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Health Store News | January 2024

# Health Store News



## Welcome to Health Store News



Happy New Year, and welcome to our first Health Store News of 2024. We've no doubt the coming year will come with its own challenges for independent health food retailers, but also hopefully some opportunities to make the most of. This is something that our partner organisation

Bira (British Independent Retailers Association) flagged up in its own New Year message. As well as urging indie retailers to "prioritise resilience and adaptability", Bira says there are developments and opportunities that should give us cause for some optimism, which are outlined in our article below.

Elsewhere in the month's newsletter, we summarise some of the top tips shared by Dave Christie in his excellent workshop last month on how to super-charge your social media, and flag up a new wellness themed promotion from the Soil Association. We also hear about the amazing benefits and properties of ashwagandha from Health Stores UK partner Olivit, and give our verdict on the

## Chancellor’s Autumn Statement.

Enjoy!

**Len Glenville, Chair**

**Melanie Beard, Deputy Chair**



“With independent retail businesses, like health stores, people are really buying into who you are. So think hard about how you want to communicate the value and values of your business”

## Retailers hear how they can harness the power of social media

Independent health food retailers gained valuable insights into how they can harness the power of social media, during a lively online workshop co-hosted by small business mentor Dave Christie and Health Stores UK. Check out our short summary, or watch the full video recording. [READ MORE](#)

## Free resources for indies as Soil Association launches health and wellbeing focused New Year campaign



A New Year campaign from the Soil Association focused on health and wellbeing offers an ideal opportunity for independent retailers and box scheme operators to celebrate organic, so the organic charity is offering free postcards to support the key messaging about

organic and feeling good as part of the campaign. [READ MORE](#)

## Prioritise resilience and adaptability, Bira urges indies

With difficult trading conditions likely to continue well into 2024, the British Independent Retailers Association (Bira) is urging owners of independent retail businesses to “prioritise resilience and adaptability” over the coming months. Amid the challenges, the Association says there are “important opportunities” for small retailers, including a drop off in interest in online retail and scope for more community collaborations. [READ MORE](#)



## Better Food’s Phil Haughton receives MBE



Phil Haughton, founder of multiple award-winning independent organic and health food retailer Better Food, has been made an MBE in the New Year’s Honours List for services to sustainable food initiatives and to the community of Bristol. The honour recognises a life’s work devoted to

creating a better and fairer food system. [READ MORE](#)

## Autumn Statement: A mixed verdict

Health Stores UK has welcomed aspects of the Chancellor's Autumn Statement, but warns that high business costs continue to threaten the viability of crucially needed independent retailers. [READ MORE](#)

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## Guest Post: Understanding ashwagandha



In this article, Health Stores UK partner Olivit explores the history and well-evidenced benefits of ashwagandha used as a natural remedy for a host of conditions and health support. [READ MORE](#)

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## Membership Benefit of the month

Take advantage of exclusive discounts and offers from our industry partners. [READ MORE](#)

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## In case you missed it

### Big in 2024: Health and nutrition trends to look out for next year

Around this time of year a barrage of predictions about food, health and nutrition trends is unleashed. Here, we look at some of the most interesting of this year's predictions from Protein in Motion to Mushroom Mania, Plant-based Diversity to Nurturing Nature. [READ MORE](#)

### Where does the FSA's new guidance on CBD intake leave retailers?

The Food Standards Agency (FSA) has slashed the recommended safe limit of CBD from food to 10mg per day (from the previous 70mg). So, where does the new guidance leave retailers? [READ MORE](#)

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Our partners



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