

No doubt you will have seen some of the work the NOcado campaign are doing to prevent Ocado and Marks and Spencers from opening a 24/7 diesel distribution depot in the heart of Tufnell Park and adjacent to Yerbury primary school playground. One of the ways to help prevent this is to join the Boycott of Ocado, but if they were your go to delivery service who do you replace them with?

Support our local shops, use them or lose them and they are generally cheaper than deliveries and its easier to avoid plastic at the market or greengrocers. Obviously this doesn't suit everyone and heavy tinned goods and bulky boxes are more difficult to get home, especially if you are one of the 62% of Camden residents or 74% of Islington residents who don't own a car. Sometimes you just want the convenience of your food shop arriving at your door. So who do you choose to minimise the harm your shop does?

In terms of company ethics and environmental credentials these are the best options

Riverford www.riverford.co.uk Veg boxes and other food

Abel and Cole abelandcole.co.uk Veg boxes and other food

Fair-well www.fair-well.co.uk a new local option bringing zero waste shopping to your door by electric van. Fill up your jars, bottles and boxes with a range of dry food goods (pasta, rice, dried fruit, chocolate etc). You can also fill up with households cleaners, laundry detergents and beauty products such as shampoos, conditioners and soap.

Oddbox oddbox.co.uk Misshapen and surplus produce delivered straight to your door, helping to avoid food being wasted before it even hits the shops

Farm-direct farm-direct.com is another good option which sells a more supermarket style range of products.

Good Club www.goodclub.co.uk, again another supermarket style range of products

Approved Food store.approvedfood.co.uk specialise in surplus and and just past "best before" date food and drink.

From the high street supermarkets everyone is familiar with the following all do home delivery and all come above Ocado in the Ethical Consumer Magazine rankings.

Co op www.quickshop.coop.co.uk Deliver same day by cargo bike from Archway

Aldi www.aldi.co.uk

Waitrose www.waitrose.co.uk

Iceland -www.iceland.co.uk

Sainsburys - www.sainsburys.co.uk