



THE LITTLE BOOK OF FAIRNESS

SHAREDINTEREST
INVESTING IN A FAIRER WORLD

- WELCOME -

This is the Little Book of Fairness, and I'm Captain Cocoa, the superfruit cocoa pod. Before we begin I would like to introduce you to my new friend Bravo Brazil, the superfruit Brazil nut. Bravo Brazil is from Peru in South America.

We work with Shared Interest and believe in a fairer world. Shared Interest helps farmers in 49 countries. They make sure fair trade farmers are paid well and have enough money to live.

HELLO, MY
NAME IS BRAVO
BRAZIL!



DID YOU KNOW?

If you see food or handcraft products in the shops with either of these logos, you know that the producers have been paid fairly.



A DAY IN THE LIFE OF A BRAZIL NUT FARMER

This is Esmiker he works on a Brazil nut farm in the Peruvian Amazon. This area is known for having the greatest diversity of plant and animal species on earth.

The co-operative Esmiker works for is called Candela Peru. Candela farmers collect Brazil nuts from the rainforest and sell them around the world. Shared Interest works with Candela to make sure farmers are paid fairly.

Every day Esmiker gets up at 6am and eats a breakfast of rice and beans with his family before work. He takes a fermented banana drink as a snack while he works. Esmiker lives on a concesión - this is a piece of land used specifically for collecting Brazil nuts.



DID YOU KNOW?
Brazil nut gatherers are called Castañeros



Scan with your smartphone to view our animation on climate change or visit www.shared-interest.com/schools



BRAZIL NUT NUTRITION VALUES

Brazil nuts are packed full of energy and are highly nutritious.

Eating Brazil nuts may benefit your health in several ways, such as supporting your heart, brain and immune system.

SODIUM FREE

CHOLESTEROL FREE

SUGAR FREE

(per 28g)

187
CALORIES

19g
FAT

4g
PROTEIN

21g
FIBRE

3.3g
CARBS



BRAZIL NUT BENEFITS



DID YOU KNOW?

Brazil nuts grow inside a round, coconut-like shell, in orange-like segments that, when split open, reveal about 12-20 Brazil nuts.



IMMUNE SYSTEM

Brazil nuts are rich in selenium. Selenium is vital for your immune system. It also helps prevent damage to your body's cells and tissues.



GOOD FOR YOUR HEART

Brazil nuts contain heart-healthy fatty acids and are rich in antioxidants, minerals and fibre, all of which help keep your heart healthy.

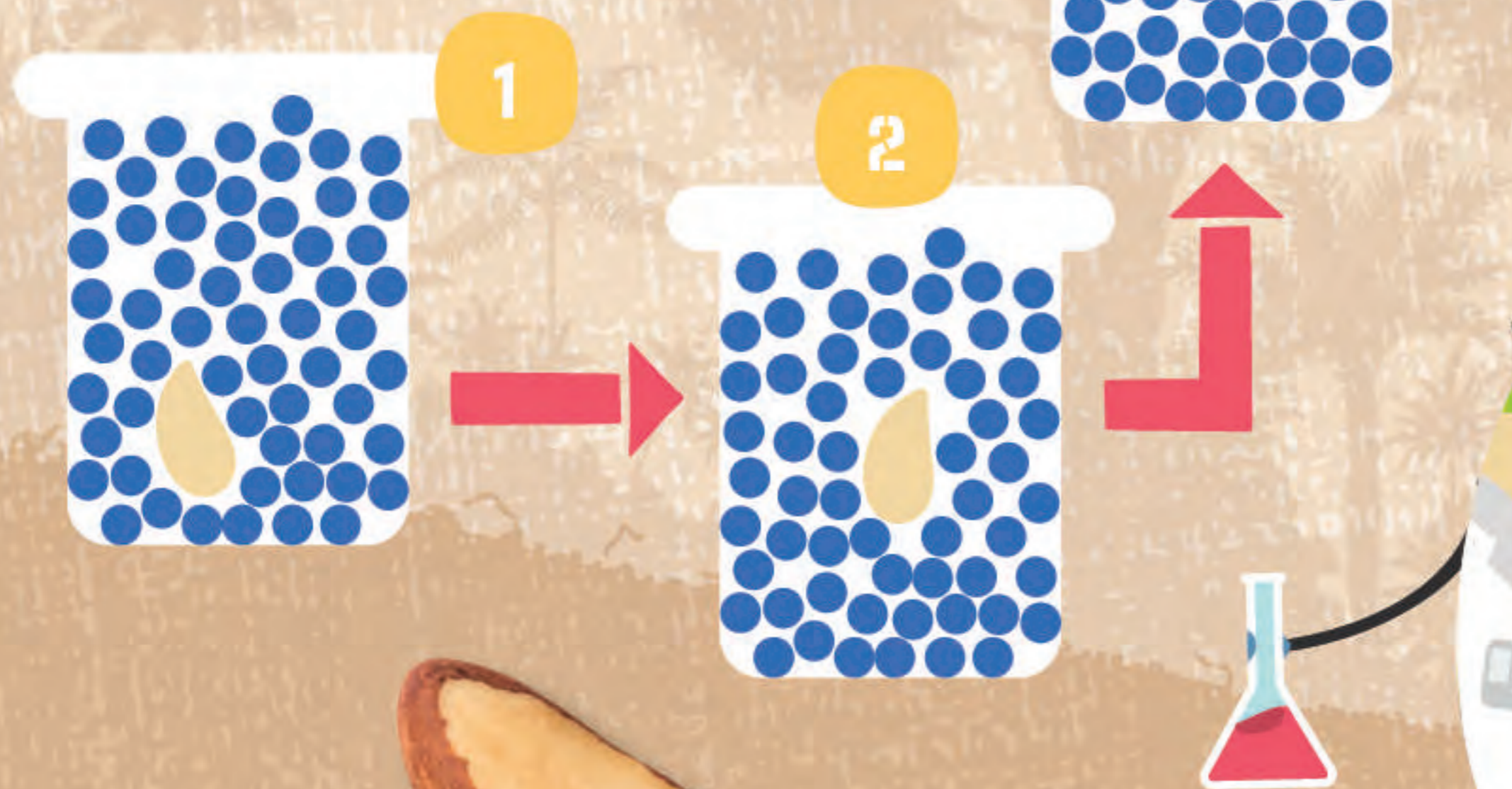


VITAMINS

Brazil nuts contain vitamin E, which gives you healthy skin and eyes.

THE BRAZIL NUT EFFECT

The Brazil nut effect is a common name for the phenomenon where large particles tend to rise to the top of a mixture when it is shaken.



You can try out this experiment for yourself by asking an adult to help. As the mixed nuts are shaken, the Brazil nuts gradually shift into a more vertical position. This allows peanuts to tumble down around them, pushing the Brazil nuts higher and higher.



NUT OR NOT



ACORN

NUT NOT



WALNUT

NUT NOT

A nut is a fruit consisting of a hard or tough nutshell protecting a kernel which is usually edible. In general a wide variety of dry seeds are referred to as nuts.

Can you guess what is a nut and what is not?



HAZELNUT

NUT NOT



PEANUT

NUT NOT



COCONUT

NUT NOT



BRAZIL NUT

NUT NOT



CHESTNUT

NUT NOT



ALMOND

NUT NOT





- 130g of whole Fairtrade Brazil nuts
- 60g of Fairtrade peanut butter
- 2 tablespoons of Fairtrade cocoa powder
- 1/4 teaspoon of sea salt
- 2 tablespoons of maple syrup
- 50g of desiccated coconut

TAKE ME SHOPPING!

To make your no bake Brazil nut bites you will need the following ingredients:



P.S If you do not want to use Brazil nuts you can replace these with seeds or toasted oatmeal.

HOW TO MAKE: NO BAKE BRAZIL NUT BALLS

The Brazil nut balls can be popped in the freezer and enjoyed at a later date

INGREDIENTS



130g of whole Fairtrade Brazil nuts



60g of Fairtrade peanut butter



2 tablespoons of Fairtrade cocoa powder



1/4 teaspoon of sea salt



2 tablespoons of maple syrup



50g of desiccated coconut



1. Crush the Brazil nuts using either a food processor or grinder.



2. Tip all the ingredients into a bowl and mix together with a wooden spoon.



3. Using your hands, scoop out the mixture and form into balls.



4. Roll the balls in the coconut flakes.



5. Store in the fridge until ready to eat!



Scan with your smartphone to watch our instructional cooking video.





DID YOU KNOW?
 The Brazil nut tree is one of the largest and longest-lived trees in the Amazon rainforest.



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WHERE DOES OUR SHOPPING COME FROM?

When we go to the supermarket, it can be fun to think about where the products on the shelves are grown or made. These are some of the organisations Shared Interest helps.

1. AUSTRIA

Lemberona works with farmers who produce dried fruits, nuts and spices. They make sure farmers in countries like Uzbekistan are paid fairly. Uzbekistan is double landlocked. This means it is surrounded by land rather than sea, which makes it more difficult to export products.

3. PERU

Alto Huallaga works with over 450 cocoa farmers in Peru. The cocoa they produce is high quality, which guarantees a good income for its members.

2. GHANA

TradeAID works with basket weavers in Northern Ghana. The land they work on is difficult to farm and so the majority of the population relies on handcrafts to make a living.

4. UGANDA

Kibinge works with coffee farmers in Uganda. Isolated from other towns and villages, coffee provides the sole source of income for most of the community.

EXPLORE IT FURTHER: THE AMAZON



Shared Interest gives finance to Candela so they can pay the Brazil nut gatherers in the Amazon. **Can you remember what they are called?**

The Amazon is the world's largest tropical rainforest. Covering over 5.5 million square kilometres, it is so big that the UK and Ireland would fit into it 17 times!

This area of immense natural beauty plays an important role in limiting climate change. This is because the rich vegetation takes carbon dioxide (a greenhouse gas) out of the air and releases oxygen.



RICH ECOSYSTEM

The Amazon has an incredibly rich ecosystem, meaning it has thousands of different types of plant and animals:

40,000
Plant Species

1,300
Bird Species

430
Mammals

25
MILLION
Different
Insects

3,000
Types of Fish

CLIMATE CHANGE

Climate change describes a change in the typical weather of a region over a long period of time.

It can cause extreme weather conditions. The Peruvian Amazon can suffer from too much rainfall, which causes flooding in the wet season. At other times, there may be severe dry spells called droughts. It is difficult to grow Brazil nuts when this happens.



DID YOU KNOW?

We believe that the only way to save the rainforest is to make everyone aware of its importance and of the many raw materials that are available and can be sourced sustainably.

Brazil nut producer in the Amazon rainforest



POLLINATION

Brazil nut trees flower during the dry season through to the wet season. In the autumn and winter months, the tree produces large yellow flowers that bloom and fall to the forest floor on a daily cycle. This means there is only a small amount of time for the flowers to be pollinated.

They can only be pollinated by large-bodied bees that are strong enough to prise open the flower. These Euglossine, or Orchid Bees, have large, huge tongues and they like to live in wild undisturbed forests, that contain orchids.

Orchid Bees look a little different to the yellow and black ones you are used to seeing



Brazil nut plants in the Amazon rainforest



The flower of the blueberry plant at a farm in Chile, South America



DID YOU KNOW?

Falling Brazil nut tree pods can travel at speeds of 50 mph.

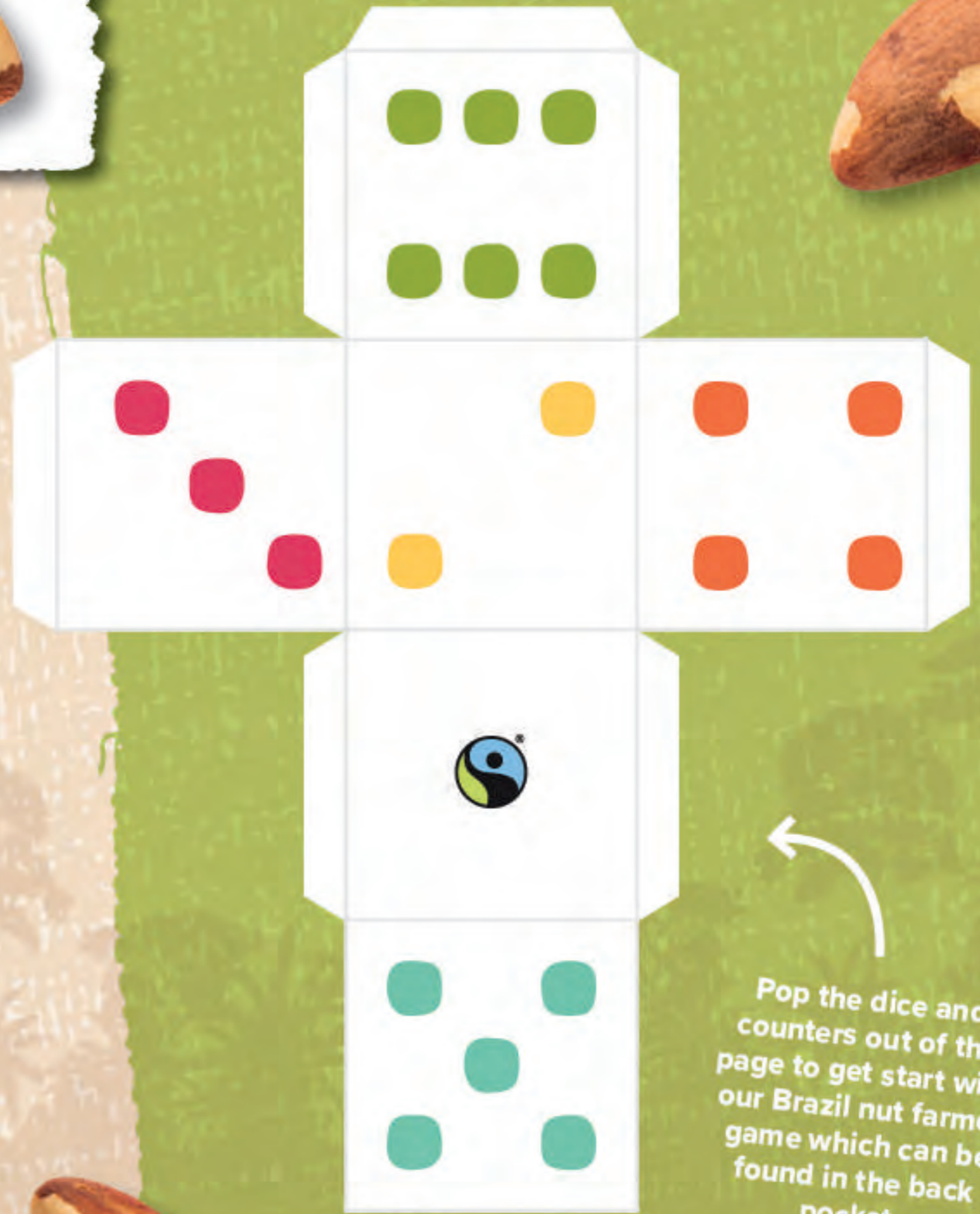


DRAW OUR NEXT SUPERHERO

Our next hero will be a chilli!

Draw your hero here, tear off this page and post it to: **Shared Interest Society, Pearl Assurance House, 7 New Bridge Street, West Newcastle upon Tyne NE1 8AQ** for the chance to win our competition to design the next Shared Interest superhero.

GAME SHEET



Pop the dice and counters out of the page to get start with our Brazil nut farmer game which can be found in the back pocket.

POST ME!

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INVESTING IN A FAIRER WORLD

Pearl Assurance House,
7 New Bridge Street West,
Newcastle upon Tyne
NE1 8AQ





HOW TO PLAY

- Players take turns in a clockwise order; highest throw of the die starts.
 - A piece simply moves in a clockwise direction around the board given by the number thrown.
 - Players must throw a 1 or 6 to move a piece from the starting circle onto the first square on the track.
 - A throw of a 6 gives another turn.
 - If a piece lands on a piece of a different colour, the piece jumped upon is returned to its starting circle.
 - If a piece lands upon a piece of the same colour, this forms a block. This block cannot be passed or landed on by any opposing piece.
- 

WINNING

- When a piece has completed a full circuit of the board, it moves up the numbered home column.
- A piece can only be moved onto the home column by an exact throw.
- The first person to move all 4 pieces into the home column wins.



NUT OR NOT ANSWERS

Acorn - NUT, Walnut - NOT, Hazelnut - NUT,
Peanut - NOT, Coconut - NOT, Brazil nut - NOT,
Chestnut - NUT, Almond - NOT



DID YOU KNOW?

The FSC serial number will tell you where this booklet was printed.

CONNECT WITH US



**THANKS FOR READING
THE LITTLE BOOK OF FAIRNESS**



For parents/guardians/teachers: If you have enjoyed the activities in this booklet, please visit our website to discover more free resources.

For teachers: We can visit your school to help pupils learn more about Fairtrade. If you're interested, contact our membership team on **0191 233 9102** or at **membership@shared-interest.com**

You can write to us at: Shared Interest Society, Pearl Assurance House, 7 New Bridge Street West, Newcastle upon Tyne NE1 8AQ



**PLEASE PASS ME ON TO A
FRIEND OR RECYCLE ME**

shared-interest.com/schools