

## Reflections

### FOOD, GLORIOUS FOOD

I was reminded of the Lionel Bart hit song from his musical 'Oliver' when West Devon staged their 'Food Heaven' event at the end of July. It was a marvellous opportunity in a wide variety of settings to sample delicious locally sourced produce. Giving local producers a fair chance to find markets for their produce addresses issues of carbon footprint and can have benefits in flavour and taste. When it comes to commodities that we cannot produce in this country e.g. coffee, tea, bananas and chocolate, seeking fairness for local producers is equally important.

This poem won a prize in an East Devon Fairtrade Fortnight competition, and was written by Edna Eglinton.

#### The World Needs to Find True Balance

We listen to the worries of people  
in overcrowded cities and see  
them rush about, concerned  
with important things to do,  
to buy, to read, to watch, to eat,  
as advertisements command.

We hear that the balance is kept  
on the other side of the globe  
by people who starve, falter,  
and lose the struggle to live.  
Fair payment for their products  
could give new strength and hope,

could enable children to go to school;  
mothers to earn enough to feed them;  
communities to co-operate  
for technology and clean water.  
With the help of residents and traders  
Exmouth could make a difference.

Your budget can carry the weight  
of a few extra pennies on your coffee.  
Ask your Supermarket today  
to supply Fair Trade goods  
and to pass on the pennies  
to be made into pounds of hope.

It is my hope that we could interchange Okehampton for Exmouth!  
Even at a time of tight budgets it is Food for Thought.

Okehampton Times 14 August 2008

Cynthia Higbee

