 x 20 bags	15.26	FOV
	XMAS 2024			
TE230	Hero Collection	4 x 30 sachet	41.06	FO
TE269	Tea Advent Calendar	10 x 24 sachet	97.43	FO
TE292	Winter Warmer	4 x 20 bags	15.06	FOV
<b>HERBS &amp; SPICES - PREPACKED</b>				
<b>STEENBERGS</b>				
	XMAS 2024			
HE114	Mulled Wine Sachets-Fairtrade	6 x 20g	10.46	FOV
<b>HONEY</b>				
<b>COMVITA</b>				
HY023	10+ Manuka Honey	4 x 500g	168.00	FG
HY186	10+ Manuka Honey	6 x 250g	157.45	FG
HY687	15+ Manuka Honey	4 x 250g	174.85	FG
HY079	5+ Manuka Honey	6 x 250g	73.54	FG
HY155	5+ Manuka Honey	4 x 500g	78.85	FG
<b>EQUAL EXCHANGE</b>				
HY005	Organic Raw Clear	10 x 500g	61.46	FO
HY004	Organic Raw Set	10 x 500g	61.46	FO
<b>WAINWRIGHT'S</b>				
HY100	Organic Forest Honey - Clear	6 x 380g	21.43	FO
HY099	Organic Forest Honey - Set	6 x 380g	21.43	FO
<b>HOUSEHOLD PRODUCTS</b>				
<b>IF YOU CARE</b>				
	Cleaning			
NF223	Household Gloves - Large	12 x1ARgE	36.10	FV
<b>SEEP</b>				
NF037	Rubber Gloves Large	12 x 1 pair	27.60	VF
NF015	Rubber Gloves Medium	12 x 1 pair	27.60	VF
<b>NUT &amp; SEED BUTTERS</b>				
<b>SUMA ORGANIC</b>				
GH135	Peanut Butter, Crunchy + Salt	6 x 340g	19.54	FVO
<b>NUTS &amp; SEEDS</b>				
<b>ZAYTOUN</b>				
NU142	Caramelised Almonds	6 x 140g	27.17	FVS
NU121	Chilli Almonds	6 x 140g	27.17	FVS
NU154	Smoked Almonds - Fairtrade	6 x 140g	27.17	FSV
<b>OILS &amp; FATS</b>				
<b>ZAYTOUN</b>				
GT056	Olive Oil - Fair Trade	6 x 500ml	85.77	FOV
GT020	Olive Oil - Organic Fairtrade	6 x 250ml	51.38	FOV
GT022	Olive Oil - Organic Fairtrade	6 x 750ml	123.89	FOV

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<b>OLIVES</b>				
<b>HELLENIC</b>				
KJ396	Kalamata Pitted Olives	6 x 2kg	99.00	FGOV
<b>MANI</b>				
KJ388	Green Olives with Pink Peppers	6 x 205g	15.25	FOV
KJ386	Mixed Olives With Herbs	6 x 175g	17.94	FOV
KJ385	Mixed Olives With Rosemary	6 x 175g	17.94	FOV
<b>PASTA</b>				
<b>SUMA ORGANIC</b>				
	Paper Packaging			
WT200	Orecchiette Pasta	12 x 500g	17.00	FOV
WT175	Orzo Pasta	12 x 500g	17.00	FOV
WT160	Strozzapreti Pasta	12 x 500g	17.00	FOV
WT019	Tricolore Fusilli Pasta	12 x 500g	20.25	FOV
WT017	White Fusilli Pasta	12 x 500g	17.00	FOV
WT062	White Macaroni Pasta	12 x 500g	17.00	FOV
WT020	White Penne Pasta	12 x 500g	17.00	FOV
WT022	White Spaghetti Pasta	12 x 500g	17.00	FOV
WT035	Wholewheat Fusilli Pasta	12 x 500g	17.00	FOV
WT044	Wholewheat Penne Pasta	12 x 500g	17.00	FOV
WT045	Wholewheat Spaghetti Pasta	12 x 500g	17.00	FOV
<b>SNACK BARS &amp; FLAPJACKS</b>				
<b>TROPICAL WHOLEFOODS</b>				
	JUST 5			
KB769	Organic F/T Apricot & Almond Just 5	18 x 40g	16.28	FOV
KB590	Organic F/T Date & Cocoa JUST 5	18 x 40g	16.28	FOV
KB710	Organic F/T Mango & Brazil	18 x 40g	16.28	FOV
<b>SOFT DRINKS</b>				
<b>CHARITEA</b>				
JU598	ChariTea Black	24 x 330ml	28.80	FOSV
JU597	ChariTea Green	24 x 330ml	28.80	FOS
JU596	ChariTea Mate	24 x 330ml	28.80	FOSV
JU595	ChariTea Red	24 x 330ml	28.80	FOSV
<b>GUSTO</b>				
JU223	Fiery Ginger With Jalapeno	12 x 275ml	16.43	FOV
JU376	Naturally Slim Cola	12 x 275ml	16.43	FGV
JU353	Organic Real Cola	12 x 275ml	16.43	FGOV
JU224	Sicilian Blood Orange	12 x 275ml	16.43	FOV
JU159	Sicilian Lemon with Fresh Yuzu	12 x 275ml	17.66	FOV
<b>KARMA</b>				
JU035	Spicy Ginger Beer	12 x 350ml	21.43	FGOSV
<b>KARMA DRINKS</b>				
	Cans			
JU617	Gingerella Ginger Ale	24 x 250ml	21.64	FOSV
JU616	Karma Cola	24 x 250ml	21.64	FOSV
JU800	Karma Orangeade	24 x 250ml	21.64	FOSV
JU615	Lemony Lemon	24 x 250ml	21.64	FSOV
JU420	Razza Raspberry Lemonade Glass Bottles	24 x 250ml	21.64	FOSV
JU073	Gingerella Ginger Ale	24 x 300ml	32.14	FOVS
JU075	Karma Cola	24 x 300ml	32.14	FOSV
JU078	Lemony Lemon	24 x 300ml	32.14	FOSV
JU418	Razza Raspberry Lemonade	24 x 300ml	32.14	FOVS
JU302	Summer Orangeade	24 x 300ml	32.14	FOSV
<b>LEMONAID BEVERAGES</b>				
JU592	Lemonaid Blood Orange	24 x 330ml	28.80	FOSV
JU068	Lemonaid Ginger	24 x 330ml	28.80	FOSV
JU589	Lemonaid Passion Fruit	24 x 330ml	28.80	FOSV

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<b>SUGARS &amp; SYRUPS</b>				
<b>SUMA PREPACKS</b>				
LJ090	Golden Granulated Sugar	6 x 500g	16.61	FV
<b>EQUAL EXCHANGE</b>				
LJ500	Raw Cane Sugar - organic	10 x 500g	17.93	FOV
<b>MERIDIAN</b>				
HY012	Blackstrap Molasses - Organic	6 x 600g	14.74	FOV
HY300	Blackstrap Molasses - Organic	6 x 350g	10.71	FOV
<b>SUPERFOODS &amp; SPORTS NUTRITION</b>				
<b>NATURYA</b>				
MD040	Greens Blend Organic	6 x 250g	64.29	FGOV
<b>SUPPLEMENTS &amp; REMEDIES</b>				
<b>NATURES AID</b>				
MCT				
VM003	MCT Oil	6 x 500ml	75.78	FGV
<b>SWEET SNACKS</b>				
<b>BEAR</b>				
Yoyos in multipacks				
ZX009	Yoyo-Blueberry&Banana Smoothie	6 x 5 x 20g	13.97	FV
ZX050	Yoyos - Apple Multipack	6 x 5 x 20g	13.97	FV
<b>COTSWOLD FUDGE CO</b>				
ZX064	Vegan Btterscotch Fudge	12 x 150g	28.46	FGSV
ZX463	Vegan Chocolate Fudge	12 x 150g	28.46	FGSV
ZX464	Vegan Seasalt Fudge	12 x 150g	28.46	FGSV
ZX465	Vegan Vanilla Fudge	12 x 150g	28.46	FGSV
<b>TEAS</b>				
<b>CLIPPER</b>				
Food Service Range				
TE178	Fairtrade Everyday	6 x 100 bags	35.93	FV
TE448	Fairtrade Everyday One Cup Bag	1120 bags	27.35	FV
TE726	Fairtrade One Cup Teabags	440 bags	12.99	FV
Food Service Range - 250's				
TE152	Earl Grey	250 bags	21.43	FOV
TE451	Speciality English Breakfast	250 bags	21.43	FOV
Food Service Range - 6 X 25's				
TE150	Earl Grey	6 x 25 bags	15.51	FOV
TE161	Green Tea	6 x 25 bags	16.23	FOV
Green Tea 20's				
TE990	Green Tea with Lemon Organic	6 x 20 bags	13.76	OFV
TE989	Organic Pure Green Tea	6 x 20 bags	13.76	OFV
Pack 40				
TE154	Decaffeinated Green	6 x 40 bags	19.50	FOV
TE151	Decaffeinated Tea	6 x 40 bags	18.69	FOV
TE158	Earl Grey Decaff	6 x 40 bags	18.69	FOV
TE172	English Breakfast Tea Organic	6 x 40 bags	15.56	FGOV
TE983	FT Organic Assam	6 x 40 bags	13.36	FOV
TE177	FT Organic Earl Grey	6 x 40 bags	15.34	FGOV
TE168	FT Organic Everyday Tea	6 x 40 bags	15.34	FGOV
TE182	FT Organic Green Tea	6 x 40 bags	16.23	FGOV
TE183	FT Organic White Tea	6 x 40 bags	16.57	FGOV
Pack 80				
TE164	Decaffeinated Tea	4 x 80 bags	21.41	FOV
TE053	Earl Grey	6 x 80 bags	21.47	FOV
TE507	English Breakfast Organic	4 x 80 bags	14.33	FGOV
TE189	FT Organic Everyday Tea	4 x 80 bags	13.83	FGOV
TE190	FT Organic Green Tea	4 x 80 bags	14.96	FGOV
TE179	Green and Mint	4 x 80 bags	14.96	FOV
Super Green Teas				
TE379	Reviving Organic Green Tea	4 x 20 bags	9.26	FOV

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<b>HAMPSTEAD TEA</b>				
TE939	Clean Green	4 x 20 bags	10.77	FOV
TE936	Divine Earl Grey	4 x 20 bags	10.77	FOV
TE932	English Breakfast	4 x 20 bags	10.77	FOV
TE935	Pure Darjeeling	4 x 20 bags	10.77	FOV
<b>PUKKA</b>				
TE213	Elegant English Breakfast	4 x 20 bags	15.26	FOV
TE214	Gorgeous Earl Grey	4 x 20 bags	15.26	FOV
<b>QI</b>				
TE485	Fairtrade Green Tea	6 x 25 bags	10.32	FOV
TE114	Fairtrade White Tea	6 x 25 bags	11.64	FOV
TE112	Green Tea & Jasmine Looseleaf	6 x 25 bags	13.02	FOV
TE819	Fairtrade Chun Mee Tea	6 x 100g	14.82	FOV
<b>TOMATOES &amp; TOMATO PRODUCTS</b>				
<b>ORGANICO</b>				
KJ010	Sundried Tomatoes - og	5 x 190g	15.96	FOV
<b>TOOTH CARE</b>				
<b>DR BRONNER'S</b>				
DY544	Peppermint Toothpaste	1 x 105ml	5.59	FV
DY629	Spearmint Toothpaste	1 x 105ml	5.59	FV
<b>VEGAN &amp; OAT MILK</b>				
<b>GLEBE FARM</b>				
SY165	Almond Drink Barista	6 x 1l	12.54	FGV
SY164	Coconut Drink Barista	6 x 1l	11.21	FGV
<b>VEGETABLES</b>				
<b>ORGANICO</b>				
KJ016	Artichoke Hearts - og	5 x 190g	18.56	FOV
<b>WINES</b>				
<b>RED WINE</b>				
Chile				
WN030	Pico a Pico Merlot Carmenere South Africa	6 x 75cl	41.65	FV
WN114	Running Duck Cab. Sauvignon	6 x 75cl	45.82	FOV
WN197	Running Duck Merlot	6 x 75cl	44.43	FOV
WN196	Running Duck Pinotage	6 x 75cl	45.82	FOV
WN116	Running Duck Shiraz	6 x 75cl	44.43	FOV
WN138	Stellar Organics Merlot	6 x 75cl	45.82	FOV
<b>ROSE WINE</b>				
South Africa				
WN118	Running Duck Shiraz Rose	6 x 75cl	44.43	FOV
<b>WHITE WINE</b>				
Chile				
WN032	Pico a Pico Sauvignon Blanc South Africa	6 x 75cl	41.65	FV
WN008	Running Duck Chenin Blanc	6 x 75cl	44.43	FOV
WN115	Running Duck Chenin Sauv Blanc	6 x 75cl	44.43	FOV
WN019	Stellar Org. Sauvignon Blanc	6 x 75cl	44.43	FOV

# 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)