

# SUSTAIN- ABLE LIFESTYLE GUIDE

Background information and shopping guides for the Lower Rhine  
Region around: Kleve, Goch, Weeze, Kevelaer, Geldern, Kamp-Lintfort  
and Xanten

# IMPRINT

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## FOREWORD BY SEBASTIAN VAN LEDDEN, EINE WELT NETZ NRW

This project started as a group work at the Rhine-Waal University of Applied Sciences in Kleve in 2019. During that time I was advising three different groups of students during their applied project seminar in the master's program Sustainable Development Management.

The master's program in Sustainable Development Management integrates and connects the parts of economics and political science relevant to sustainable development. These are supplemented by empirical methods and modules of project management.

The applied project is designed to be an opportunity for the students to gather practical experience. I was very happy that the group decided to trust me and work on aspects of sustainability in the region. When it became clear, that the group wanted to create a guide on aspects of sustainable lifestyle in the region, I knew that there would be a lot of work for us ahead.

Now, almost one year after we started the group work, the guide - in its current version - is about to be published and it exceeds my initial expectations. In a combined effort, the group managed to identify, visit and systematize a large variety of shops, markets and committed groups in the Lower Rhine Region, in and around Kleve, Kevelaer,

Kamp-Lintfort, Goch, Geldern, Weeze and Xanten. The group encountered a vast number of engaged individuals and interesting places conveying a sustainable lifestyle.

All the work that the group put into the guide really shows: There are so many details and ideas, so much information that the group gathered. In the end - the group came up with a very comprehensive and impressive perspective on sustainability in the region.

Allow me to thank the members of the group, Abraham, Adeola, Lisa, Regina and Zeynab, for all the work they've put in to this!

And of course a big thank you as well to all of the people that participated with their contacts and input in the realization of this guide - all those who, with their daily work, want to make a difference for future generations to come!

But there's still room for more: I'm sure that there already are and hopefully in the future will be more shops, initiatives and groups working on sustainable topics and products that could be included in this guide.

I hope this guide can provide you with useful addresses and contacts - I wish you a pleasant reading!

# SUSTAINABLE CONSUMPTION

BY REGINA WILHELM



Quelle: Asia Waste Management Outlook - Scientific Figure on ResearchGate. Available from: [https://www.researchgate.net/figure/Key-Elements-of-Sustainable-Consumption-and-Production-Source-UNEP-2010\\_Figs\\_320464172](https://www.researchgate.net/figure/Key-Elements-of-Sustainable-Consumption-and-Production-Source-UNEP-2010_Figs_320464172) [accessed 6 Dec. 2020]

Recently, the subject of sustainable consumption has gained an increased importance in our everyday life. In today's globalised world, households and individuals buy various consumer goods which have been produced partly or completely in different countries of the world. Along the importance for economic progress and prosperity, the consumption of different consumer goods serves human needs for food, housing, mobility, entertainment, and also allows us to lead an individualised lifestyle.

However, our prevailing consumption patterns entail an immense use of energy and natural resources and have actual long-term effects. For once, the manufacturing of these goods results in a huge production of emissions and an extensive uptake of natural resources. At the same time, the production of our desired goods frequently causes unacceptable social and environmental impacts across the production and value chains of the manufacturing companies. That is the case because many big transnational companies place their production sites in countries where the production of consumer goods is based on globally spread, non-transparent and complex supply and production chains.

As a result, such companies are able to exploit comparably low environmental and human rights standards, mostly in countries of the global South.

The horrible incident of the Rana Plaza collapse near the Bangladeshi capital Dhaka is unfortunately a well-known example in this context. The Rana Plaza was a place of

production of fast fashion goods, in fact also for German companies.

This incident of 24th April 2013, when 1132 textile factory workers died has become an allegory of the dangerous conditions under which many garment workers in the global South are still employed.

In addition, such horrible working conditions are accompanied by negative environmental impacts, like the pollution of water, the use of toxic chemicals and increasing levels of waste production.

Besides the textile industry, also the cacao, coffee, tobacco, and coal sector are prominent examples when it comes to social and environmental exploitations. Such human and environmental exploitations are often embodied in endangering working conditions, forced labour, poverty wages, physical and mental abuse, but also land grabbing and child labour, as well as the pollution of waters, such as chemical pollution of rivers that frequently serve as a source of drinking water.

This is where sustainable consumerism bears a great potential to counteract the negative environmental and social effects. On one hand, it is clear that states and producers bear a huge responsibility for the default of social and environmental standards within their sphere of jurisdiction. But on the other hand, we must keep in mind that the forces of demand and supply are closely interlinked and thus, the demand for particular products

influences the supply of these products. Consequently, another way to approach this problem is to address our consumption behaviour and steer it towards more sustainable consumption patterns.

We think that our consumption behaviour could become more sustainable if social and ecological aspects are taken into account when buying and using a product. This means to buy more consciously, differently, or simply, to buy less (Der nachhaltige Warenkorb, 2019) and prolong the life of our already possessed goods whenever possible. Thereby our consumerism could direct our economy towards a greater sustainability in the production and value chains of our desired goods.

## Sustainable Consumption and the Agenda 2030 for Sustainable Development

Overall, the issue of sustainable consumption is closely connected to the Agenda 2030 and its 17 Sustainable Development Goals (SDGs), which have been adopted by all 193 UN member states in September 2015 who have developed a 15-year plan for the entire international community to achieve these goals. The Agenda and its SDGs are also described as "a universal call to action to end poverty, protect the planet and improve the lives and prospects of everyone, everywhere" (UN, 2020).

After Germany has ratified its obligation to the Agenda 2030, it has committed itself to sustainable development within its "National Sustainable Development Strategy"

Der nachhaltige Warenkorb (2019). Retrieved from [www.nachhaltiger-warenkorb.de/nachhaltiger-konsum/](http://www.nachhaltiger-warenkorb.de/nachhaltiger-konsum/)  
UN (2020) The Sustainable Development Agenda. Retrieved from [www.un.org/sustainabledevelopment/development-agenda/](http://www.un.org/sustainabledevelopment/development-agenda/)

Source: United Nations, <https://www.un.org/sustainabledevelopment/news/communications-material/> - We support the SDGs

## SUSTAINABLE DEVELOPMENT GOALS



since 2016, which is based on the 17 SDGs and puts an increased focus on sustainability and global responsibility overall.

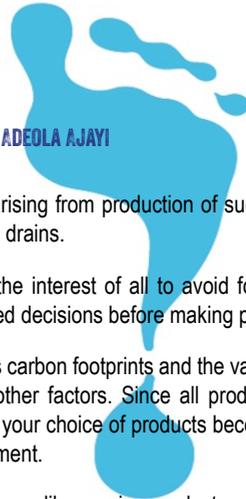
The essential principle behind this agenda is based on the understanding that real sustainability can only be realized when economic, social, as well as environmental concerns are treated as equally important and when all significant actors, namely the government, civil society, the business community as well as the public actively participate in that process. In that regard, the issue of sustainable consumption plays a crucial role and represents a challenge that needs to be worked on by the whole society.

In particular, SDG 12 on Responsible Production and Consumption is reflecting upon the issue at hand. As the United Nations state, there are two main ways in which consumers can transform their consumption behaviour into more sustainable patterns. Such a transformation can be reached by being attentive towards one's purchases and to choose a sustainable option whenever possible, as well as to decrease one's waste.

In this buyers' guide, we treat the consumption of such goods as sustainable which are organic, second-hand, come with a reduced or no packaging, and those produced locally and traded fairly. Overall, along with eco- and Fairtrade certified products, the buyer's guide will also put a focus on products that are sustainable but not officially certified.

# SUSTAINABLE CONSUMPTION: CARBON AND WATER FOOTPRINTS

BY ADEOLA AJAYI



Sustainability is a concept based on the interaction between the environment, economy and social life of people in the society. It has become a global necessity owing to the insatiable nature of human wants and limited resources.

Sustainable consumption involves the minimal use of natural resources, toxic materials, emission of waste and pollutants in the life cycle of products or services which in turn meets the basic needs and provide well being and better quality of life.

In this article, we provide discussion on the carbon dioxide emissions and its impact in the form of carbon footprint of agricultural products in the region.

It equally covers the water footprints of products to provide information and help in making informed decisions while purchasing products.

## Carbon Footprint



In Europe, food consumption is about 30% of total Green House Gas (GHGs) emissions (the main cause of global warming) and it is worthy of note that 18% of global GHG emissions is allotted to animal products. Simplifying the definition of carbon footprint by using an example: take a kg of a product and estimate the amount of Green House Gases in the form of CO<sub>2</sub> released into the atmosphere during the production of that 1 kg in its life cycle.

Changes in lifestyle and behavioural patterns have been isolated as mitigating practices towards reduction in global warming.

Despite the problems in the society concerning the depletion of resources and the complications in the environment due to the GHGs, food waste is on the increase implying that all expenses in production as well as all

GHG emissions arising from production of such wasted food goes into the drains.

It is therefore in the interest of all to avoid food waste by making informed decisions before making purchases.

Every product has carbon footprints and the value differs based on many other factors. Since all products have carbon footprints, your choice of products becomes critical to the environment.

As a result, measures like reusing products, zero waste in production, recycling and repair of damaged tools and equipment as well as recycling at the end of life of textile products are encouraged to reduce the carbon footprints of products.

In addition to that you will be among the very few that make informed decisions and stands the possibility to give advice to so many who are not aware of this information. The Sustainable Development Goals (SDGs) are for all, the simplest contribution one can make is to share its messages. Further, making the right decisions about the environment has an impact on health in the long run.

What is your carbon footprint and how does your choice of products affect the environment?

## Think Green



The problem of Climate Change has been traced to inefficiency of production and the daily consumption practices through the GHG emissions. Consequently, simple decisions like the choice

of the cup you choose to drink your tea, your choice of drinks and food has impacts on the environment. Examples of practices that contribute to improving one's environmental impact are:

1. Choice of chicken over beef reduces emissions of GHG and the CF of what you eat. Similarly, choice by a

household to switch from butter to margarine has been reported to reduce its annual CO<sub>2</sub> emissions by 4 – 6%

2. Shopping trip on foot or by bike and use of renewable energy can reduce your CF

3. Buying better light bulbs

4. Make choices of products that satisfy your needs but have reduced carbon footprints

5. Practice reducing your hotspots such as shopping trips by private cars, electricity consumption, heating, cooking and washing.

6. Where possible, home delivery operations could generate less CO<sub>2</sub> than the typical shopping trip. Some supermarkets offer home delivery services and where available your decision may help the environment

7. Carbon footprint of a vegetarian diet is about half that of a meat lover's diet.

8. Use the oven less frequently

9. If you wash-up by hand, start with a half-empty bowl and rinse the dishes back into your washing-up water rather than down the plughole

10. Use tap water for drinking and less energy and water-intensive bottled water

11. Taking showers consumes less water, energy and time than a bath

12. Leaving the taps on when brushing your teeth, washing or shaving increases the water footprint

13. Avoid unnecessary wash, and only wash full loads

14. Use 'grey' water to water your garden and houseplants.

15. Eating white eggs is more environmentally friendly than the brown eggs. Chickens producing white eggs eat less and so there's reduction in the CO<sub>2</sub> emissions when compared to the production of brown eggs.

Your decision to live green counts not only for the environment but also your health. The decision is yours.

## How thirsty are your food choices/other products of choice?

Water footprint is an idea about how to efficiently allocate freshwater and wastewater generation and release. As population increases, water demand also increases. It is now known that the growth in water use is more than twice the rate of population increase in the last 100 years. This is partly due to the rapid growth in urbanization of

cities which comes with a challenge on water resources. Water is therefore a resource that requires proper management.



Goal number 6 of the United Nations 2030 target is tagged "Clean water and Sanitation" with the aim to ensure availability and sustainable management of water and sanitation for all.

A research report reveals that drinking 1.5L of tap water instead of bottled water of a particular Brand saves 0.34 Kg CO<sub>2</sub> equivalent. This implies that a bottled water consumer (2L per day) who changes to tap water may prevent about 163.5 Kg CO<sub>2</sub> eq. of greenhouse gas emissions per year according to the report.

Arjen Hoekstra, the creator of the water footprint concept asks: "How water-intensive is a particular product that is for sale and to what extent does it relate to water depletion and/ or pollution?" Or put it this way "What can I do to reduce my water footprint and manage water for the good of humanity". The table below provides the global average water footprint (in litres) of some commodities that we consume to provide information and guide decisions in choice making.

COMMODITY	UNIT	GLOBAL AVERAGE WATER FOOTPRINTS
Apple or Pear	1kg	700 Litres
Banana	1kg	860 Litres
Beef	1kg	15.500 Litres
Bio-diesel (from soybean)	1l	14.000 Litres
Chocolate	1kg	24.000 Litres
Cheese	1kg	5.000 Litres
Cotton	1 Shirt	2.700 - 15.000 Litres
Coffee	1kg	21.000 Litres
Nuts	1kg	5.000 Litres
Poultry	1kg	4.000 Litres
Pork Meat	1kg	4.730 Litres
Coconut	1kg	2.500 Litres
Avocado	1kg	1.500 Litres
Eggs	1kg	3.300 Litres



Picture: Unsplash

# THE COST MYTH OF SUSTAINABLE PRODUCTS

BY ABRAHAM CHIBO

The common perception amongst many types of consumers is the notion that sustainable products cost more. Which leads to these questions:

1. What does this notion entail?
2. What does it mean for sustainability products to cost more?
3. How is cost interpreted? In terms of euros and cents, or simply effort?

There is evidence to demonstrate that investing towards sustainable products can offer superior outcomes to conventional buying practices.

Notwithstanding, market evidence symbolises that sustainable products cost considerably more than their alternatives.

Three centric examples would be:

- Fairly produced and/or organic fruits and vegetables have higher price tags.
- Reusable shopping bags, cups and straws cost more than their unsustainable counterparts.

- An energy efficient light bulb costs considerably more than a standard light bulb.

On the basis of these examples, it is definitive and conclusive that the short term cost of buying sustainably can be expensive. As such, the battle is lost, and it's best to pack up and leave. Unfortunately, proceeding in such a manner would be a step in the wrong direction, as that is not all there is to this case.

## Price

When the costs of sustainable products are viewed holistically over a significant period of time, it becomes evident that the short term costs of these products are aligned with sustainable practices, in the form of increased health and vitality, decreased raw material consumption, reduced energy consumption and improved efficiency. However, in the long run, purchasing sustainably is not as extensively expensive; as it becomes cheaper than purchasing non-sustainable options.

Yes, there are initial costs associated with purchasing sustainably, however, these costs are offsetted in the long run. What makes this possible, you might ask? Let me explain.

Usually, the commitment or emphasis towards change will require an initial cost. Investing in growing your own food, living plastic free, using reusable shopping bags, cups, and straws will cost much more than you are accustomed to pay for such items. However, the main cost is that their non-sustainable counterparts i.e. plastic bags, disposable cups, and straws are usually thrown away without any sort of consideration, and paying the minimum amount for these non-sustainable versions, do tend to add up over time.

As such, investing towards sustainable items is beneficial overtime, as prioritising on purchasing sustainably saves you money in the long term.

## Effort

The approach towards sustainable product development and its implementation, in terms of high functioning and easily refurbished products can offer the best results, if sustainability is undertaken all through the entire product development process, rather than at its latter stages. The vital element towards the realisation of this perspective, significantly hinges on the design process of each product.

Designing a product that can be easily disassembled, allows for provisions such as standardised repairs, replacement of spare parts, and exchangeable upgrading. Through such a design process, wastes of raw materials can be significantly reduced, so can undue disposal of functional products for technological upgrades, as well



Picture: Unsplash

as, minimising waste and disposal due to short and medium term repairable mechanical malfunctions.

This approach towards product design, also places emphasis on the maintenance and integrity of said high functioning products, for as long as possible. Which in essence means, designing products which are orientated towards long term use, through easy repair and reuse, ensures the maintenance and integrity towards such products overtime. Which leads to the plausibility whereby; refurbishment is preferred over disposal. As such, products become standardised, and the crucial maintenance of each individual product component is detachable and paramount thus, preserving its overall integrity. The establishment of these processes, also ensure that recycling can only be considered as a last resort in a product's life cycle, even after extensive significant use.

The effort in the creativity and practicality within this design process, does not only push businesses to invest towards creating high quality products, and push them to mainstream markets, but can also result in the increase of the multidimensionality of business operations, reduction in the use of raw materials, end user wastes, as well as an improvement in the efficacy of recycling processes overtime.

Traditionally, the price of conventional products usually fail to take the cost of societal effects, raw material depletion, and widespread pollution into account. Which is considered to be as a result of policy and market failures, these failures can be addressed by proactive policy and market measures, in order to push sustainable products into the mainstream, making them in the process the main option.

## Conclusion

In essence, the cost of sustainable products can be seen to be expensive in the short term, however, choosing the sustainable option is most beneficial in the long term. It is important to note that economic conditions play a significant role in the choice factor towards consumer products.

However, it is also crucial to understand that, despite the fact that sustainable options can be more expensive than their conventional counterparts, does not definitively mean that those products are as sustainable as presented. It is imperative for consumers to be well informed of the purchasing choices they make, as well as, use their purchasing power in a way that empowers the choice towards credible sustainable options.

## LABELS & GREENWASHING

BY REGINA WILHELM & ABRAHAM CHIBO

The consumption patterns we follow are related to our habits. Thus, the degree to which our consumption can be considered as sustainable depends on our existing habits, our current life situation, and our economic position. Apart from that, in order to develop habits which are part and parcel of sustainable consumption, it requires options which are readily available, and adhere to the particulars of sustainability. Which means the products we consume have to become more sustainable in their production and distribution processes through:

- Recognising the importance of reduced material use.
- Instituting conscious water consumption and preservation measures.
- Utilising proactive land use strategies.
- Preferring environmental friendly production patterns.
- Opting for green mobility in distribution.

In this context, products which its producers claim to be sustainable must be environmentally conscious and friendly, as well as created and distributed under socially and ecologically acceptable conditions, with reduced resource/material criteria. Consumers need access to straightforward and reliable information, in order to reach convincing and informed decisions with their product purchases. Simultaneously, consumers also need stra-

ightforward and reliable information, when it comes to product use and disposal. These are important elements to consider within the sphere of sustainable consumption, in order to reduce the impact of our consumerism on the environment. Labelling of sustainable products to separate them from conventional products is the means to providing such information. However, labels can fail to address what they were designed to accomplish.

### Labelling in Sustainability

A label refers to a special seal or mark, created by a parastatal or a certified body, which is fixed on a product and/or can be associated to a product for sale. A label also specifies the origin of the product, production terms, predetermined standards, as well as proposed quality. The essential characteristic of a label is its professional type structure, in which control is definitively exercised by a certified awarding body; this certified body can be a government agency, company or association.

Proactively, a label in general does not guarantee quality, as a product can be accompanied by more than one label. A label simply emphasises that a product has been produced; adhering and complying to a set of predetermined requirements and standards, with regard to sustainable material acquisition, use and composition, as well as environmentally conscious production procedures, and processes.

A label certified under an awarding body must communicate accurate and verifiable information of its products and/or services; thereby stimulating the potentials in environmental driven improvements by said products and/or services. This determination goes a long way in illustrating the credibility of such a label. In addition, a certified body must meet specific prerequisites and characteristics in order to cement its credibility and that of its label:

- The certified body must be independent from the entity seeking certification.
- Participation in a labelling scheme must be voluntary and based on scientific evidence.
- A label must be distinct in its environmental performance, in comparison to other products in a similar category.
- The process of defining the environmental and assessment criteria are accomplished with a large participation of stakeholders, such as independent experts and interest groups.
- There must be a high level of independence for the external control entity, which inspects the awarding procedures.

### Identification & Reliability of Labels

Labels provide some guidance into the sustainable consumption domain, and make it possible for consumers to distinguish between conventional and sustainable products, with the information they have at hand. However, consumers tend not to want to spend too much time gathering information, as it is more convenient to rely on familiar products with common label identifiers. Therefore, products with their accompanying label identifier(s) can be crucial providers of information, regarding the degree of their inclination towards sustainability. As labels in essence, provide information on the social and environmental conditions under which products were produced.

The process of selecting a sustainable product, and its accompanying label(s), under sustainable consumption thresholds, requires two vital considerations. Firstly, the product must be in compliance with the requirements and standards of the certified body, under existing macro-social principles. Secondly, the label has to operate on the backbone of a credible pre-existing rating system. In essence, the quality of the requirements and standards of the certified body provides information on the degree of a product's sustainability status. While a credible pre-existing rating system provides information on the

social and environmental conditions under which such a product was produced. The reliability of a label can then be evaluated under two formal aspects:

- The good of the product for the society in general.
- The good of the product for the environment at large.

However, these formal aspects have to be contextualised within the boundaries of a structured set of principles, such as those of the International Labour Organisation (ILO). The ILO operates under four distinct principles:

- The elimination of all compulsory and forced labour.
- The abolition of child labour in all forms.
- The right to collective bargaining, and the freedom of association.
- The prohibition and elimination of discrimination in all forms.

The above principles are the backbone of ILO standards as well as international agreements, ratified at the macro level. Concurrently, the reliability of a label can be further evaluated under the distinct principles of the ILO, given that it complies with the aforementioned formal aspects.

### Greenwashing

Greenwashing is when a label is marketed to be more "green" than originally designed. In essence, greenwashing is when a company or organisation spend time and money creating a public image, and presenting its label as environmentally friendly, rather than actually changing the overall production processes in a way which would minimise its environmental impact.

Greenwashing leads to an over inflated brand image. Often, greenwashing is applied by introducing a branch of products or actions - which may in fact be relatively environmentally friendly. The problem here is that such products or actions are then placed in the public focus, so that the overall perception of the brand changes, and the brand is therefore viewed as a sustainable actor.

Greenwashing is especially deceitful when consumers are misled into purchasing from brands that are not environmentally conscious. Nevertheless, this description is not a definitive position that all companies or organisations subscribe to, and utilise greenwashing as the means to push their labels to consumers, especially in the case of internally created labels and standards.

Although, greenwashing has become common occurrence in product placements and label certification practices, as a result of the high number of multi-tier labels available today, there is still the practice where, manufacturers and producers push to place their products in favorable light amongst consumers, in terms of practices, operations and performances. Which can erode and compromise consumer trust; particularly when targeted towards misappropriation and disinformation, in order to present a label as compliant towards environmental activism, protection, conservatism and sustainable production practices.

Which in all, makes it difficult for consumers to separate between labels with transparent and comprehensive information in their material acquisition, sustainable production and distribution practices, in comparison to those with skewed information on their environmental commitments. Further, the availability of a plethora of different eco, organic, and fairly produced labels with varying degrees of credibility, commitment, quality, rigour, and fortitude, creates additional high levels of uncertainty amongst customers.

#### Credible & Reliable Labels

The cumbersome nature of interpreting and understanding labels can lead to ambiguity, on which particular labels can be considered credible and reliable. Listed below are exemplary credible and reliable labels:

A. CONSUMABLES / FOOD	
I. REGIONAL	
	Bio-Region-Niederrhein
	Regionalfenster
II. ORGANIC	
	Bioland
	Biokreis
	German Bio Siegel
	Demeter
	Ecoland
	EcoVeg.
	European Union Organic Label.
	Gäa e.V.
	Naturland

III. FAIRLY PRODUCED	
	El Puente
	Fairtrade International
	Society for the Promotion of Partnership with the Third World (GEPA)
	Lebensbaum
	dwp
	BanaFair
	EZA
B. NON-CONSUMABLES	
I. CLOTHING/TEXTILES (ORGANIC)	
	Global Organic Textile Standard (GOTS)
	Naturtextil IVN zertifiziert BEST
	OEKO-TEX Made in Green
	kbA and kbT.
II. CLOTHING/ TEXTILES (FAIRLY PRODUCED)	
	El Puente
	Fairtrade International
	GEPA
	LamuLamu Öko Fair Tragen
	Lebensbaum
	BioRe
	Fair Wear Foundation
	Rugmark
	Naturtextil Best
II. COSMETICS	
	Nature
	EcoCert
	Cosmetic Organic and Natural Standard
	Demeter
	BDIH
III. WOOD	
	FSC
IV. NATURAL STONES	
	XertifiX



Picture: Unsplash

## RECOMMENDATIONS & FURTHER READING BY REGINA WILHELM

Because we as consumers often find ourselves lost in a jungle of ambivalent information regarding things or actions which are supposed to be sustainable, it is helpful to have some credible sources which provide information on sustainable consumption and sustainability in general. When we can access this straightforward and reliable information and make use of it, we as consumers can actually reach an informed and sustainable consumption decision.

Our consumption patterns can only be described as sustainable when these do not negatively impact future generations but allow future generations to satisfy their needs and to freely choose their way of life – in Germany, Europe and worldwide. Probably, everybody would agree that our habits influence our consumption patterns (Der nachhaltige Warenkorb 2019).

Thus, the degree to which our consumption is sustainable depends to a high degree on our confirmed habits, our current life situation, but of course also on our financial standing. For this reason, we provide a list of different sources we can easily use in our everyday lives provided through different websites, apps, podcasts, Instagram accounts, as well as books and magazines which focus on the topic of sustainability and sustainable

consumerism in different ways. There are different websites consumers can rely on when it comes to credible information on sustainable consumption. Next follows a recommendation of websites, apps, podcasts, books and magazines providing reliable information on sustainable consumption and a sustainable lifestyle.

Many of the named websites provide guides for sustainable products and/ or sustainable consumerism. Additionally, some of the websites offer a newsletter prescription via email which allows you to stay up to date on current sustainability matters very easily.

Don't forget to make use of the web browser "Ecosia", which is an online search machine that uses its advertisement revenues to plant trees.

You can activate Ecosia as your home page for different browsers such as Safari, Firefox and more. 45 web search queries are equivalent to one tree planted by one of Ecosia's partners in a region in need of afforestation.

In addition to that, Ecosia runs its servers on solar energy. On the whole, given its afforestation measures and the use of renewable energy, it is not only CO2-neutral, but in fact comes off with a positive CO2-balance.

<b>A. WEBSITES</b>
<b>I. INFORMATION ON SUSTAINABLE CONSUMPTION</b>
<a href="http://www.nachhaltiger-warenkorb.de/">www.nachhaltiger-warenkorb.de/</a> / <a href="http://www.siegelklarheit.de/">www.siegelklarheit.de/</a> / <a href="http://www.label-online.de/">www.label-online.de/</a> / <a href="http://www.nachhaltigkeitsrat.de/">www.nachhaltigkeitsrat.de/</a> / <a href="http://www.bzfe.de/">www.bzfe.de/</a> / <a href="http://www.bmu.de/">www.bmu.de/</a> / <a href="http://www.bmel.de/">www.bmel.de/</a> / <a href="http://www.umweltbundesamt.de/">www.umweltbundesamt.de/</a> / <a href="http://www.nachhaltigkeit.nrw.de/">www.nachhaltigkeit.nrw.de/</a> / <a href="http://www.nabu.de/">www.nabu.de/</a> / <a href="http://www.eine-welt-netz-nrw.de/">www.eine-welt-netz-nrw.de/</a> / <a href="http://www.renn-netzwerk.de/">www.renn-netzwerk.de/</a> / <a href="http://www.germanwatch.org/">www.germanwatch.org/</a> / <a href="http://www.greenpeace.de/">www.greenpeace.de/</a> / <a href="http://www.duh.de/">www.duh.de/</a>
<b>II. SUSTAINABLE LIFESTYLE</b>
<a href="http://www.buygoodstuff.de/">www.buygoodstuff.de/</a> / <a href="http://www.fashionrevolution.org/">www.fashionrevolution.org/</a> / <a href="http://www.smarticular.de">www.smarticular.de</a> / <a href="http://www.utopia.de/">www.utopia.de/</a> / <a href="http://www.plastikfreileben.de/">www.plastikfreileben.de/</a> / <a href="http://www.nachhaltify.de/">www.nachhaltify.de/</a> / <a href="http://www.nebenan.de/">www.nebenan.de/</a> / <a href="http://www.mundraub.de/">www.mundraub.de/</a> / <a href="http://www.stay-awhile.de/">www.stay-awhile.de/</a> / <a href="http://www.wohindamit.org/">www.wohindamit.org/</a> / <a href="http://www.arvelle.de/">www.arvelle.de/</a> / <a href="http://www.handysfürdieumwelt.de/">www.handysfürdieumwelt.de/</a> / <a href="http://www.futurephones-shop.de/">www.futurephones-shop.de/</a>
<b>III. SUSTAINABLE TRAVEL AND CARBON COMPENSATION</b>
<a href="http://www.katzensprung-deutschland.de/">www.katzensprung-deutschland.de/</a> / <a href="http://www.goodtravel.de/">www.goodtravel.de/</a> / <a href="http://www.fairunterwegs.org/">www.fairunterwegs.org/</a> / <a href="http://www.tourism-watch.de/">www.tourism-watch.de/</a> / <a href="http://www.forumandersreisen.de/">www.forumandersreisen.de/</a> / <a href="http://www.atmosfair.de/">www.atmosfair.de/</a> / <a href="http://www.myclimate.org/">www.myclimate.org/</a> / <a href="http://www.klima-kollekte.de/">www.klima-kollekte.de/</a> / <a href="http://www.primalog.de/">www.primalog.de/</a>
<b>B. APPS</b>
<b>I. INFORMATION ON SUSTAINABILITY, PRODUCTS AND LABELS</b>
NachhaltICH / Codecheck / NABU Siegel Check
<b>II. FOOD AND AVOIDANCE OF FOOD WASTE</b>
RegioApp / Refill App / Happy Cow / PETA – Der vegane Einkaufsguide / Foodsharing / Too good to go / GrünZeit
<b>III. SHOPPING, BORROWING AND SELLING</b>
Vinted / Mädchenflohmarkt / Arvelle.de / Rebuy / Shpock
<b>C. PODCASTS</b>
Fairquatsch / Der Utopia-Podcast – Einfach nachhaltig leben / Green Vibes – Für mehr Nachhaltigkeit in deinem Leben / RE – Der Nachhaltigkeitspodcast / Ausgesprochen Nachhaltig / Wir schafft Wunder / Fairtrade – Der Podcast / Sauercrowded / Don't waste, be happy / Good Together: Ethical, Eco-Friendly, Sustainable Living / 1,5 Grad - Klima-Podcast mit Luisa Neubauer / Sustainability Defined / Sustainababble / Think: Sustainability / A Sustainable Mind – environment & sustainability podcast
<b>D. INSTAGRAM ACCOUNTS</b>
<b>I. ORGANISATIONS</b>
<a href="#">@bund_bundesverband (GER)</a> / <a href="#">@umwelthilfe (GER)</a> / <a href="#">@umweltministerium (GER)</a> / <a href="#">@unitednations (ENG)</a> / <a href="#">@undp (ENG)</a> / <a href="#">@fridaysforfuture.de (GER)</a> / <a href="#">@fridaysforfuture (ENG)</a> / <a href="#">@food.unfolded (ENG)</a> / <a href="#">@plastikalternative (GER)</a> / <a href="#">@sagneinzuplastik (GER)</a> / <a href="#">@zero_waste_deutschland (GER)</a> / <a href="#">@utopia (GER)</a>
<b>II. PERSONAS</b>
<a href="#">@intersectionalenvironmentalist (ENG)</a> / <a href="#">@sustainablebrowngirl (ENG)</a> / <a href="#">@thriftsandtangels (ENG)</a> / <a href="#">@sustainableblk (ENG)</a> / <a href="#">@heyashleyrenne (ENG)</a> / <a href="#">@eco.styles (ENG)</a> / <a href="#">@oldworldnew (ENG)</a> / <a href="#">@ecolifechoices (ENG)</a> / <a href="#">@ajabarber (ENG)</a> / <a href="#">@browngirl_green (ENG)</a> / <a href="#">@vanillaholica (GER)</a> / <a href="#">@Justinekeptcalmandventvegan (GER)</a> / <a href="#">@janaklar (GER)</a> / <a href="#">@naturlandkind (GER)</a> / <a href="#">@heyliiahey (GER)</a> / <a href="#">@louisadellert (GER)</a>
<b>E. BOOKS</b>
Slow Fashion by S. Minney (ENG) / Fashion Changers by J. Braumüller, V. Jäckle & N. Lorenzen (GER) / Do it yourself! #Einfach plastikfrei leben by C. Schüler (GER) / Besser naturbewusst leben by V. Heyn (GER) / Nachhaltig leben JETZT by M. Sewalski (GER) / Grüner wird's nicht by K. Hartmann (GER) / Plastiksparbuch by Smarticular Verlag (GER) / FAIRreisen – Das Handbuch für alle, die umweltbewusst unterwegs sein wollen by F. Herrmann (GER)



Bild: Biohof Etzold

## GUIDE FOR THE LOWER RHINE REGION

On the following pages we are presenting a number of profiles for different shops, organizations and engaged people that are located in the Lower Rhine Region and committed to sustainability.

We have visited most of the shops ourselves and where overwhelmed by the welcoming atmosphere and the variety of services and goods - from fair trade over regional to packageless shopping - we encountered in the Lower Rhine Region.

The shops are presented - of course - without claim of completeness.

If you know a business, know of important changes to a profile or maybe own a business yourself that you'd like to be added as well, just write us an email and we will attend to it. Hopefully we will add it to the digital version of this guide (and - as far as possible - to the next edition of this guide). You can reach us at: [sebastian.vanledden@eine-welt-netz-nrw.de](mailto:sebastian.vanledden@eine-welt-netz-nrw.de)

KEVELAER		
<b>Sozialdienst Katholischer Frauen e.V. / KuK Kinderkiste</b>	<b>Biolandbetrieb Rouenhof</b>	<b>Die Kinderstube</b>
Address: Amsterdamer Straße 25, 47633 Kevelaer Phone number: 02832 9784500 (during opening hours) Open: Mon, Thur, Fri: 9.00 - 12.00 hrs. Mon, Fri: 14.00 - 17.00 hrs.	Address: Sonsbecker Strasse 40, 47627 Kevelaer Contact person: Anne & Bernd Verhoeven Phone number: 02825 7233 Email address: <a href="mailto:kontakt@rouenhof.de">kontakt@rouenhof.de</a>	Address: Busmannstraße 10, 47623 Kevelaer Phone number: 01520 7781585 E-Mail: <a href="mailto:diekinderstubekevelaer@gmx.de">diekinderstubekevelaer@gmx.de</a> Open: Mon, Fri: 9.00 - 12.30 hrs. Tue, Wed, Thur: 9.00 -12.30 and 14.30 - 18.00 hrs.
<b>Spargelhof Koenen</b>	<b>Spargel und Erdbeerhof Baumanns</b>	<b>Biohof Etzold</b>
Address: Heideweg 11, 47623 Kevelaer Contact person: Michael Koenen Phone number: 02832 975925 E-Mail: <a href="mailto:fewo@spargelhof-koenen.de">fewo@spargelhof-koenen.de</a>	Address: Keylaer 56, 47623 Kevelaer Phone number: 02832 6580 E-Mail: <a href="mailto:stefan-baumanns@web.de">stefan-baumanns@web.de</a> Website: <a href="http://www.erdkampshof.de">www.erdkampshof.de</a>	Address: Hestert 10, 47626 Kevelaer Phone number: 0152 31788766 E-Mail: <a href="mailto:info@biohofetzold.de">info@biohofetzold.de</a>

Website: <a href="http://www.spargelhof-koenen.de">www.spargelhof-koenen.de</a> <u>Open:</u> Mon-Sun 9.00 - 19.00 hrs.	<u>Open:</u> Mon-Thur: 9.00 - 18.00, Fri-Sat: 9.00 - 13.00 hrs.	Website: <a href="http://www.biohofetzold.de">www.biohofetzold.de</a> <b>Further information on page 20.</b>
<b>Weltladen Kevelaer</b>	<b>Weekly Market Kevelaer</b>	<b>reparierBar Kevelaer</b>
Address: Kapellenplatz 33, 47623 Kevelaer Phone number: 01575 3302733 E-Mail: <a href="mailto:eheser@gmx.de">eheser@gmx.de</a> Website: <a href="http://www.weltladen-kevelaer.de">www.weltladen-kevelaer.de</a> <b>Further information on page 22.</b>	Address: Peter-Plümpe-Platz Phone number: 02832 122404 E-Mail: <a href="mailto:heinz-josef.theunissen@kevelaer.de">heinz-josef.theunissen@kevelaer.de</a> Website: <a href="http://www.kevelaer.de/tourismus/inhalt/wochenmarkt/">www.kevelaer.de/tourismus/inhalt/wochenmarkt/</a> <u>Open:</u> Tue and Fri: 8:00 - 13:00 hrs	Address: Kroatenstraße 87, 47623 Kevelaer Phone number: 01525 9147700 E-Mail: <a href="mailto:lothar.hermens@reparierbar-kevelaer.clubdesk.com">lothar.hermens@reparierbar-kevelaer.clubdesk.com</a> Website: <a href="http://www.reparierbar-kevelaer.clubdesk.de">www.reparierbar-kevelaer.clubdesk.de</a>
<b>KAMP-LINTFORT</b>		
<b>Liesel Hannen Krautfabrik</b>	<b>Wickrather Bauernladen</b>	<b>Hofladen am Biolandhof Frohnenbruch</b>
Address: Kirchhoffstraße 94, 47475 Kamp-Lintfort. Contact Person: Liesel Hannen. Phone number: 0283 592723. Website: <a href="http://www.bornheim-kraut.de">www.bornheim-kraut.de</a> <u>Open:</u> Sat: 9:00 - 12:00 hrs.	Address: Rheurder Str. 533, 47475 Kamp-Lintfort. Phone number: 0284 294718. E-Mail: <a href="mailto:n.klanten@gmail.com">n.klanten@gmail.com</a> <u>Open:</u> Mon - Fri: 9:00 - 18:00 hrs. Sat: 9:00 - 14:00 hrs.	Address: Schloßallee 81, Hoerstgen District 47475 Kamp-Lintfort. Contact Persons: Klaus & Bärbel Bird. Phone number: 02842 41000. E-Mail: <a href="mailto:info@frohenbruch.de">info@frohenbruch.de</a> Website: <a href="https://www.frohenbruch.de">https://www.frohenbruch.de</a> <b>Further information on page 24.</b>
<b>Weltladen Kamp-Lintfort</b>		
Address: Schulstraße 141, 47475 Kamp-Lintfort Contact Person: Susanne Humpa Telephone: 02842 70396. E-Mail: <a href="mailto:info@fair-rhein.de">info@fair-rhein.de</a> Website: <a href="http://www.fair-rhein.de/weltladen/">www.fair-rhein.de/weltladen/</a> <b>Further information on page 26.</b>		
<b>KLEVE</b>		
<b>One World Shop EOC</b>	<b>One World Shop Materborn</b>	<b>Reformhaus Kleve</b>
Address: Hoffmannallee 41- 45, 47533 Kleve Contact person: Wil Klein and Lex Hogenbosch Phone numbers: 02821 7384565 and 0176 56763624 <u>Open:</u> Mon-Fri: 8.30 - 18.00 hrs. Sat: 8.30 - 12.30 hrs.	Address: Pfarrbüro Zur Heiligen Familie, Dorfstraße 21, 47533 Kleve Contact person: Wil Klein and Lex Hogenbosch Phone number: 02821 7384565 <u>Open:</u> Wed: 15.00 - 18.00 hrs. Thur: 10.00 - 12.00 hrs. Fri: 9.30 - 12.00 hrs.	Address: Hagsche Straße 25, 47533 Kleve E-Mail: <a href="http://www.reformhaus.de">www.reformhaus.de</a> Phone number: 02821 23175 <u>Open:</u> Mon-Fri: 9.30 - 18.30 hrs. Sat: 9.30 - 15.00 hrs.
<b>Biohof Aldenhof</b>	<b>Weekly Market Marktplatz Linde</b>	<b>Weekly Market Kavarinerstraße</b>
Address: Banndeich 1, 47533 Kleve Contact person: Ulrike Vingerhoet Phone number: 02821 9615	Address: An der Linde market square Contact person: Herbert Morawietz Phone number: 02821 84403	Address: Pedestrian zone intersection of Große Straße and Kavarinerstraße Contact person: Herbert Morawietz

E-Mail: <a href="mailto:bio@aldenhof.de">bio@aldenhof.de</a> Website: <a href="http://www.aldenhof.de">www.aldenhof.de</a>	E-Mail: <a href="mailto:Herbert.Morawietz@Kleve.de">Herbert.Morawietz@Kleve.de</a> Website: <a href="http://www.kleve.de/de/dienstleistungen/wochenmarkt/">www.kleve.de/de/dienstleistungen/wochenmarkt/</a> <u>Open:</u> from April 1 to September 30: Sat: 7.00 - 13.00 hrs. From October 1st to March 31st, Sat: 8.00 - 13.00 hrs	Phone number: 02821 84403 E-Mail: <a href="mailto:Herbert.Morawietz@Kleve.de">Herbert.Morawietz@Kleve.de</a> Website: <a href="http://www.kleve.de/de/dienstleistungen/wochenmarkt/">www.kleve.de/de/dienstleistungen/wochenmarkt/</a> <u>Open:</u> from April 1 to September 30: Wed: 8.00 - 15.00 hrs. from October 1 to March 31: Wed: 9.00 - 15.00 hrs.
<b>Weekly Market Herzogstraße</b>	<b>Frauen-Zimmer Second-Hand</b>	<b>Bibabu</b>
Address: Entrance area of the Herzogstraße pedestrian zone Contact person: Herbert Morawietz Phone number: 02821 84403 E-Mail: <a href="mailto:Herbert.Morawietz@Kleve.de">Herbert.Morawietz@Kleve.de</a> Website: <a href="http://www.kleve.de/de/dienstleistungen/wochenmarkt/">www.kleve.de/de/dienstleistungen/wochenmarkt/</a> <u>Open:</u> from April 1 to September 30: Wed: 7.00 - 13.00, Fri: 8.00 - 15.00 hrs. from October 1st to March 31st: Wed: 8.00 - 13.00, Fri: 9:00 - 15:00 hrs.	Address: Hoffmannallee 14, 47533 Kleve Phone number: 01578 9388355 E-Mail: <a href="mailto:frauenzimmerkleve@gmail.com">frauenzimmerkleve@gmail.com</a> Website: <a href="http://www.frauenzimmerkleve.de/">www.frauenzimmerkleve.de/</a> <u>Open:</u> Tue-Fri: 11.00 - 14.00, 15.00 - 18.00 hrs. Sat: 11:00 - 15:00 hrs.	Address: Sackstraße 15, 47533 Kleve Phone number: 02821 25819 E-Mail: <a href="mailto:info@bibabu-kleve.de">info@bibabu-kleve.de</a> <u>Open:</u> Mon-Fri: 10.00 - 12.00, 15.00 - 18.00 hrs. Sat: 10.00 - 13.00 hrs.
<b>Kinderkiste Flic-Flac</b>	<b>Stöbertenne</b>	<b>Gebrauchtes vom Niederrhein</b>
Address: Hagsche Straße 59 - 63, 47533 Kleve Phone number: 0152 04121090 (during opening hours) <u>Open:</u> Mon and Thu: 9.30 - 12.00 and 14.30 - 17.30 hrs.	Address: Keekener Str. 91, 47533 Kleve Phone number : 0172 2711681 <u>Open:</u> Tuesday-Friday: 09:00-18:00 hrs. Saturday: 09:00-15:00 hrs.	Address: Querallee 75, 47533 Kleve Contact person: Ralf Stemmler Phone number: 01525 1836671 E-Mail: <a href="mailto:ralf.stemmler13@gmail.com">ralf.stemmler13@gmail.com</a> Website: <a href="http://www.gebrauchtes-vom-niederrhein.de">www.gebrauchtes-vom-niederrhein.de</a> <u>Open:</u> Only by appointment
<b>Little Baby Jo</b>	<b>DAD "Die am Deich"</b>	<b>Eine Welt Initiative Regenbogen</b>
Address: Keekener Str.39a, 47533 Kleve Phone number: 02821 7151110 E-Mail: <a href="mailto:info@littlebabyjo.com">info@littlebabyjo.com</a> Website: <a href="http://www.littlebabyjo.com/de/">www.littlebabyjo.com/de/</a> <u>Open:</u> Mon: 10.00 - 12.00 hrs., Thu: 10.00 - 16.00 hrs., and by appointment	Address: Banndeich 8, 47533 Kleve Phone number: 02821 92717 & 02064 15270 (Delivery service) E-Mail: <a href="mailto:DAD-Sonderfeld@t-online.de">DAD-Sonderfeld@t-online.de</a> Website: <a href="http://www.DAD-Bio.de">www.DAD-Bio.de</a> <b>Further information on page 28.</b>	Address: Kavarinerstraße 10, 47533 Kleve Phone number: 02821 71 11 030 Mobile: 0175 4103814 E-Mail: <a href="mailto:m.ruebo@kisters-stiftung.de">m.ruebo@kisters-stiftung.de</a> <b>Further information on page 30.</b>
<b>Freundeskreis Ghana</b>	<b>Riswicker Farmer's Market</b>	<b>Repair Café Kleve</b>
Address: Kavarinerstr. 61, 47533 Kleve. Phone number: 02826 7593. E-Mail: <a href="mailto:w.haverkamp@t-online.de">w.haverkamp@t-online.de</a> Website: <a href="http://www.indien-ghana.de">www.indien-ghana.de</a> <b>Further information on page 32.</b>	Address: Eisenpaß 5, 47533 Kleve Phone number: 02828 586 E-Mail: <a href="mailto:WittenhorstBioland@t-online.de">WittenhorstBioland@t-online.de</a> Website: <a href="http://www.riswicker-bauernmarkt.de">www.riswicker-bauernmarkt.de</a> <b>Further information on page 34.</b>	Address: Radhaus Kleve Sommerdeich 37, 47533 Kleve E-Mail: <a href="mailto:info@repaircafe-kleve.de">info@repaircafe-kleve.de</a> Website: <a href="http://www.repaircafe-kleve.de">www.repaircafe-kleve.de</a> <b>Further information on page 36.</b>

Palette	Bioladen	Biomarkt
Address: Königsgarten 1, 47533 Kleve Phone number: 02821 897003 E-Mail: <a href="mailto:info@Palette-kleve.de">info@Palette-kleve.de</a> Website: <a href="http://www.Palette-kleve.de">www.Palette-kleve.de</a> <b>Further information on page 38.</b>	Address: Kalkarer Str. 21 47533 Kleve Phone number: 02821 27877 E-Mail: <a href="mailto:info@bioladen-kleve.de">info@bioladen-kleve.de</a> Website: <a href="http://www.bioladen-kleve.de">www.bioladen-kleve.de</a> <b>Further information on page 40.</b>	Address: Hoffmanallee 36 a, 47533 Kleve Phone number: 02821 9973733 E-Mail: <a href="mailto:info@biomarkt-kleve.de">info@biomarkt-kleve.de</a> Website: <a href="http://www.biomarkt-kleve.de">www.biomarkt-kleve.de</a> <b>Further information on page 40.</b>

## GELDERN

Wochenmärkte Geldern	Imkerei Spolders	Spargelhof Janßen
Address: Markt, 47608 Geldern. Contact Person: Gabriele Voss. E-Mail: <a href="mailto:gabriele.voss@geldern.de">gabriele.voss@geldern.de</a> Website: <a href="http://www.geldern.de/de/freizeit-tourismus/wochenmarkt/">www.geldern.de/de/freizeit-tourismus/wochenmarkt/</a> <u>Open:</u> Tue: 7:00 -13:00 hrs; Fri: 7:00 -14:00 hrs.	Contact Person: Albrecht Spolders. Phone number: 02831 2176. E-Mail: <a href="mailto:honig-spolders@t-online.de">honig-spolders@t-online.de</a> Website: <a href="http://www.honig-spolders.de/">http://www.honig-spolders.de/</a> <u>Open:</u> Wochenmärkte Geldern; Tue: 7:00 -13:00 hrs.	Address: Maasstraße 79 - 81, 47608 Geldern-Walbeck Contact Person: Dirk Janßen. Phone number: 02831 3371 or 991811. E-Mail: <a href="mailto:info@spargelhof-janssen.de">info@spargelhof-janssen.de</a> Website: <a href="http://www.spargelhof-janssen.de">www.spargelhof-janssen.de</a> <u>Open:</u> Mon – Sun: 07.00 - 18:30 hrs

Kinder Second Hand Shop BiMon	Spargelhof Kisters	Spargelhof Allofs
Address: Hülser-Klosterstr 34, 47608 Geldern. Contact Person: Brigitte Weiss. Phone number: 02831 2092. E-Mail: <a href="mailto:info@BiMon.de">info@BiMon.de</a> Website: <a href="http://www.bimon.de">www.bimon.de</a> <u>Open:</u> Mon - Fri: 10:00 – 13:00 hrs, 15:00 – 18:00 hrs. Sat: 10:00 – 13:00.	Address: Kevelaerer Str. 6, 47608 Geldern. Contact Person: Stephan Kisters. Phone number: 02831 21 00. E-Mail: <a href="mailto:info@spargelhof-kisters.de">info@spargelhof-kisters.de</a> Website: <a href="http://www.spargelhof-kisters.de">www.spargelhof-kisters.de</a> <u>Open:</u> Daily from 7:30 – 19:00 hrs.	Address: Broecksteg 5, 47608 Geldern. Contact Person: Michael Allofs. Phone number: 02831 3382. E-Mail: <a href="mailto:mail@spargelhof-allofs.de">mail@spargelhof-allofs.de</a> Website: <a href="http://www.spargelhof-allofs.de">www.spargelhof-allofs.de</a> <u>Open:</u> Mon - Fri: 9:00 - 18:00 hrs. Sat: 9:00 - 18:00 hrs. Sun: 9:00 - 15:00 hrs.

Fairkaufhaus Geldern	Weltladen Geldern	Biomarkt Geldern
Address: Ostwall 3-5, 47608 Geldern. Contact Person: Julian Kroll. Phone number: 02831 974302. E-Mail: <a href="mailto:fairkaufhaus@caritas-betriebe.de">fairkaufhaus@caritas-betriebe.de</a> Website: <a href="http://www.caritas-geldern.de/alle/fairkaufhaus/fairkaufhaus">www.caritas-geldern.de/alle/fairkaufhaus/fairkaufhaus</a> <b>Further information on page 42.</b>	Address: Gelderstraße 8, 47608 Geldern. Contact Person: Ludger Derrix. Phone number: 01573 7938343. Website: <a href="https://fair-rhein.de/geldern/">https://fair-rhein.de/geldern/</a> E-Mail: <a href="mailto:info@weltladen-geldern.de">info@weltladen-geldern.de</a> <b>Further information on page 44.</b>	Address: Issumer Str. 47-49, 47608 Geldern Phone number: 02831 1327794 E-Mail: <a href="mailto:info@biomarkt-geldern.de">info@biomarkt-geldern.de</a> Website: <a href="http://www.biomarkt-geldern.de">www.biomarkt-geldern.de</a> <u>Open:</u> Mon - Fri: 8:30-18:30 hrs Sat: 8:30-14:00 hrs

## GOCH

Wochenmarkt am Marktplatz	Organic Online Shop naturwaren Niederrhein	Biolandhof von Agris
Address: Marktplatz, 47574 Goch Phone number: 02823 320176 E-Mail: <a href="mailto:georg.kroell@goch.de">georg.kroell@goch.de</a> <u>Open:</u> Tue, Fri: 7.00 - 13.00 hrs.	Address: Triftstraße 264, 47574 Goch Phone number: 02823 9284964 E-Mail: <a href="mailto:info@aspermuehle.de">info@aspermuehle.de</a> <u>Open:</u> Mon-Fri: 08:00-16:00 hrs.	Address: Maasstrasse 140, 47574 Goch Contact person: Klaus von Agris Phone number: 0160 5994316 E-Mail: <a href="mailto:klausvonagris@web.de">klausvonagris@web.de</a> or <a href="mailto:vincentvonagris@web.de">vincentvonagris@web.de</a> Website: <a href="http://www.biolandhof-vonagris.de">www.biolandhof-vonagris.de</a>
Imkerei am Niederrhein (beekeeper)	Ophey Spargel und Ferienhof	Weltladen Go Fair
Address: Nachtigallenweg 20	Address: Triftstraße 191, 47574 Goch	Address: Am Steintor 16, 47574 Goch

47574 Goch Phone number: 02823 3278366 Website: <a href="http://www.imkerei-am-niederrhein.de">www.imkerei-am-niederrhein.de</a> <u>Open:</u> Mon-Fri: 10:00 - 17:00, Sat. 11:00 -14:00 hrs.	Contact person: Ursula Ophey Phone number: 02823 410022 E-Mail: <a href="mailto:info@ophey-spargelhof.de">info@ophey-spargelhof.de</a> Website: <a href="http://www.spargelhof-ophey.de">www.spargelhof-ophey.de</a>	Phone number: 02823 4197267 Website: <a href="http://www.gofair-goch.de">www.gofair-goch.de</a> E-Mail: <a href="mailto:info@gofair-goch.de">info@gofair-goch.de</a> <b>Further information on page 46.</b>
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Palette	Repair Café Goch
Address: Arnold-Janssen-Straße 8, 47574 Goch Phone number: 02823 8790645 E-Mail: <a href="mailto:info@Palette-kleve.de">info@Palette-kleve.de</a> Website: <a href="http://www.Palette-kleve.de">www.Palette-kleve.de</a> <b>Further information on page 48.</b>	Address: Gemeindebüro, Markt 8, 47574 Goch Phone number: 02823 7458 E-Mail: <a href="mailto:goch@ekir.de">goch@ekir.de</a> Website: <a href="http://www.repaircafe-goch.de">www.repaircafe-goch.de</a> <b>Further information on page 50.</b>

## WEEZE

FairKaufHaus Weeze	Bioland-Hof Neubauer	Wochenmärkte Weeze
Address: Schmiedestr. 12, 47652 Weeze. Phone number: 02 83 7 96 11 848. Website: <a href="http://www.caritas-geldern.de/alle/fairkaufhaus/fairkaufhaus">www.caritas-geldern.de/alle/fairkaufhaus/fairkaufhaus</a> <u>Open:</u> Mon, Tue and Fri: 9:00 –12:00 hrs. Every first Sat of the month: 9:00 – 12:00 hrs.	Address: Sandheiderweg 447652 Weeze. Phone number: 02 82 5 53 54 28 E-Mail: <a href="mailto:heiko@bio-neubauer.de">heiko@bio-neubauer.de</a> Website: <a href="http://www.bio-neubauer.com">www.bio-neubauer.com</a> <u>Open:</u> By Appointment.	Address: Cyriakusplatz 13-14, 47652 Weeze. E-Mails: <a href="mailto:silvana.pieterson@weeze.de">silvana.pieterson@weeze.de</a> ; <a href="mailto:alexandra.boergmann@weeze.de">alexandra.boergmann@weeze.de</a> Website: <a href="http://www.weeze.de/de/dienstleistungen/wochenmarkt/">www.weeze.de/de/dienstleistungen/wochenmarkt/</a> <u>Open:</u> Wed: 8:00 - 12:00 hrs.

Biohof Büsch Naturkost	Heeser Spargelmarkt
Address: Niederhelsum 1A, 47652 Weeze. Phone number: 02 837 20 50. E-Mail: <a href="mailto:info@buesch-naturkost.de">info@buesch-naturkost.de</a> Website: <a href="http://www.buesch-naturkost.de">www.buesch-naturkost.de</a> <b>Further information on page 52.</b>	Address: Hees 18, 47652 Weeze Phone number: 02837 91724 Website: <a href="http://www.heeser-spargelhof.de">www.heeser-spargelhof.de</a> <u>Open:</u> Mon - Sat: 9:00 - 18:00 hrs Sun & holiday: 9:00 - 17.00 hrs

## XANTEN

Gamerschlagshof GmbH	Food Sharing Germany	Kriemhild Mühle
Address: Grenzdyck 3, 46509 Xanten. Contact Person: Astrid Gerdes. Phone number: 01713 716008 (Mon - Fri: 8:00 - 12:00 hrs & 14:00 - 18:00 hrs). E-Mail: <a href="mailto:info@gamerschlagshof.de">info@gamerschlagshof.de</a> Website: <a href="http://www.gamerschlagshof.de">www.gamerschlagshof.de</a> <u>Open:</u> Mon - Fri by appointment. Sat: 10:00 - 13:00 hrs.	Fair Divider Address: Klever Str. 30, 46509 Xanten. E-Mail: <a href="mailto:xanten@foodsharing.network">xanten@foodsharing.network</a> Website: <a href="http://www.foodsharing.de">www.foodsharing.de</a> <u>Open:</u> Mon - Fri: 8:00 - 19:00 hrs, and Sat mornings.	Address: Nordwall 5, 46509 Xanten Phone number: 02801 6556 E-Mail: <a href="mailto:muehlexanten@web.de">muehlexanten@web.de</a> Website: <a href="http://www.kriemhild-muehle.de">www.kriemhild-muehle.de</a> <b>Further information on page 54.</b>

Nur so - unverpackt Xanten	Tuwas: Der Laden	Weltladen Xanten
Address: Viktorstraße 6, 46509 Xanten. Phone number: 02 801 983 67 73. Website: <a href="http://www.unverpackt-xanten.de">www.unverpackt-xanten.de</a> E-Mail: <a href="mailto:info@unverpackt-xanten.de">info@unverpackt-xanten.de</a> <b>Further information on page 56.</b>	Address: Klever Str. 26, 46509 Xanten Phone number: 02801 3723017 E-Mail: <a href="mailto:info@tuwas-Genossenschaft.de">info@tuwas-Genossenschaft.de</a> <b>Further information on page 58.</b>	Addr.: Kurfürstenstraße 3, 46509 Xanten. Phone number: 02801 705781 E-Mail: <a href="mailto:info@weltladensexanten.de">info@weltladensexanten.de</a> Website: <a href="http://www.ewgx.de">www.ewgx.de</a> <b>Further information on page 60.</b>



Picture: Biohof Etzold



Picture: Biohof Etzold



Picture: Biohof Etzold

## KEVELAER: BIOHOF ETZOLD

### Contact Details

Address: Hestert 10, 47626 Kevelaer  
 Mobile: 0152 31788766  
 Website: [www.biohofetzold.de](http://www.biohofetzold.de)  
 E-Mail: [info@biohofetzold.de](mailto:info@biohofetzold.de)  
 Facebook: [facebook.com/biohofetzold](https://facebook.com/biohofetzold)

### Opening Hours

Tuesdays & Thursdays from 14.00 to 19.00 hrs  
 Fridays from 9.00 to 19.00 hrs  
 Saturdays from 9.00 to 14.00 hrs

### Particulars

The Biohof Etzold is an organic farm shop with a variety of 1200 products including pork, lamb and poultry from own production. Apart from that, potatoes and various other vegetables, as well as fruits belong to the farm's range of produce. In addition to the farm shop, the farm's products are also sold on different farmer's markets in Moers, Wesel and Krefeld. Another nice component is Biohof Etzold's delivery service within a 65 km radius which makes this farm shop an attractive marketer of organic, regional, fairly traded and unpackaged products (more information can be found at [www.my-bio-home.de](http://www.my-bio-home.de)).

In its production, Biohof Etzold puts a particular focus on the well-being of plants, animals and people. Therefore, its vision is grounded on an ecological, sustainable, regional and efficient focus in all their actions.

### Product Labels

EU Bio Siegel, Naturland, Fairtrade, GEPA, Bio Region Niederrhein



Picture: Biohof Etzold





Picture: Weltladen Kevelaer



Picture: Weltladen Kevelaer

## KEVELAER: WELTLADEN / INITIATIVE FOR PARTNERSHIP IN THE ONE WORLD E.V.

### Contact Details

Address: Kapellenplatz 33, 47623 Kevelaer  
 Telephone: 02832 6939  
 Mobile: 01575 3302733  
 Website: [www.weltladen-kevelaer.de](http://www.weltladen-kevelaer.de)  
 E-Mail: [eheeser@gmx.de](mailto:eheeser@gmx.de)

### Opening Hours

November 1 to April 30:  
 Tuesdays to Fridays from 10.00 to 12.30 hrs. &  
 from 14.30 to 17.30 hrs.  
 Saturdays from 10.00 to 16.00 hrs.

May 1 to 31 October:  
 Tuesdays to Fridays from 10.00 to 17.00 hrs  
 Saturdays from 10.00 to 16.00 hrs.

### Particulars

The voluntary members of the One World store Kevelaer are engaged in the sales of fair and organic products. Their overall motto goes as follows: "It is only fair not to purchase any cheap goods for which others have paid too dear".

The important vision of the World Shop is that fair trade stands for development policy in our everyday life, because fair trade goods are produced under humane conditions. Thus, by shopping at the World Shop a contribution to socially responsible and sustainable development can be made.

### Product Labels

EU Bio, GEPA.



Picture: Weltladen Kevelaer



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## KAMP-LINTFORT: HOFLADEN AM BIOLANDHOF FROHNENBRUCH

### Contact Details

Contact Persons: Klaus & Bärbel Bird  
 Address: Schloßallee 81, Hoerstgen District  
 47475 Kamp-Lintfort  
 Telephone: 02 8 42 410 00  
 Mobile: Klaus Bird: 0171 9515 480;  
 Bärbel Bird: 0173 5149 428.  
 Website: <https://www.frohenbruch.de>  
 E-Mail: [info@frohenbruch.de](mailto:info@frohenbruch.de)  
 Facebook: [facebook.com/Frohenbruch/](https://www.facebook.com/Frohenbruch/)  
 Twitter: [@KlausBird](https://twitter.com/KlausBird)  
 Instagram: [biolandhof\\_frohenbruch](https://www.instagram.com/biolandhof_frohenbruch)

### Opening Hours

Tuesdays & Wednesdays from 15:00 to 18:00 hrs.  
 Thursdays & Fridays from 10:00 to 18:00 hrs.  
 Saturdays from 10:00 to 14:00 hrs.



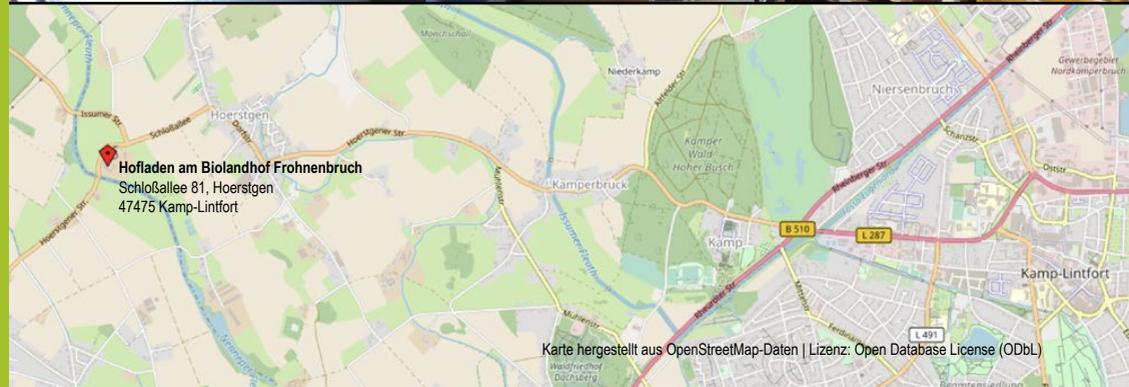
### Particulars

This family owned organic shop is situated on a Bioland associated farm, in a locale lush with sublime greenery, immaculate airs, radiant streams with a backdrop of flowing fields. It is quite easy to be captivated by the surroundings when you visit, as well as the warmth expressed by the Bird family. Biolandhof Frohnenbruch was established with the purpose to show how organic farming can work, with the support of customers.

At Hofladen am Biolandhof Frohnenbruch, freshness is the order of the day, as the establishment prides itself in its transparency towards the sources of its products; and offers a broad range in Fairtrade, fairly produced, organic, regional, and zero waste products from snacks and confectionaries, to condiments, plant, and animal based goods.

### Product Labels

Bio-Siegel, EU Organic, Bioland, Fairtrade, Demeter, Lebensbaum, Naturland.





Picture: Weltladen Kamp-Lintfort

Picture: Weltladen Kamp-Lintfort

Picture: Weltladen Kamp-Lintfort

## WELTLADEN KAMP-LINTFORT - NETZWERK DES FAIREN HANDELS AM NIEDERRHEIN

**Contact Details**  
 Contact Person: Susanne Humpa, Astrid Veltkamp  
 Address: Schulstraße 141, 47475 Kamp-Lintfort  
 Telephone: 02842 70396  
 Website: [www.fair-rhein.de/weltladen/](http://www.fair-rhein.de/weltladen/)  
 E-Mail: [info@fair-rhein.de](mailto:info@fair-rhein.de)  
 Facebook: [facebook.com/fair.rhein/](https://facebook.com/fair.rhein/)  
 Instagram: [fairrhein](https://instagram.com/fairrhein)

**Opening Hours**  
 Monday to Friday from 14:00 to 18:00 hrs.  
 Tuesday and Thursday from 10:00 to 18:00 hrs.

**Particulars**  
 Fair trade on the Lower Rhine, thrives on a large number of committed volunteers who work for fair world trade structures, and the sustainability in cultivation and production. This is achieved in exchange with partners in the countries of the global South, which stand for a fairer world - committed towards the goal of promotion and support.  
 The products available in this establishment are not only mostly organic and of special quality, they also symbolise a piece of global politics and progress, through fair trade.  
 A visit to this establishment is a journey of discovery, from aromatic coffees and teas, special chocolates, spices, to jewelry, wicker, tasteful scarves, high-quality bags, and handicrafts from all over the world. In addition are a large selection of groceries, additionally household goods, accessories, decorative items and smaller gift ideas - all fairly traded, with detailed information about their producers.  
 There is also the availability of regional products, which are fairly produced and traded, as well as organic and recyclable products.

**Product Labels**  
 GEPA, El Puente, Bio-Siegel, EU Organic, and numerous others.



Picture: Weltladen Kamp-Lintfort



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## KLEVE:

# DAD "DIE AM DEICH" - ORGANIC FARMING AND FARM SHOP

### Contact Details

DAD "Die am Deich" -organic farming and farm shop/  
 Theo & Sybille Sonderfeld GbR/  
 Address: Banndei 8, 47533 Kleve  
 Telephone: 02821 92717 & 02064 15270 (Delivery service)  
 Website: [www.DAD-Bio.de](http://www.DAD-Bio.de)  
 E-Mail: [DAD-Sonderfeld@t-online.de](mailto:DAD-Sonderfeld@t-online.de)  
 Facebook: <https://www.facebook.com/Die-am-Deich-141999789487986>

### Opening Hours

Thursdays from 14.00 to 18.00 hrs  
 Fridays from 10.00 to 18.00 hrs  
 Saturdays from 10.00 to 14.00 hrs

### Particulars

DAD, short for "Die am Deich" – is an organic farm shop with its own butcher's shop and connected to a Bioland-dairy farm. The farm shop offers organic meat and cold meat products from their in-house production. Besides the named meat products, customers will find regional, organic and fresh products vegetables, eggs, potatoes, fruits and cheese. In addition to the wide range of produce in organic quality, another special feature of the farm is their delivery service within the districts of Wesel, Oberhausen, and Duisburg. All in all, DAD's product range includes organic, regional, fairly traded as well as unpacked produce. As DAD states, their vision for the future is that the majority of Cleve's and its surrounding areas' inhabitants will buy and consume regional products from organic cultivation.

### Product Labels

EG Öko (EU Eco), EU Bio, Fairtrade, Demeter, Naturland, Bio-Region-Niederrein e.V., Bioland



## KLEVE: EINE WELT INITIATIVE REGENBOGEN

### Contact Details

Address: Kavarinerstraße 10, 47533 Kleve  
 Telephone: 02821 71 11 030  
 Mobile: 0175 4103814  
 E-Mail: [m.ruebo@kisters-stiftung.de](mailto:m.ruebo@kisters-stiftung.de)

### Opening Hours

Mondays from 16.00 to 18.00 hrs  
 Tuesdays & Thursdays from 10.00 to 12.00 hrs  
 and from 16.00 to 18.00 hrs  
 Saturdays from 10.00 to 13.00 hrs

### Particulars

The One World Regenbogen Initiative is a volunteer run One World shop in the town centre of Kleve. By buying and selling exclusively fairly traded products, such as chocolate, coffee, wine, as well as beautiful and unique household goods and decorative items the shop supports its various partners from different countries. Apart from that, the customers can purchase a range of fairly traded goods of organic quality. Revenues from the shop's product sales are only used for the purchase of new products to be sold in the shop, so that there is no financial gain for the initiative. The initiative hopes that the wide range of fair products will be soon offered in conventional retail stores as well and thus becomes more visible to consumers.

By that time, the existence of the One World stores would no longer be necessary - that would be the fulfillment of their dream. More information can be found in the church media publications or in the One World shop itself in the town centre of Kleve.

### Product Labels

EU Eco, EU Bio, Fairtrade, GEPA, Naturland





**KUNST  
HAND  
WERK**

**INDIEN  
GHANA**



**KLEVE:  
FREUNDESKREIS GHANA**

**Contact Details**

Address: Kavarinerstr. 61, 47533 Kleve  
 Telephone: 02826 7593  
 E-Mail: [W.Haverkamp@t-online.de](mailto:W.Haverkamp@t-online.de)  
 Website: [www.indien-ghana.de](http://www.indien-ghana.de)

**Opening Hours**

Mondays from 14.00 to 18.00 hrs.  
 Tuesdays - Fridays from 11.00 to 18.00 hrs.  
 Saturdays from 11.00 - 15.00 hrs.

**Particulars**

The non-profit association Freundeskreis Humanitäre Hilfe in Ghana e.V. sees the sale of products sold in their beautiful store on the Kavarinerstraße as a cultural transfer and humanitarian aid for the benefit at a school in Ghana. The association offers handicrafts from small producers in Ghana with whom the association has long-standing contact, experience and partnerships. Due to the fact that these suppliers are rather small producers, their products are not certified by an official source, however the association guarantees that goods found in their store are fairly traded. What is more is that predominantly the shop's offerings come without any packages and even include recycled goods.

Besides that, the association personally buys the goods from producers. The proceeds from the sales of goods like baskets, scarfs, recycled bags or beautiful figurines, are then used by the association to support a school in Ghana. The Freundeskreis Ghana association assists the school by financing construction measures or paying salaries. By selling its products in Kleve the association works to create awareness for other cultures and living conditions.





Picture: Riswicker Bauernmarkt



Picture: Riswicker Bauernmarkt



Picture: Riswicker Bauernmarkt

## KLEVE: RISWICKER FARMER'S MARKET

**Contact Details**  
 Address: Eisenpaß 5, 47533 Kleve  
 Telephone: 02828 586  
 Website: [www.riswicker-bauernmarkt.de](http://www.riswicker-bauernmarkt.de)  
 E-Mail: [WittenhorstBioland@t-online.de](mailto:WittenhorstBioland@t-online.de)  
 Facebook: [facebook.com/riswicker.bauernmarkt/](https://facebook.com/riswicker.bauernmarkt/)

**Opening Hours**  
 Thursdays\* from 12.00 to 17.00 hrs.

\*if Thursday falls on public holiday, the market takes place on Wednesday

**Particulars**  
 The Riswicker Farmer's Market is a market and economic association organized by producers and farmers themselves. This farmer's association pays particular attention to fair and producer-friendly prices and, in addition to the labels mentioned below, also offers products with the Bioland seal. The regional origin of the products as well as a connection of customers and producers through a direct exchange are specifically important to the Riswicker Farmer's Market. Besides that, customers can find fresh produce in organic quality, most of which comes without any packaging. Further special features are the Riswicker Farmer's Café with freshly baked cakes and playing facilities for children, which offer a unique shopping experience for its young and old visitors.

**Product Labels**  
 EG Öko, EU Bio, Demeter, Naturland, Niederrhein Region



Picture: Riswicker Bauernmarkt



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Picture: Repair Café Kleve

Picture: Repair Café Kleve

## KLEVE: REPAIR CAFÉ

### Contact Details

Radhaus Kleve  
Address: Sommerdeich 37, 47533 Kleve  
E-Mail: [info@repaircafe-kleve.de](mailto:info@repaircafe-kleve.de)  
Website: [www.repaircafe-kleve.de](http://www.repaircafe-kleve.de)  
Facebook: [facebook.com/repaircafeKleve/](https://facebook.com/repaircafeKleve/)

### Opening Hours

Every 3rd Saturday of the month  
14.00 to 17.00 hrs.

(Except Summer, possibly Easter and Winter break)

### Particulars

The Repair Café Kleve is an association of voluntary helpers who organize and carry out repairs of items brought to the Radhaus.

In this café, taking place every third Saturday of the month, volunteer repairation experts are waiting to assist their visitors with inbrought repairs. In this manner, visitors can learn more about the technical construction of their coffee machine or how to fill a hole in their beloved textiles properly. The Repair Café experts try to help where they can and provide visitors with their tools and know-how.

The idea behind Cleve's Repair Café is to make a contribution to waste avoidance through repairs of already owned items. Additionally, it also aims to contribute to environment protection since repairs of already owned goods avoid new purchases and thus new production and consumption of raw materials.

There is also a social aspect to this association, because no repair fee is charged to the visitors. In that way, the Repair Café Kleve aims to increase the awareness for sustainability.



Picture: Repair Café Kleve



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Picture: Palette gGmbH



Picture: Palette gGmbH



Picture: Palette gGmbH

## KLEVE: PALETTE

### Contact Details

Palette Sozialservice gGmbH  
 Address: Königsgarten 1, 47533 Kleve  
 Telephone: 02821 897003  
 E-Mail: [info@Palette-kleve.de](mailto:info@Palette-kleve.de)  
 Website: [www.Palette-kleve.de](http://www.Palette-kleve.de)  
 Facebook: [facebook.com/groups/1626757057471095](https://facebook.com/groups/1626757057471095)

### Opening Hours

Mondays, Tuesdays, Thursdays and Fridays from 10.00 to 18.00 hrs.  
 Wednesdays from 10.00 to 13.00 hrs.  
 Saturdays from 10.00 to 14.00 hrs.

### Particulars

The Palette is a non-profit limited liability company and a subsidiary of Caritas and Diakonie, which is a second-hand department store with a wide range of used furniture, textiles, clothing, household goods, electrical devices as well as books at fair prices.

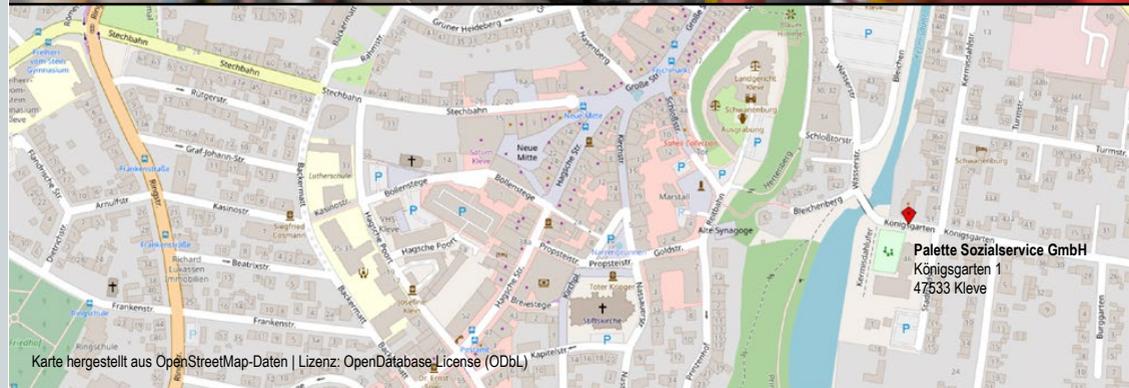
The vision behind the work of Palette goes back to the crucial topic of employment. As Palette explains, there seems to be no patent remedy against unemployment, especially not for people who are facing a hard time anyway in the so-called primary job market. These are, for example, the low-skilled, employees of over 50 years of age or women who want to return to work.

In 2000, Caritas and Diakonie wanted to make their own modest contribution to creating jobs by founding the social enterprise Palette. The start of this project was financially supported by some parishes and the employment office.

Today, Palette counts around 20 temporary full and part time positions as a credit to its work.



Picture: Palette gGmbH



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Picture: Biomarkt Kleve



Picture: Biomarkt Kleve



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## KLEVE: BIOLADEN & BIOMARKT

### Bioladen

Address: Kalkarer Str. 21, 47533 Kleve  
 Telephone: 02821 27877  
 E-Mail: [info@bioladen-kleve.de](mailto:info@bioladen-kleve.de)  
 Website: [www.bioladen-kleve.de](http://www.bioladen-kleve.de)  
 Facebook: [facebook.com/BioladenKleve](https://facebook.com/BioladenKleve)

### Opening Hours

Mondays to Fridays from 08.00 to 18.30 hrs.  
 Saturdays from 08.00 to 16.00 hrs.

### Particulars

Kleve's organic supermarkets Bioladen and Biomarkt are a family run company with a wide range of organic, regional, fairly traded and unpacked product selection on over 400 square meters in the Bioladen at Kalkarerstraße and over 600 square meters in the Biomarkt at Hoffmannalle. This family business aims to supply people with healthy products in a sustainable manner. At the same time, the Bioladen and Biomarkt underline that such conscious consumerism is a compulsory precondition to create a future worth living.

A noteworthy feature for students: on Tuesdays and Wednesdays both shops offer students a 10% discount on the whole assortment of goods on presentation of a student ID.

### Product Labels

EU Eco, EU Bio, Fairtrade, GEPA, Demeter, Naturland, Niederrhein Region

### Biomarkt

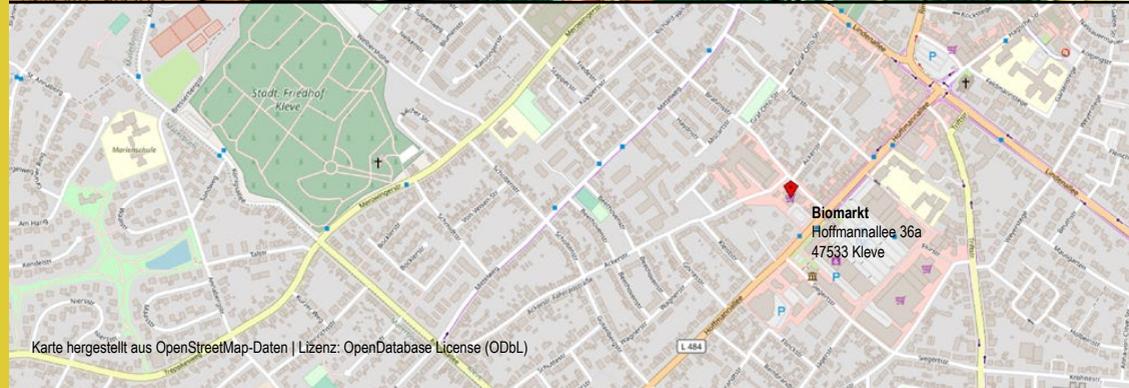
Address: Hoffmannallee 36 a, 47533 Kleve  
 Telephone: 02821 9973733  
 E-Mail: [info@biomarkt-kleve.de](mailto:info@biomarkt-kleve.de)  
 Website: [www.biomarkt-kleve.de](http://www.biomarkt-kleve.de)  
 Facebook: [facebook.com/BioMarktKleve](https://facebook.com/BioMarktKleve)

### Opening Hours

Mondays to Fridays from 08.00 to 19.00 hrs.  
 Saturdays from 08.00 to 18.00 hrs.



Picture: Biomarkt Kleve



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Picture: FairKaufHaus Geldern



Picture: FairKaufHaus Geldern

## GELDERN: FAIRKAUFHAUS GELDERN

### Contact Details

FairKaufHaus Geldern – Caritas-betriebe gemeinnützige GmbH

Contact Person: Julian Kroll

Address: Ostwall 3-5, 47608 Geldern

Telephone: 02 831 974 302

Website: [www.caritas-geldern.de/alle/fairkaufhaus/fairkaufhaus](http://www.caritas-geldern.de/alle/fairkaufhaus/fairkaufhaus)

E-Mail: [fairkaufhaus@caritas-betriebe.de](mailto:fairkaufhaus@caritas-betriebe.de)

Facebook: [facebook.com/pages/Fairkaufhaus/](https://facebook.com/pages/Fairkaufhaus/)

396973147404752

### Opening Hours

Monday to Friday from 10:00 to 18:00 hrs.

Saturday from 10:00 to 14:00 hrs.

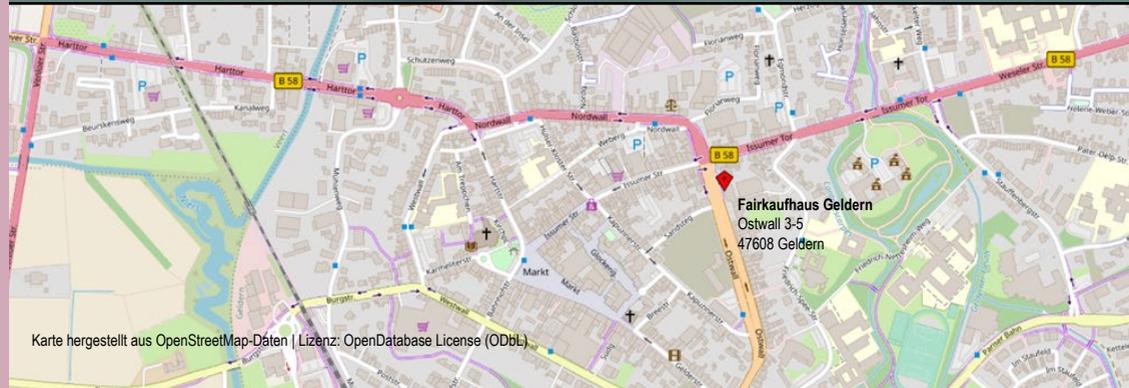
### Particulars

This fair purchase establishment in Geldern is a social department store that caters to adult shoppers at large, offering products such as clothing and furniture at fair prices. Choices and options for goods are bountiful, due to its large retail space for bargain hunters, antique lovers, to second-hand enthusiasts.

There is the availability of new and used furniture of all kinds, from tables, chairs and chests, to wall units, beds and wardrobes. There is also a large supply of second-hand clothing as well. Purchases can be taken along immediately, or delivery services can be requested; which is dependent on capacity. Home assembly services can also be arranged in advance.

### Textile Labels

kbA and kbT, Global Organic Textile Standard (GOTS), OEKO-TEX Made in Green, amongst others.



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Eine Welt  
 ökumenische Projektgruppe Geldern e.V. 



Picture: Weltladen Geldern

## GELDERN: WELTLADEN GELDERN

### Contact Details

Eine Welt Ökumenische Projektgruppe Geldern e.V.

Contact Person: Ludger Derrix

Address: Gelderstraße 8, 47608 Geldern

Mobile: 01573 7938343

Website: <https://fair-rhein.de/geldern/>

E-Mail: [info@weltladen-geldern.de](mailto:info@weltladen-geldern.de)

Facebook:

[facebook.com/Eine-Welt-Verein-Geldern-1428517250737296/](https://facebook.com/Eine-Welt-Verein-Geldern-1428517250737296/)

### Opening Hours

Tuesday to Friday from 10:00 to 13.00 hrs &

15:00 to 18:00 hrs

Saturday from 10:00 to 13.00 hrs.

### Particulars

The Weltladen in Geldern supports social projects in different countries; through donations, and the proceeds acquired in the sale of fairly traded goods. The central focus of these social projects are to offer support in developing countries, by raising and strengthening awareness of fair trade, as well as encourage regional purchasing.

This establishment offers fair shopping, tasty gift ideas on consumables and non-consumables covering regional, fair trade, organic, zero waste, second-hand, recyclable and reusable products.

The association that runs the Weltladen has been in existence for more than 30 years. The establishment or its association, do not own the seals/certifications on the products on sale.

### Product Labels

GEPA, El Puente, Bio-Siegel, EU Organic, and numerous others.



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Picture: Go Fair Goch



Picture: Go Fair Goch



Picture: Go Fair Goch

## GOCH: WELTLADEN GO FAIR

### Contact Details

Address: Am Steintor 16, 47574 Goch  
 Telephone: 02823 4197267  
 Website: [www.gofair-goch.de](http://www.gofair-goch.de)  
 E-Mail: [info@gofair-goch.de](mailto:info@gofair-goch.de)  
 Instagram: [fair.go](https://www.instagram.com/fair.go)

### Opening Hours

Tuesdays to Fridays from 10.00 to 12.50 hrs.  
 and from 15.00 to 18.00 hrs.  
 Saturdays from 10.00 to 12.50 hrs.  
 Extended opening hours in Advent season:  
 Tuesdays to Fridays 10.00 - 18.00 hrs  
 Saturdays 10.00 to 16.00 hrs

### Particulars

The One-World-Shop „Go Fair“ offers its customers a range of beautiful, useful and delicious products which are fairly traded, organic and to some part even recycled. The GoFair team aims to make a contribution to establishing fair trade in the world of shopping to the end that all offers can soon be traded fairly.

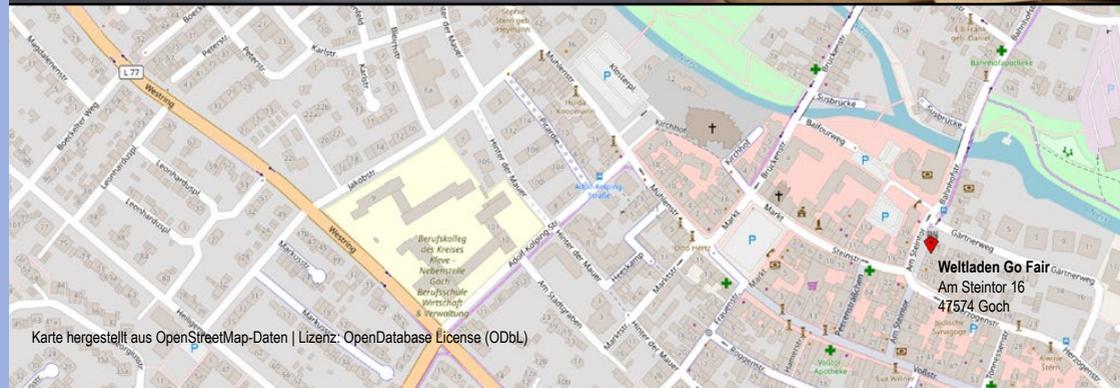
The association and the store are run solely on the basis of voluntary work. GoFair is always happy to welcome new team members.

### Product Labels

EG Öko, EU Bio, Fairtrade, GEPA, Demeter, Naturland, GOTS and others.



Picture: Go Fair Goch



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Picture: Palette gGmbH



Picture: Palette gGmbH



Picture: Palette gGmbH

## GOCH: PALETTE

### Contact Details

Palette - Filiale Goch  
 Address: Arnold-Janssen-Straße 8, 47574 Goch  
 Telephone: 02823 8790645  
 E-Mail: [info@Palette-kleve.de](mailto:info@Palette-kleve.de)  
 Website: [www.Palette-kleve.de](http://www.Palette-kleve.de)  
 Facebook: [facebook.com/groups/1626757057471095](https://facebook.com/groups/1626757057471095)

### Opening Hours

Mondays, Tuesdays, Thursdays and Fridays from  
 10.00 to 18.00 hrs.  
 Wednesdays from 10.00 to 13.00 hrs.  
 Saturdays from 10.00 to 14.00 hrs.

### Particulars

The Palette is a non-profit limited liability company and a subsidiary of Caritas and Diakonie, which is a second-hand department store with a wide range of used furniture, textiles, clothing, household goods, electrical devices as well as books at fair prices.

The vision behind the work of Palette goes back to the crucial topic of employment. As Palette explains, there seems to be no patent remedy against unemployment, especially not for people who are facing a hard time anyway in the so-called primary job market. These are, for example, the low-skilled, employees of over 50 years of age or women who want to return to work.

In 2000, Caritas and Diakonie wanted to make their own modest contribution to creating jobs by founding the social enterprise Palette. The start of this project was financially supported by some parishes and the employment office. Today, Palette counts around 20 temporary full and part time positions as a credit to its work.



Picture: Palette gGmbH



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## GOCH: REPAIR CAFÉ

### Contact Details

Evangelische Kirchengemeinde Goch  
Address: Gemeindebüro, Markt 8, 47574 Goch  
Telephone: 02823 7458  
E-Mail: [goch@ekir.de](mailto:goch@ekir.de)  
Website: [www.repaircafe-goch.de](http://www.repaircafe-goch.de)

### Opening Hours

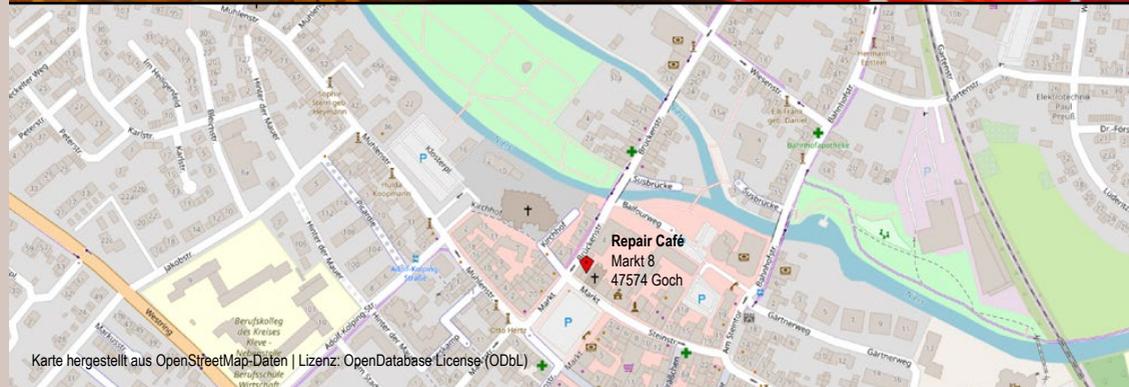
Opening times - usually one Friday per month  
from 10.00 to 13.00 hrs. - the precise dates can  
be found at the website ([www.repaircafe-goch.de](http://www.repaircafe-goch.de))

### Particulars

The Repair Café in Goch welcomes all those people who find it difficult to part with a beloved object. Unfortunately, in most cases, our throwaway society goes there and replaces it with a new one - even if not much seems to be broken. Often it doesn't even occur to us that an appliance is repairable, let alone how it can be repaired. But the Repair-Café proves that there is another way: volunteering experts offer help for self-help and want to work together against the throwaway trend.

Devices brought along will be repaired together with a specialist. Except for the spare parts, the experts' help is free of charge, a donation is welcome. Therefore, visiting the Repair Café is an opportunity to learn a lot over a cup of coffee or tea and a piece of cake. The Café's experts offer repair support for defective household items, electrical appliances, toys, textiles and small furniture.

With its work the Repair Café helps to conserve resources and save energy, because prolonging the lifespan of an item is the first step towards sustainability, which is currently being discussed..





## WEEZE: BIOHOF BÜSCH NATURKOST

### Contact Details

Contact Persons: Simone Schmitz  
 Address: Niederhelsum 1A, 47652 Weeze  
 Telephone: 02 837 20 50  
 Website: <https://www.buesch-naturkost.de>  
 E-Mail: [info@buesch-naturkost.de](mailto:info@buesch-naturkost.de);  
<https://www.buesch-naturkost.de/kontakt.php>  
 Online Shop: <https://buesch.abo-kiste.com/>  
 Facebook: [facebook.com/BueschNaturkost/](https://facebook.com/BueschNaturkost/)

\*Call or send an e-mail for deliveries.

### Opening Hours

Monday and Friday from 9:00 to 18:30 hrs.  
 Saturday from 9:00 to 13:00 hrs.

### Particulars

Büsch Naturkost is a family-run organic establishment, which has been a source of organic produce for over 35 years, as well as focuses on conscious nutrition, health, and ecological awareness. They raise awareness for the importance of organic and sustainable products for our future, in the way in which they offer products and services. Büsch Naturkost also gives its customers the chance to shop for fresh produce, in the vicinity where the produce is grown. There is a wide range of products on offer, which are complemented by a variety of shopping and delivery services. Büsch Naturkost is a source of organic food on the Lower Rhine with a broad selection of consumables and non-consumables such as organic fresh produce, snacks, poultry, wines, cheeses, cleaning supplies etc. This covers organic, zero waste, fairly traded, and regionally produced goods.

### Product Labels

Demeter, Bio-Siegel, EU Organic, and numerous others.





Picture: Kriemhild Mühle



Picture: Kriemhild Mühle



Picture: Kriemhild Mühle

## XANTEN: KRIEMHILD MÜHLE

**Contact Details**  
 Address: Nordwall 5, 46509 Xanten  
 Telephone: 02801 6556  
 E-Mail: [muehlexanten@web.de](mailto:muehlexanten@web.de)  
 Website: [www.kriemhild-muehle.de](http://www.kriemhild-muehle.de)  
 Facebook: [www.facebook.com/Kriemhildmuehle/](http://www.facebook.com/Kriemhildmuehle/)

**Opening Hours**  
 Monday from 14.00 to 18.30hrs.  
 Tuesdays to Saturdays from 8.30 to 18h30hrs.  
 Sundays from 13.00 to 18.30 hrs.

**Particulars**  
 On the city wall of Xanten stands the Kriemhild wind powered mill. It is one of the few mills in Germany which still is in operation every day. When the wind blows hard enough the sails are set, and the wooden gears kick into place. Subsequently, the grain runs out of the funnels in the millstones, and slides down one floor. Freshly ground whole wheat flour, flows into a well positioned flour container.  
 Stiff breeze from the east or warm-humid gusts from the sea: the wind has travelled a long way to power the mill, and grain the grains which come from the Lower Rhine region.  
 Since 1992, Kriemhildmühle has processed grain into wholefood bread and cakes, within its in-house bakery. The grain used within this establishment, exclusively originates from regional or national sources. The mill operates with sails, wooden gears and grinding stones.  
 Visits are possible during opening times, tours and events must be registered beforehand.



Picture: Kriemhild Mühle



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## XANTEN: NUR SO - UNVERPACKT XANTEN

### Contact Details

Contact Person: Kathrin Hackenbruch  
 Address: Viktorstraße 6, 46509 Xanten  
 Telephone: 02801 9836773  
 Website: [www.unverpackt-xanten.de/](http://www.unverpackt-xanten.de/)  
 E-Mail: [info@unverpackt-xanten.de](mailto:info@unverpackt-xanten.de)  
 Facebook: [facebook.com/UnverpacktXanten](https://facebook.com/UnverpacktXanten)

### Opening Hours

Monday & Tuesday	from 10:00 to 12:00 hrs & 15:00 to 18:00 hrs.
Thursday & Friday	from 10:00 to 12:00 hrs & 15:00 to 18:00 hrs.
Saturday	from 11:00 to 14:00 hrs.

### Particulars

Nur So is a zero waste shop, with a philosophy that allows the buyer to save as much packaging waste as possible. There is an attachment and extensive importance towards quality, as well as a greater appreciation for regional, organic and Fairtrade products, with an emphasis towards recyclable means.

The main focus within the establishment is that of quality, rather than quantity. Most products are organic, as such, all non-organic related products are labeled as conventional. Nur So orientates itself towards the needs of its customers: Products unavailable in its product listing can be made available, if customers simply order or request them.

Nur So assortment of products ranges from spices, herbs, legumes, dried fruits, to different types of cereals and grains, reusable straws, water bottles, tooth brushes, natural sponges, quality oils, vinegars, soaps, detergents and others.

### Product Labels

Bio-Siegel, EU Organic, and numerous others.





## XANTEN: TUWAS: DER LADEN

### Contact Details

Contact Person: Christoph Bednarek  
 Address: Klever Str. 26, 46509 Xanten  
 Telephone: 02801 3723017  
 E-Mail: [info@tuwas-Genossenschaft.de](mailto:info@tuwas-Genossenschaft.de)  
 Website: [www.tuwas-genossenschaft.de/projekte/der-laden-xanten.html](http://www.tuwas-genossenschaft.de/projekte/der-laden-xanten.html)

### Opening Hours

Tuesday to Thursday from 13:00 to 18:00 hrs.  
 Fridays from 12:00 to 18:00 hrs.  
 Saturdays from 11:00 to 16:00 hrs.

### Particulars

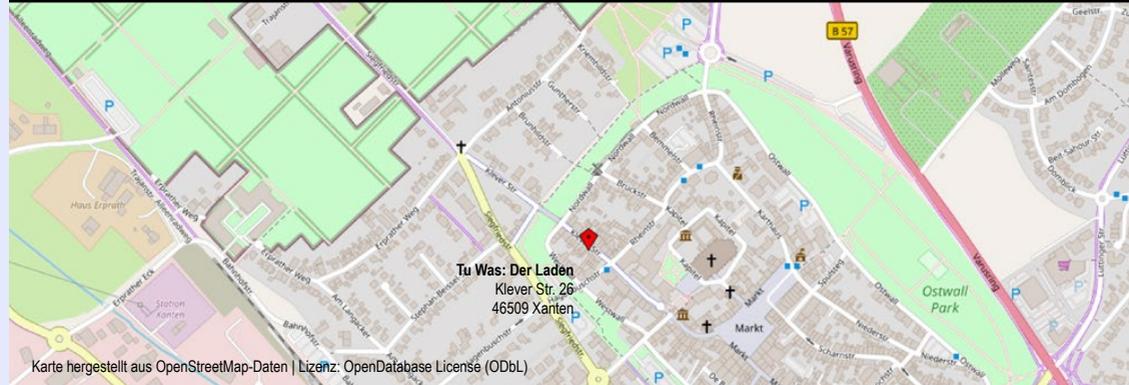
Tuwas: Der Laden in Xanten possess four shop offers in one; information, advice, antique and fashion collection. This establishment pushes for more cooperative and sustainable living, as well as highlights the effects of fast fashion, and the challenges of conserving resources.

Tuwas focuses on regional, zero waste, second-hand, Fairtrade, recycled and self-produced upcycled goods. The price level in this establishment falls in the medium range. Tuwas is part of a non-profit cooperative in lieu with other establishments in several locations, such as a department store for everyone in Moers, project shops in Neukirchen and Rheinberg respectively, as well as a repair café and an open repair shop in Neukirchen-Vluyn.

Tuwas is also committed to social assistance and supporting their local community, for example by providing people in need with furniture and advice.

### Textile Labels

Global Organic Textile Standard (GOTS), OEKO-TEX Made in Green, amongst others.





## XANTEN:

# WELTLADEN XANTEN - DIE EINE-WELT-GRUPPE XANTEN E.V.

### Contact Details

Contact person: Anette Artz  
 Address: Kurfürstenstraße 5, 46509 Xanten  
 Telephone: 02801 705781  
 Website: [www.ewgx.de](http://www.ewgx.de)  
 E-Mail: [info@weltladenxanten.de](mailto:info@weltladenxanten.de)  
 Facebook: [facebook.com/pg/EineWeltGruppeXanten/](https://facebook.com/pg/EineWeltGruppeXanten/)  
 Instagram: [weltladenxanten](https://www.instagram.com/weltladenxanten)

### Opening Hours

Monday to Friday from 10.00 to 13.00 hrs. &  
 15.00 to 18.30 Uhr  
 Saturday from 10.00 to 16.00 hrs.

### Particulars

The One World shop in Xanten is described as the heart of the local non-profit group. It is a specialty store for fair trade goods in which more than 40 volunteers are involved. The One World shop is a communication hub for people who are advocating for fair trade conditions and try to promote justice, sustainability and human dignity - locally and worldwide.

Every week, the shop windows of the One World store are being redesigned, which is also documented on Instagram. In joint actions, the goals of the One World store are actively supported by the city administration, the churches and the fair trade schools. On a regular basis, the steering group of the Fair Trade City of Xanten plans campaigns to promote Fair Trade.

The product range consists of goods from more than 60 countries of organic, recyclable and upcycling products quality. In addition to goods such as coffee, tea and cocoa, the One World store offers high-quality handicrafts, decorative items, jewelry, baskets, children's toys, leather goods and much more. All products are produced according to Fair Trade standards and are characterized by their regional and unique features.

### Product Labels

GEPA, El Puente, Naturland, Bio-Siegel, EU-Organic, WeltPartner, Fairtrade, and others.

# SUSTAINABILITY QUIZ

- Which uses less water, washing a full load of dishes  
 a) by hand  b) in the dishwasher?
- What type of supermarket bag is more eco friendly, paper or plastic?  
 a) Paper  b) Plastic  c) None
- True or False, Appliances that are turned off don't use any electricity.  
 a) True  b) False
- During a long trip, you conserve more fuel by driving fast and getting to your destination sooner than you do by going the speed limit  
 a) True  b) False
- It would take 150 years for a littered aluminum can to break down by natural processes.  
 a) True  b) False
- Are the paper coffee cups you get from coffee shops recyclable?  
 a) Yes  b) No
- How many of the textile brands and companies employ sustainable manufacturing practices?  
 a) 55%  b) 1.03%  c) 8.3%  d) 0.001%
- Globally, which two of the following economic sectors currently emit the largest percentage of greenhouse gas emissions?  
 a) Transportation  b) Agriculture  c) Building  
 d) Industry  e) Electricity and heat production
- On average, how long is a plastic bag used by a person before being thrown away?  
 a) 12 minutes  b) 1 hour  c) 1 day  d) 1 week
- How much water does it take to produce one bottle of water?  
 a) no water  b) 1 bottle of water  c) 3 bottles of water  d) 6 bottles of water
- Where does the majority of plastic waste end up?  
 a) Landfills  b) Recycled  c) Oceans  d) Burned for energy
- How many trees does it take to provide a day's supply of oxygen for 4 people?  
 a) 100  b) 10  c) 50  d) 1
- According to scientists, how many countries could run entirely on wind, solar, and water power by 2050?  
 a) 0  b) 140  c) 70  d) 20

# SEASONAL CALENDAR

	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
EGGPLANT												
CAULIFLOWER												
ONIONS												
BROCCOLI												
CHINESE CABBAGE												
MUSHROOMS												
PEAS												
FENNEL												
SPRING ONIONS												
GROUND CABBAGE												
CUCUMBERS												
CARROT												
POTATO												
KNILLEN CELERY												
TURNIP CABBAGE												
PUMPKIN												
LEEKs												
CORN												
CAPSICUM												
RADISH												
BEETROOT												
ASPARAGUS												
SPINACH												
TOMATO												
ZUCCHINI												
GREEN BEANS												
ENDIVE												
SUGAR PODS												
BRUSSELS SPROUTS												



# SUSTAINABLE

BASED ON A COOPERATION BETWEEN THE ONE WORLD NETWORK NRW AND THE MASTER'S PROGRAM IN SUSTAINABLE DEVELOPMENT MANAGEMENT AT THE RHINE-WAAL UNIVERSITY OF APPLIED SCIENCES IN KLEVE, FIVE STUDENTS - ABRAHAM, ADEOLA, LISA, REGINA AND ZEYNAB - TOGETHER WITH SEBASTIAN VAN LEDDEN FROM THE ONE WORLD NETWORK NRW HAVE UNDERTAKEN THE JOURNEY OF PRESENTING THEIR TAKE ON SUSTAINABLE LIFESTYLE IN THE LOWER RHINE REGION IN AN INFORMATIVE SHOPPING GUIDE.

THE OUTCOME IS A 64-PAGE DOCUMENT INCLUDING A SEASONAL CALENDAR AND ARTICLES ON VARIOUS SUSTAINABILITY TOPICS, SUCH AS AMONGST OTHERS THE ECOLOGICAL FOOTPRINT, PRODUCT LABELS AND GREENWASHING.

IN ADDITION TO THE INFORMATIVE ARTICLES, THE GUIDE ALSO REFERS TO CONCRETE LOCAL SHOPPING OPPORTUNITIES THAT OFFER ORGANIC, REGIONAL, FAIRLY TRADED, UNPACKAGED, RE- AND UPCYCLED, OR SECOND-HAND GOODS.

# LIFESTYLE GUIDE