

Ethical Shopping in Exeter

TIPS TO HELP YOU SHOP MORE POSITIVELY IN EXETER



About this guide

Shopping 'ethically' is when we try to buy goods that do not negatively impact other people and the environment around us. Practically this can look very different for each individual depending on what their main concerns are e.g. animal cruelty, environmental impact, fairness of trade, conditions for workers etc. For those of us concerned about all these issues, it unfortunately can be hard to find products that fit all these requirements. You could always grow/make your own, re-purpose what you have or make do without. But for when you are hitting the shops, the tips in this guide may help you make more ethical shopping decisions in and around the Exeter area.

DISCLAIMER ALERT! This is not an exhaustive list of 'ethical' businesses in Exeter...but just some we wanted to share with you. We have tried to highlight mostly local businesses that you may be less aware of, but there are of course larger chain stores that also rate well in terms of ethicality. Check out how stores rate on the [Good Shopping Guide](#). Got suggestions/additions for us? message '[Eco action at Belmont](#)' Facebook group.

This guide was put together by the Eco-group at [Belmont Chapel](#) in Exeter.



Quick tips

- 1. Less is more, say no to fast fashion**
To reduce the vast waste and water pollution from this industry, buy quality, ethical clothes less frequently
- 2. Buy pre-loved**
So much can be found at a fraction of the price when bought second-hand
- 3. Choose local, in season and plastic-free fruit and veg**
Why? To reduce air miles, plastic use, cold storage and increase nutritional value
- 4. Buy less meat**
Why? To reduce soil, air and water pollution, and deforestation
- 5. Support local and trusted, and boycott the bad guys**
See our 'labels to look out for' section for the good, and Ethical Consumer's [list of brands](#) you might do well to avoid is helpful for the bad

'Ethical Consumer' offer a more comprehensive list of 'top tips' than us, so see their [webpage](#) if you have a thirst for more!

#MoneySaver = ethical shopping doesn't always have to cost more, see this symbol and this option is likely to save you money

#Pre-loved = this shows that items are second-hand rather than new



Fashion & gifts...

What's good

Ethical focus

Sancho's

Fore Street two shops
(men's and women's)

Adult clothing, accessories and gifts

Statement

Fair treatment of producers
Sustainable product materials and packaging
Some organic and vegan materials

Fat Face

Princesshay and national

Adult and children's clothing and accessories

Statement

Fair treatment of producers
Reducing carbon footprint
Supporting charities
Sustainable product materials and packaging

Sea Salt

Gandy street and national

Adult clothing and accessories

Statement

Animal welfare
Fair treatment of producers
Reducing carbon footprint
Sustainable product materials and packaging

Finisterre

High Street and international

Adult clothing

Statement

Fair treatment of producers
Sustainable product materials and packaging

Leela

Magdalen Road

Gifts

Statement

Fair treatment of producers
Sustainable product materials
Some local products
Some **#Pre-loved**

Oxfam

South Street and international

A charity selling second and first hand goods, including clothing, homeware, cosmetics and gifts

Statement

Charitable
Fair treatment of producers
Sustainable product materials and packaging
Some local products
Some organic materials
Some **#Pre-loved** and **#MoneySaver**

Kapbula

Paris Street

Children's clothes

Statement

Organic materials
Sustainable product materials and packaging
Supporting charities Support women entrepreneurs
Some local products

The Thrifty Stalk

online (but Exeter-based) and regular pop-up shops

Children's clothes

Statement

Organic materials
Sustainable product materials

Rapanui

online

Online clothes shop with high standards of environmental, economic and social sustainability

Statement

Circular approach (end-of-life clothes return)
Fair treatment of producers
Organic materials
Reducing carbon footprint
Sustainable product and packaging materials

Best #Pre-loved spots...

In Exeter city centre, check out [Sidwell Street](#) and [South Street](#). Also check-out [Jelly](#) on Fore Street for children's clothes. A little further out, try [Heavitree shops](#) (Force charity shop is like a tardis inside), [Cowick Street](#) and [Topsham](#).

Fore Street is sometimes shut-off in the summer months for a **flea market** of great food and second hand/craft goods. Keep an eye on upcoming [dates](#).

[Gloucester Road](#), Bristol- The whole road is lined with great charity shops with more carefully selected items for the funky dressers among you. There are also plenty of independent shops and cafes selling local goods, as well as [Scoop-away](#), a plastic free food shop with an extensive range of goods.

Cosmetics...

What's good

Ethical focus

Nourish

Topsham and Exeter

Plastic-free shopping, with an extensive range of dried goods (incl. herbs/spices and some sweet treats), milk, oils, toiletries, cleaning products etc.

Plastic free products

Zero

Fore Street

Plastic-free shopping, with an extensive range of dried goods (incl. herbs/spices and some sweet treats), oils, toiletries, cleaning products etc.

Plastic free products
#MoneySaver - they claim to price-match with leading supermarkets

BYBI

online

Beauty products available online

Statement

Animal welfare
Natural ingredients
Sustainable packaging Vegan ingredients

Oxfam

South Street and international

A charity selling second and first hand goods, including clothing, homeware, cosmetics and gifts

Statement

Charitable
Fair treatment of producers
Sustainable product materials and packaging
Some local products
Some organic materials
Some **#Pre-loved** and **#MoneySaver**

The Body Shop

Guildhall and international

Large range of cosmetics of every sort

Statement

Animal welfare
Fair treatment of producers Reducing carbon footprint
Sustainable packaging
Some vegan and vegetarian products

LUSH

Princesshay and national

A soap bar for every purpose!

Statement

Animal welfare
Fair treatment of producers materials and packaging
Support charity
Vegetarian products



Food glorious food...

Real Food Store

Queen Street

What's good

Food shop selling all food ranges (including some plastic-free food dispensers)

Ethical focus

Statement

Animal welfare
Cutting food waste
Fair treatment of producers
Local products
No air-freighted goods
Some organic products
Some plastic free products

Nourish

Topsham and Exeter

Plastic-free shopping, with an extensive range of dried goods (incl. herbs/spices and some sweet treats), milk, oils, toiletries, cleaning products etc.

Plastic free products

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Ben's Farm Shop

Magdalen Road &

Riverford

delivery

Groceries, meats and ready-made food goods sold at the counter in Ben's Farm Shop

Riverford most well known for their veg boxes

Statement

Local products
Organic products

Milk&More

delivery

Fresh produce from local small-scale producers delivered from an online shop

Statement

Fair treatment of producers
Some local products
Some organic products
Some plastic free products

Chococo

Gandy Street and
Exeter library

Everything involving chocolate, plus a café

Statement

Fair treatment of producers
Local products
Some vegan products

Shillingford organics

online but based in
Exeter

Veg box deliveries. Also featured at Exeter Farmers Market

Statement

Local products
Organic products

Seasons

Well Street

Small vegan food shop, sells some fresh bread and fruit/veg as well as dried goods, cosmetics and household goods

Vegan products
Some organic products

Sole of Discretion

online but based in
Devon

Fish caught with environmentally sustainable methods, by local fishers operating out of Plymouth harbour

Statement

Environmentally sustainable
Fair treatment of producers
Local products

Exeter vegan market

Corn Exchange

Bi-monthly market with everything from the vegan world

Vegan products
Some local products

Exeter farmers market

South Street

Every Thursday 8am-2pm

Local products
Some organic products

Buying food with better packaging ...

Many places enable you to get food without the plastic, or with alternatives to plastic where packaging is required. These include:

£ [Best One International](#) (Sidwell Street) fruit and veg

[Eat your greens](#) (Sidwell Street) fruit and veg

Fruit and veg stall across from Sainsburys (Sidwell street)

[The Grocer on the Green](#) (Magdalen Road), fruit and veg

[Darts farm](#) (Topsham), fruit and veg, deli counter, loose frozen goods like fruit and veg

Holland & Barrett (High Street), dried fruit and nuts.

Most supermarkets now do a range of loose and/or paper packaged fruit and veg, but some are better than others e.g., Morrisons and Tesco, or Lidl for nuts

Plastic free
Some local

Exeter Foodbank

multiple major supermarkets

Several supermarkets in Exeter have Foodbank donation points near the exit. You can pick up a few extra things while you do your shopping, and drop them in the collection point on your way out - they will be collected by Foodbank volunteers. See [here](#) for a list of cooperating supermarkets, and a regularly-updated list of products that are currently in high demand.

[Statement](#)
Social sustainability



Eating out...

What's good

Ethical focus

Rabbit
Well Street

Vegan Café

Vegan products

Mooplehog
Oakhampton

Café

Local products
Some vegan products

Herbies
North Street

Vegetarian restaurant

Vegetarian and vegan products

The Flat
Fore Street

Vegetarian restaurant

Vegetarian and vegan products

The Plant Café
Cathedral Green

Vegetarian café

Cutting food waste
Local products
Sustainable product materials and packaging
Vegetarian and vegan products

Sacred Grounds
Fore Street

Vegan café

Organic products
Vegan products

Boston Tea Party
Queen Street

Named the most [ethical café](#) in Britain 2019

Fair treatment of producers
Local products
Sustainable packaging
Some organic products

Chococo
Gandy Street and
Exeter library

Everything involving chocolate, plus a café

[Statement](#)
Fair treatment of producers
Local products
Some vegan products

Other places with good
vegetarian and vegan
options....

[Old Firehouse](#) (New North Road)
[The Exeter Stable](#) (Guildhall)
[Thai Jasmine](#) (Fore Street)
[Hidden Treasure Tea Room](#) (New Bridge
Street)

Vegetarian and vegan products

In the home...

	What's good	Ethical focus
Pinbrook Road recycling centre shop Pinhoe	Rescued from the tip, all items are super cheap and may require a bit of upcycling, but you can get some real bargains	#Pre-loved #MoneySaver
Hospiscare Furniture & Electrical Warehouse Marsh Barton	Furniture and electricals	#Pre-loved #MoneySaver
British Heart Foundation Sidwell Street	Furniture and electricals	#Pre-loved #MoneySaver
Private individual sellers...	See Gumtree , Freecycle for #Pre-loved goods of all varieties in the local area	#Pre-loved #MoneySaver

Going the extra mile...

Storing your money wisely if you haven't spent it all...

Your money can impact upon others and our environment even when it is not in use, so it is good to think seriously about who you bank with. Here are some banks rated highly for their ethicality:

- [Triodos](#)
- [Charity Bank](#)
- [Co-operative Bank](#)
- [Shared Interest](#)
- [Oiko Credit](#)

Energy

- [Bulb](#)- 100% renewable electricity, and 100% carbon neutral gas
- [Ecotricity](#)- 100% renewable electricity, and frack-free green gas
- [Good energy](#)- 100% renewable electricity, and 100% carbon neutral gas

Transport

- [Co-cars](#)- electric vehicle hire using 100% renewable energy power
- Ask if your work subscribes to the '[cycle to work scheme](#)'
- For those who need to fly or travel lots, there's [carbon offsetting](#), but it's always much better to cut carbon emissions

Holidays

Explore all there is to see and do in the UK. Or 'let the train take the strain' in Europe, finding [cheap deals](#) or buying [InterRail](#) tickets

Carbon offsetting

More info from [Climate Stewards](#) and [Ethical Consumer](#)

Labels to look out for...

Fairtrade sets social, economic and environmental standards for both companies and the farmers and workers who grow the food we love. For farmers and workers the standards include protection of workers' rights and the environment, for companies they include the payment of the Fairtrade Minimum Price and an additional Fairtrade Premium to invest in business or community projects of the community's choice.



When all the ingredients that can be Fairtrade in a product are, the product carries this Mark...

Companies can choose to source only one ingredient on Fairtrade terms for their ranges, in which case products may carry this Mark...



Organic goods are products of a farming system which avoids the use of man-made fertilisers, pesticides; growth regulators and livestock feed additives. Irradiation and the use of genetically modified organisms (GMOs) or products produced from or by GMOs are generally prohibited by organic legislation.



There are several organic certifications, but the most widespread is the Soil Association's. Organic food has to meet legal environmental and high animal welfare standards.



The Global Organic Textile Standard (GOTS) is the worldwide leading textile processing standard for organic fibres, including ecological and social criteria, backed up by independent certification of the entire textile supply chain. The standard covers the processing, manufacturing, packaging, labelling, trading and distribution of all textiles made from at least 70% certified organic natural fibres

Vegetarian and vegan - Vegetarians and vegans don't eat products or by-products of slaughter e.g., Meat and fish. In addition, vegans don't eat any animal related products e.g., cow's milk, eggs, honey or cheese, so their diet is purely plant based.

Leaping Bunny - Eight national animal protection groups banded together to form the Coalition for Consumer Information on Cosmetics (CCIC). The CCIC promotes a single comprehensive standard and an internationally recognized Leaping Bunny Logo. The Leaping Bunny Logo is the only internationally recognized symbol guaranteeing consumers that no new animal tests were used in the development of any product displaying it.



Cruelty free - In the animal rights movement, cruelty-free is a label for products or activities that do not harm or kill animals anywhere in the world. Products tested on animals are not considered cruelty-free, since these tests are often painful and cause the suffering and death of millions of animals every year.

Free range - "Free range" is one of the most potentially misleading labels because of the discrepancy between what it implies and what is required to make the claim. The "free range" claim on a label suggests

that the animals were able to range freely outdoors; however, the claim does not have to be verified through on-farm inspections, and producers can make the claim on a label as long as the animals were given *some* access to an outdoor area of unspecified size. For chickens, this outdoor area does not have to be big enough to accommodate all birds. The luckiest free range hens can enjoy living in a small flock of 4,000 or less; they can access pastures with range enrichment such as trees, shade and shelter provision. Checking the eggs before you buy them is important. All eggs sold in the UK must be stamped with the



Certification Mark

method of production: 0=organic, 1= free-range, 2=barn, 3=caged and state this on the carton. The British Lion symbol also tells you that the eggs are British-laid and have been vaccinated against salmonella. Price is a good indicator of how the hens that laid the eggs were raised. If you buy your eggs from the supermarket, the cheapest are likely to be from hens kept in cages, while the most expensive organic brands are potentially the highest-welfare. But bear in mind that although many free-range and organic hens have idyllic lives, much depends on the individual producer and production standards vary wildly. Eggs carrying the

Freedom Foods logo however do receive regular inspections to ensure high welfare standards are maintained.

Freedom Food: UK farm assurance scheme for higher livestock welfare standards, independently assessed by the RSPCA.

As far as beef or sheep are concerned the suggestion is that going for '**grass fed**' is a good guide.

Dolphin safe products are those that have been certified by the International Marine Mammal Project which has led the fight to protect dolphins, whales and the ocean environment from the damages of fishing.



Certified



Corporation
bcorporation.net

'Ethical' and 'sustainable' certifications- **Certified B Corporations** are a new kind of business that balances purpose and profit. They are legally required to consider the impact of their decisions on their workers, customers, suppliers, community, and the environment. This is a community of leaders, driving a global movement of people using business as a force for good e.g., Ben and Jerrys and Patagonia.

Ethical Trading Initiative - they influence business to act responsibly and promote decent work, aiming to tackle the complex challenges of today's global supply chains, improving the lives of workers worldwide.



Red Tractor is the UK's biggest farm and food standards scheme, covering all of animal welfare, food safety, traceability and environmental protection. They are a



small, not for profit company, run by the food industry to ensure food comes from a trustworthy and safe source. The way that the food is farmed and prepared is regularly checked by independent experts to make sure it is of a good standard. Checks that UK farm produce (meat, poultry and dairy) meet basic standards of safety, hygiene, welfare and environmental good practice.

Marine Stewardship Council: Eco-label certifying the fish comes from a fishery that has been independently assessed as sustainable.





Rainforest Alliance's green frog certification seal indicates that a farm, forest, or tourism enterprise has been audited to meet standards that require environmental, social, and economic sustainability. A merger between Rainforest Alliance and UTZ is currently underway.



Carbon Trust certifications are the world's first certification for organisational CO₂e. The Carbon Trust Standard Certification pinpoints resource consumption and helps improve operational efficiency at the product, organisational or supply chain levels.

Meaningless labels

All Natural and 100% Natural

These terms have no legal definition. For example, 'all-natural' products can come from factory farms where mother pigs spend much of their lives in cages so small they cannot even turn around. Chicken labelled as 'all-natural' can come from factory farms where the animals have been selectively bred to grow so rapidly that their legs become painfully crippled from the weight of their bodies.

Farm Fresh

Just like 'all-natural', the label 'farm fresh' simply has no legal definition, meaning it can be widely used on all kinds of products. 'Farm fresh' might sound reassuring but it can be found on factory farmed meat and dairy products.

Butchers Choice

People might assume that a butcher would only choose the best, high welfare meat for their customers. This label also has no legal definition, so is completely meaningless when put onto a package of meat.