

**Client:** Food and Drink Towers  
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# Retail news



## Noah's Health Food Store hits 40

CONGRATULATIONS to Noah's Health Food Store on hitting 40 this year. The store celebrated its 40th anniversary in fitting style, with 40 days of events, including a film screening, tasting sessions (with Clif Bar & Co, Eskimo-3, Nature's Plus and AOK Drinks supplying the sustenance), talks and a cooking demo.

The celebrations started in October with a film showing of *Food Inc* at the local cinema club in Wallington.

Customers, friends and Ecolocal (a group that promotes everything local) were all invited to the evening event, while the provisions of the day included vegan dhal and an abundance of herbal teas supplied by Clipper and Pukka Herbs.

November showcased a cooking demonstration and a series of talks, including 'Digestive Health' by Debbie McGruddy from A Vogel and a talk by



Dr Marilyn Glenville based on her book *Fat Around The Middle*. In addition, Medicinal chef Dale Pinnock of Viridian cooked up a feast of immune-boosting grub for the cold season, including 'flu soup'.

Commenting on the store's landmark anniversary, owner Ruth Noah says: "Hitting our 40th year in business really does mean a great deal to me. My father Jack Noah would

be very pleased to know the shop is still running. He spent many years and dedicated endless hours building the business, and since I took over in 2003, I have continued to do the same.

"I've really enjoyed springing the store into the 21st century – it is fun, exciting and extremely hard work, but worth every moment. I am very proud of the store; my staff are fantastic and our customers are very loyal.

"We are one of just a few independent retail outlets left in Wallington, and I plan for the business to remain and succeed for at least another 40 years."

