

NEWS FROM LEWIS & COOPER

• PURVEYORS OF FINE FOOD AND WINE SINCE 1899 •

January 7, 2008

Award-winning store focuses on 'problem' foods

FINE food store Lewis & Cooper will turn the spotlight on the needs of customers with food allergies and intolerances next week.

The gourmet grocer is offering a raft of special offers and events during the week from Saturday, January 10, ahead of the national Food Allergy and Intolerance Week later this month.

Allergy UK, a medical charity for people with allergy, food intolerance and chemical sensitivity, estimates that while 2pc of the population suffer from a life-threatening "classical" allergy, some 45pc suffer from some sort of food intolerance.

The charity claims sufferers feel their symptoms are treated dismissively by health care professionals, leaving them without proper guidance and advice and driving them to seek alternative and clinically unproven methods of diagnosis and treatment.

Lewis & Cooper joint managing director Bettina Bell said: "We have many regular customers with specific dietary needs and we are always more than happy to try to get them the goods they need.

"We hope that by focussing on food allergies and intolerances, we can reassure people we have their needs at heart."

The latest in Lewis & Cooper's popular regular lunch club events will be devoted to the subject of food intolerance, when chef Terri Burt will give an informative talk on catering for different food intolerances.

The lunch club runs from 12.30 to about 2pm on Tuesday, January 13, upstairs in the tea rooms. Tickets for the three-course meal and complimentary aperitif are on sale now, priced £12.50.

Terri will also do a cookery demonstration at the back of the store during the following day[14].

On Thursday afternoon [15], homeopath Aileen Smith, a regular visitor to the store who has clinics in Northallerton and Thirsk, will offer personal advice in-store on how

homeopathy can be of benefit to people with food allergies, and how treatments can be used for everyday ailments. Appointments can be made with Aileen by contacting the store.

SPECIAL OFFERS:

To coincide with food intolerance week, ten per cent is being slashed from the prices of a range of wheat- and/or gluten-free crackers, tortilla chips, bread and cake mixes, chocolate, fruit spreads and snacks.

A buy-one-get-one-free offer also applies to Sunrise rice crackers and Rice Dream, a non-dairy alternative to milk.

Please see in-store; all offers are subject to availability.

Among the hundreds of foods and ingredients stocked by Lewis & Cooper that are aimed at diabetics or people who are allergic to a range of ingredients – including gluten, nuts and dairy – are a range of gluten-free sausages from Masham Sausages, nut-free flapjack and cereal from fellow Northallerton firm It's Nut Free, gluten-free cakes from the Village Bakery in Cumbria and a wide range of biscuits and cakes from Trufree, Free To Enjoy, Nairns, Simpkins and Joseph's – among others.

And then there are Lewis & Cooper's own home-made gluten-free plum puddings, which earned the top award in the Guild of Fine Food's Great Taste Awards last year. Vegetarians and those on low sodium diets are also catered for with many products.

* For more details about the events, or to book tickets for the lunch club, please call 01609 766602.

NOTES TO EDITORS

· For press inquiries, please contact Gareth Dant on 01609 760059 or 07929 869269.

· The Northallerton store is at 92 High Street, telephone 01609 772880; a second store can be found in Yarm, within Strickland & Holt at 44 High Street, telephone 01642 802147. The Northallerton store is open 8.30-5.30 Monday-Friday, 8am-5.30pm on Saturday and 10am-4pm on Sunday.

· Lewis & Cooper stocks 35,000-plus lines, including its multi-award winning hand-made plum puddings, luxury fruit cakes and massive range of world-famous hampers. For more details of these, and of their many awards, please visit www.lewisandcooper.co.uk.

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