

**EASIEST DIET EVER! GO ORGANIC, LOSE WEIGHT**

Printed on 100% recycled paper

# Organiclife

for your health, home, body & soul

August 2006 • Issue 10 • £2.99

## SOYA SO GOOD?

**GM THREATENS ORGANICS - WHAT YOU CAN DO**

**"I REHOME  
BATTERY HENS"  
SO CAN YOU!**

**GROW YOUR  
OWN EASY  
FRUIT  
AND VEG**

### JUST4KIDS

- Eco-fun days out & sun 'n' games in
- Down on the poultry farm
- Stop TV ads aimed at kids

*fresh, organic*  
*the perfect*  
*picnic*

**BISCUIT BITES BEST NIBBLES TESTED**



### GRANDMOTHER'S FOOTSTEPS

is more sedate. The players line up while 'Grandmother' stands with her back to them on the other side. To win they have to sneak up to Grandmother without being seen and touch her back. If the Grandmother turns round, the players must freeze as anyone seen moving is sent back to the start.

### CATCH THE DONKEY

is a great way for children to practise their catching and throwing skills. Each time they drop a ball they gain a letter from the word 'Donkey' until they have all the letters and lose. The winner is the last one left.

### STUCK IN THE MUD

is a twist on the easiest game of all... 'IT!' Any child who is 'tagged' has to stand still in a star shape until they are freed by another player crawling between their legs.

### HOPSCOTCH

can provide plenty of exercise! On the ground, draw three single squares in a row, then two squares side by side, then two more single squares, ending with two squares side by side. Number the squares from one to nine. Players throw a stone on the first square then hop on each square to the other end, turn round and come back again, picking up the stone. They then throw the stone on to the second square and so on. If the child puts both feet on a square, steps on a square that the stone is on, or misses the correct square with their stone, then they skip a go.

### MARBLES

is an old favourite. The aim is to snaffle playmates' marbles by throwing marbles in turn, trying to hit those belonging to opponents. Any that are hit are won by the successful thrower. Alternatives can include having to hit the marbles out of a circle or getting as close as possible to a target marble.

### NATURE'S BEST

When we asked four-year-old Sol White Wood from Glasgow which games he likes, he refused to admit that he played anything other than football! However, he and his friend Holly McCartney, five, have invented a great game for outdoors. They thought a particular tree's bark felt like elephant skin and so decided to hunt out other trees and plants and say what animal it felt like. Rats, hamsters and snakes were guessed at and, with adult help, they managed to identify the plants.

A nature treasure hunt is fun for older children and helps them to discover what creatures and plants live in the garden or

park over the summer months. A list of clues is given to each group or child and the first one to solve the clues and locate all the plants or animals is the winner. The examples below are just a starting point...

1. I'm red with black spots and eat aphids (ladybird)
2. I have white petals and you can make necklaces with me (daisy)
3. I look like the sun and can grow very tall (sunflower)
4. I live in a shell and leave a slimy trail wherever I go (snail)
5. I have green leaves and smell like toothpaste (mint).

### Tiny tots' toys

1. Practise yoga moves by copying Tatty Bumpkin™. This bendy doll is made by a fair-trade co-op in Sri Lanka and comes with a little instruction card. £15 [www.tattybumpkin.com](http://www.tattybumpkin.com)



2. Dig up sand and gravel with this PVC-free bucket and spade set with eight colourful seaside characters, including a fish and turtle. £9.99 [www.greenbaby.co.uk](http://www.greenbaby.co.uk)



3. Knock their socks off with these six hand-painted pirate skittles made from sustainable rubberwood. Three balls are also included in this fair-trade game from Sri Lanka. £20.95 [www.bynature.co.uk](http://www.bynature.co.uk)



4. This funky little Peruvian shaker for budding musicians is simply some stones sealed inside a dried cactus stem with a rainbow wrapped around it. \$4 [www.tearcraft.org](http://www.tearcraft.org)



Clean Slate

84



Nixie Clothing

85



Tatty Bumpkin

86



Aravore

87



Eternal Creations

88



One World Uniforms

89

90 A made to measure wedding dress company using organic, fair trade and vintage fabrics, including silk, hemp and cotton. New to the range is vegetarian Peace Silk. [www.wholly-jocook](http://www.wholly-jocook) 91 Plan your whole wedding ethically [www.ethicalweddings.com](http://www.ethicalweddings.com) 92 Working with small-scale mining communities (Oro Verde) providing a fair trade alternative that puts labour standards and care for the environment uppermost. Cred are launching a 18ct Gold Platinum and Diamond wedding collection in 2007. [www.credtv](http://www.credtv)



Wholly Jo

90



Ethical Weddings

91



Cred Jewellery

92



Ethical Wares

93



Bourgeois Boheme

94



Vegetarian Shoes

95



Freerangers

96

93, 94, 95, 96 A selection of cruelty free vegan shoes and accessories from (left to right) [www.ethicalwares.co.uk](http://www.ethicalwares.co.uk); [www.bbohome.com](http://www.bbohome.com); [www.vegetarian-shoes.co.uk](http://www.vegetarian-shoes.co.uk) and [www.freerangers.co.uk](http://www.freerangers.co.uk)



Fairdeal Trading

97



Also try

98 Ethical undies from Green Knickers, [www.greenknickers.org](http://www.greenknickers.org)

99 Fair Trade pants from [www.pantstopoverty.com](http://www.pantstopoverty.com)



Timberland

100



Patagonia

101

97 Fair Trade sports kits and accessories for teams and schools, from Fair Deal Trading. Visit [www.fairdealtrading.com](http://www.fairdealtrading.com)

100 For outdoor clothing, Timberland are committed to organic sourcing and are launching a new sustainable flagship store in Regent Street, London with an ethical marketplace. [www.timberland.com](http://www.timberland.com) 101 Patagonia use recycled plastic in the production of their outdoor wear. [www.patagonia.com](http://www.patagonia.com)