



CONSCIOUS CUPS OF COFFEE

This month, our Real Eco panel of readers has been taste-testing sustainable coffee. These winning independent companies help you wave goodbye to plastic packaging and wasteful pods, while still enjoying your cup of java.

Our winning Eco Champion, Percol, ticks all the boxes and has been a firm favourite in our household for a while. Have you tried one of these? Or is there a green brand you want to shout about that impressed you? Let me know @Ellen_Tout with #PsychologiesRealEco and read more reviews at psychologies.co.uk/real-eco. Enjoy!



Ellen

Psychologies Eco Living Editor



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FIVE OF THE BEST Eco-friendly coffees

Nothing beats a cup of coffee, except a conscious one! Ellen Tout awards the five best sustainable coffee companies

We're wild about this

Voted the winner of our Readers' Choice award, this coffee supports the RSPB and is organic, vegan-friendly and shade-grown, which means it helps protect the rainforest and its native species. It's not yet plastic-free but is a delicious, eco-conscious choice, and it's not too strong either.

• Bird & Wild RSPB coffee, £4.99, birdandwild.co.uk



“Lovely and smooth with a subtle dark chocolate taste”

ROS, reader panellist, East Sussex

Climate neutral

We love our award-winning Eco Champion, Percol. What's more, packaging is plastic-free and at-home compostable. The coffee is tasty, organic and Fairtrade, plus Percol is a Climate Neutral company.

• Percol ground coffee, £4.75, percol.co.uk



“Ethical and affordable! I love it”

LAURA, reader panellist, Surrey

Kindness matters

These compostable, plastic-free pods win our Editor's Choice award. We love Coffee & Kin's ethos to be 'the world's kindest coffee capsule'. Pods are compatible with Nespresso machines, and sales help support The Blurt Foundation's mental health projects.

• Coffee & Kin capsules, £4.50, coffeeandkin.co.uk



“Full of flavour and so smooth to drink”

CHARLOTTE, reader panellist, Kent

Original source

Café Direct is a certified B Corporation and reinvests its profits in grower communities. The coffee is Fairtrade and organic. Packaging isn't plastic-free, but it's a good choice if you're concerned about the origin and impact of your beans.

• Machu Picchu coffee, £3.99, cafedirect.co.uk



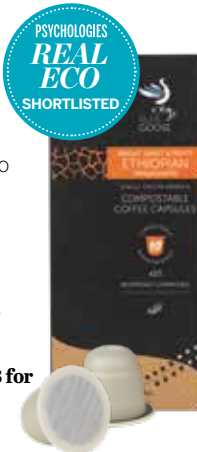
“It felt extra special. I recommend this brand”

JULIET, reader panellist, Yorkshire

No more plastic

These plastic-free pods are compostable and organic, plus they are compatible with Nespresso machines. The business is ethically minded through and through, and also supports community projects in Ethiopia, where the coffee is grown.

• Blue Goose coffee pods, £18 for four boxes, bluegoose.coffee



“Great to know they can be composted at home”

MEL, reader panellist, Conwy

Our criteria:

We want our Real Eco awards to be honest, insightful and truly green...

THAT'S WHY EACH product is carefully scrutinised by our Eco Living Editor Ellen Tout to ensure it meets our standards. The chosen products are then tested by our panel of 25 discerning readers to be rated and reviewed. We will only ever include brands we really trust – if it doesn't match up, it's not getting in!

- Cuts out plastic
- Vegan-friendly and cruelty-free
- Natural and organic
- Sustainable and ethical
- Shows real care for the planet

ECO SHOPPING LIST... Five of our favourite foodie finds, chosen with the planet in mind



• CONSCIOUS CHOCOLATE is vegan-friendly, organic and plastic-free. I love this chocolate because it is raw but still so smooth. Orange & Tangerine bar, £1.99, consciouschocolate.com



• THIS VERMOUTH is made from cascara, the fruit left over when coffee beans are harvested. The brand also makes banana peel rum. Discarded Cascara vermouth, £19, waitrose.com



• RUBIES IN THE RUBBLE make sauces from food waste. This natural ketchup is produced from rescued tomatoes and pears. Rubies in the Rubble ketchup, £3.50, rubiesintherubble.com



• PUKKA'S teabags are organic and compostable, while the envelope wrap and box are now both plastic-free and recyclable. Mint Refresh tea, £2.49, pukkaherbs.com



• THIS CERTIFIED ORGANIC and vegan oat milk is designed to bring cafe-quality crema to your kitchen. Great for alternative lattes. Minor Figures Oat M^{ilk}, £2, minorfigures.com

*CAPSULLER, 2020

39,000

COFFEE PODS ARE MADE EVERY MINUTE AROUND THE WORLD – AND A STAGGERING 29,000 OF THEM END UP IN LANDFILL*