

Leeds family-owned business to hold first anniversary party.

Leeds residents are invited to learn about ethical, sustainable and healthy living alternatives in a relaxed and informal setting this week.

Family-owned Millies Fresh and Organic are opening up their doors and inviting you to help it celebrate its first anniversary on Thursday.

The celebration will feature snacks and drinks, product samples, a charity supported raffle and special offers ahead of Christmas, including a special 10% discount on hampers, either purchased or ordered on the evening.

There will also be a chance to win a “Haven Hamper”, which features body care products such as JÀSÖN, Burt’s Bees, Giovanni and Dr Hauschka with all proceeds going directly towards Breast Cancer Haven.

Tickets for the prize are on sale now in the store at £1 each, to be drawn on the evening.

Expert advice will be on hand offering beauty, nutrition and healthy eating tips for the whole family, as well as ways to help reduce your “food miles” and carbon footprint.

The store’s organic fruit and vegetables are sourced from Tadcaster and home-reared and unmodified meat from a Whixley family-run farm, in line with its commitment to local, quality producers.

Representatives will be in store to offer information on the process from “paddock to plate”, as well as general cooking and product use advice.

Guests will include Tancred Field Farm farmers Dean and Angela Hullah, Solgar’s nutritional advisor Mark Boland and beauty expert Becki Sargeant.

Products and Christmas recipe ideas for people with specialist dietary requirements will be available, along with gifts for that hard-to-please friend or family member.

Ethical and natural beauty products such as Dr Hauschka, Burt’s Bees and Elysambre make-up, used by the in-store beautician and a key part of the store’s holistic vision, will be on sale.

Millie’s opened its doors on Vicar Lane in December 2008, lured by the benefit of the Eastgate development, now on permanent hold.

However, the family business has carried on through the recession striving to support local producers and provide nutritional support to the community, at its Vicar Lane store and its Ludgate Hill store, The Health Food Company.

The anniversary will be held between 4pm and 7pm this Thursday at Millie’s Fresh and Organic, Vicar Lane, Leeds.

Media contact: Natalie Millington, phone: 07734822090

Photo opportunity: Millies Fresh and Organic, Vicar Lane 4pm to 7pm.