

- 1 Fruit and vegetables from many countries around the world are found in our shops each day. Bananas first appeared in British shops on this day in the year 1633.
- 2 Today, out of every £1 we pay for some **bananas**, only 11 pence goes to those who have grown and picked them in far-away countries. The other 89 pence goes to all the ‘middlemen’ - those who pack and transport the fruit to Britain, and to the big retailers and the shops.
- 3 With most jars of **coffee** that we buy, 92 pence out of every pound that we spend goes to all the middlemen - including those who export and process the coffee beans, and those who package the jars and sell them. Out of every pound that we spend on jars of coffee, only 8 pence goes to those who grow the coffee.
- 4 More and more people are trying to be sure that workers in far-away countries are paid fairly for the goods that come to us. The “Fairtrade Foundation” was set up in 1992 by Christian Aid, Oxfam, and CAFOD (the Catholic Fund for Overseas Development). “Fairtrade” products include tea, coffee and chocolate, and they are to be found in most major supermarkets, with a “Fairtrade” label on them. The “Fairtrade” label guarantees that checks have been made to ensure fair wages, decent working conditions, good health and safety standards, and long-term contracts. Coffee from “Fairtrade” is also available in the House of Commons.
- 5 Let’s simply spend a few moments in silence, reflecting on how wealthy we are, compared with the majority of people throughout the world...

*(pause...)*

6 *Let us pray:*

**Lord, that we may live simply  
so that others may simply live.**

This is an excerpt from the page of this date in  
*'Praying Each Day of the Year'*,  
a 3-volume book  
by Nicholas Hutchinson, FSC.

For details:

<http://www.matthew-james.co.uk/>

Could make use of a search engine  
to research this topic further.

This material is part of  
the prayer and education website  
of the De La Salle Brothers  
in Great Britain:

[www.prayingeachday.org](http://www.prayingeachday.org)