

## DIMENSIONS HEALTH STORE

### *Contact*

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Dimensions is a health food store on Holyhead Road, Upper Bangor, which has been established for 18 years. Its aim is to provide the information and means for people to be healthy in mind, body and spirit – with a respectful regard for the environment as well as the cultivation of self-awareness and respect for self and all other life – the cornerstones of sustainability.

The shop stocks an extensive range of natural and whole foods, superfoods, supplements and remedies, Fairtrade clothing, gifts and organic vegetables. It is run by paid and volunteer staff with occasional input via individuals from government youth training programmes. At a global level, Dimensions buys organic foods and Fairtrade goods as a priority whenever available. Locally, the store is always looking for organic fruit and vegetable growers. Glass, cardboard, paper and tins are recycled whenever possible and the business is currently looking into the purchase of green electricity. It also operates an organic veg box delivery system in the Bangor and Bethesda area. Food is regularly donated to local homeless shelters.

Awareness raising in relation to local sustainability is achieved through leaflets, the advertising of local events and the promotion of Welsh organic products.

*Tips for others:* If you can make a project into a business which provides a service for people, it will probably succeed. People like to volunteer if there is a good team spirit and a wholesome goal.

*The future:* A website will soon be operational, allowing online ordering for selected items, thus reducing customer mileage.

*Final words:* What you do to the world, you do to yourself.

*Status of organisation:* Business