



COPAL COCOA Info

A Weekly Newsletter of Cocoa Producers' Alliance

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9th – 13th July 2007

Cocoa Producers' Alliance

ICCO Daily Cocoa Prices

	ICCO daily price (SDR/tonne)	ICCO daily price (US\$/tonne)	London futures (£/tonne)	New York Futures (US\$/tonne)
9th July	1444.47	2198.1	1126.33	2132.33
10th July	1399.83	2131.58	1086.33	2071.00
11th July	1409.10	2156.54	1105	2075.67
12th July	1415.51	2168.38	1110	2092.00
13th July	1419.76	2172.92	1107.33	2100.67
Average	1,417.73	2,165.50	1,107.00	2,094.33

Up-coming Events

- ✓ Improving Cocoa Quality Workshop, CAISTAB Building, Abidjan, Cote d'Ivoire, 16th July 2007.

In the News (from Newspapers worldwide)

Health and Nutrition

- ✓ Dark chocolate lovers can rejoice
- ✓ Cocoa may help reduce cholesterol levels
- ✓ Dark Chocolate Helps Blood Pressure
- ✓ Chocolate reduces heart attack risk
- ✓ Chocolate good for the heart - Study
- ✓ Dark chocolate can lower blood pressure, experts say
- ✓ Make Chocolate Part Of Your Diet

Production & Quality

- ✓ Ivorian San Pedro arrivals 453,738 T by July 1
- ✓ Ivory Coast cocoa arrivals 1,146,320 T by July 8
- ✓ CORRECTED - Ivorian customs end strike, cocoa exports resume
- ✓ Kilian revises down Ivorian cocoa output – trade
- ✓ Rains bring black pod threat to Ghana cocoa
- ✓ Cameroon Aug-June cocoa exports up at 151,868T-CCIB
- ✓ Aid Organizations, World Cocoa Foundation Partner to Improve Cocoa Farmer Incomes
- ✓ Nigeria cocoa plantations hit by black pod disease

Business & Economy

- ✓ Barry Callebaut to open Indian sales office

- ✓ Softs - Cocoa steadies in London after rising on worries over crop outlook
- ✓ Cocobod poised to invest more abroad
- ✓ Indian firms to set up Jute mills in Kumasi
- ✓ DJ Nybot Cocoa Review: Down After Profit-Taking Hits Market
- ✓ DJ Nybot Cocoa Review: Rises On Analyst Report

Labour Issues

- ✓ REFLECTIONS: The trafficking of people
- ✓ 190 child workers in cocoa plantations – Ministry

Other

- ✓ Ethanol Increases Inflation in Foodstuffs Prices
- ✓ Chocolate school is for volunteers this summer
- ✓ Communities to benefit from cocoa clinics
- ✓ New natural ingredient may extend chocolate life
- ✓ Cocoa exports 'fund' Ivory Coast conflict
- ✓ A lesson in chocolate's finer qualities

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Have you had your cocoa today? Have cocoa for health and vitality!

**International Financial Futures and Options Exchange (LIFFE)
London Futures Market – Summary of Trading Activities
(£ per tonne)**

Monday		9th July		2007		
Month	Opening Trans	Settle	Change	Daily High	Daily Low	Volume
Jul 2007	1104	1091	-16	1104S	1091	911
Sep 2007	1141	1126	-15	1141	1120	5,738
Dec 2007	1137	1125	-15	1141S	1120	2,219
Mar 2008	1138	1128	-11	1140S	1124	1,779
May 2008	1146	1134	-12	1146	1132	295
Jul 2008	1144	1141	-12	1144	1144	60
Sep 2008	1160	1149	-12	1160	1160	9
Dec 2008	1158	1158	-12	1164	1158	214
Mar 2009		1164	-12			0
May 2009		1174	-12			0
Totals		1139				11225

Tuesday		10th July		2007		
Month	Opening Trans	Settle	Change	High	Low	Volume
Jul 2007	1080	1051	-40	1080	1050	4,774
Sep 2007	1110	1081	-45	1112	1075	10,240
Dec 2007	1111	1087	-38	1113	1081	4,375
Mar 2008	1114	1091	-37	1117	1086	2,098
May 2008	1120	1098	-36	1120S	1092S	286
Jul 2008	1110	1105	-36	1116S	1100S	20
Sep 2008	1115	1113	-36	1115	1108S	60
Dec 2008		1122	-36			0
Mar 2009		1128	-36			0
May 2009		1138	-36			0
Totals		1097				21,853

Wednesday		11th July		2007		
Month	Opening Trans	Settle	Change	High	Low	Volume
Jul 2007	1071	1071	20	1083	1069	1,916
Sep 2007	1095	1102	21	1111	1094	6,286
Dec 2007	1099	1105	18	1113S	1099	3,562
Mar 2008	1106	1108	17	1114	1103	912
May 2008	1116	1115	17	1122	1110S	54
Jul 2008	1120	1122	17	1120S	1120S	10
Sep 2008	1132	1130	17	1132S	1127S	939
Dec 2008	1132	1138	16	1139S	1131	27
Mar 2009		1144	16			0
May 2009		1154	16			0
Totals		1119				13,706

Thursday 12th July 2007

Month	Opening Trans	Settle	Change	High	Low	Volume
Jul 2007	1073	1077	6	1079S	1067	28,103
Sep 2007	1101	1107	5	1109S	1093	21,303
Dec 2007	1101	1110	5	1111	1096	352
Mar 2008	1105	1113	5	1114	1100	323
May 2008	1109	1119	4	1120S	1109	69
Jul 2008	1114	1127	5	1126S	1113	196
Sep 2008	1136	1135	5	1136	1136	10
Dec 2008	1144	1142	4	1145	1144	23
Mar 2009		1149	5			0
May 2009		1159	5			0
Totals		1124				50,379

Friday 13th July 2007

Month	Opening Trans	Settle	Change	High	Low	Volume
Jul 2007	1076	1076	-1	1081S	1071	14,284
Sep 2007	1102	1102	-5	1108	1096	5,043
Dec 2007	1110	1108	-2	1113	1101S	9,467
Mar 2008	1112	1112	-1	1114	1108	655
May 2008	1118	1119	0	1121	1113S	90
Jul 2008	1121	1127	0	1130	1121S	4,275
Sep 2008	1137	1135	0	1137	1135S	251
Dec 2008	1137	1142	0	1137S	1137S	101
Mar 2009	1154	1154	5	1154	1154	1
May 2009		1164	5			0
Totals						34,167

Average for the week		1182				26266
Total for the week						131,330

New York Board of Trade
(New York Futures Market – Summary of Trading Activities)
(US\$ per tonne)

Monday 9th July 2007

Month	Open	Price	Change	High	Low	Volume
Jul 2007	2120 0	2096	-32	2120	2115	18
Sep 2007	2112 2118	2100	-23	2118	2090	5786
Dec 2007	2132 ^B 2137 ^A	2123	-22	2130	2115	1768
Mar 2008	0 0	2145	-22	0	0	206
May 2008	0 0	2160	-19	0	0	2
Jul 2008	0 0	2176	-19	0	0	5
Sep 2008	0 0	2192	-19	0	0	7
Dec 2008	0 0	2211	-19	2212	2212	270
Mar 2009	0 0	2229	-19	0	0	0
May 2009	0 0	2242	-24	0	0	0
Totals		2167				8062

Tuesday 10th July 2007

Month	Open	Price	Change	High	Low	Volume
Jul 2007	2050 0	2025	-71	2050	2036	50
Sep 2007	2028 2033	2022	-78	2047	2018	13736
Dec 2007	0 0	2049	-74	2070	2047	3842
Mar 2008	0 0	2073	-72	0	0	1541
May 2008	0 0	2087	-73	0	0	20
Jul 2008	0 0	2103	-73	0	0	14
Sep 2008	0 0	2119	-73	0	0	82
Dec 2008	0 0	2140	-71	2150	2150	470
Mar 2009	0 0	2158	-71	0	0	0
May 2009	0 0	2176	-66	0	0	0
Totals		2095				19755

Wednesday 11th July 2007

Month	Open	Price	Change	High	Low	Volume
Jul 2007	2040 ^B 2070 ^A	2065	40	0	0	19
Sep 2007	2063 2065	2065	43	2072	2050	6687
Dec 2007	0 0	2091	42	2093	2080	2124
Mar 2008	0 0	2115	42	0	0	216
May 2008	0 0	2129	42	0	0	0
Jul 2008	0 0	2145	42	0	0	0
Sep 2008	0 0	2161	42	0	0	0
Dec 2008	0 0	2182	42	2175	2175	133
Mar 2009	0 0	2197	39	0	0	0
May 2009	0 0	2213	37	0	0	0
Totals		2136				9179

Thursday 12th July 2007

Month	Open	Price	Change	High	Low	Volume
Jul 2007	2044 ^B 2065 ^A	2081	16	2081	2060	21
Sep 2007	2052 2054	2077	12	2080	2052	4589
Dec 2007	2077 ^B 2080 ^A	2103	12	2105	2093	1148
Mar 2008	2100 ^B 2105 ^A	2128	13	0	0	583
May 2008	0 2125 ^A	2144	15	0	0	20
Jul 2008	0 2140 ^A	2160	15	0	0	2
Sep 2008	0 0	2176	15	2170	2165	13
Dec 2008	0 0	2198	16	2198	2198	302
Mar 2009	0 0	2214	17	0	0	0
May 2009	0 0	2230	17	0	0	0
Totals		2151				6678

Friday 13th July 2007

Month	Open	Price	Change	High	Low	Volume
Jul 2007	2071 ^B 0	2080	-1	2091	2088	13
Sep 2007	2075 0	2075	-2	2087	2060	3258
Dec 2007	2097 0	2101	-2	2112	2096	499
Mar 2008	2121 ^B 2130 ^A	2126	-2	2130	2130	125
May 2008	0 0	2141	-3	0	0	10
Jul 2008	0 0	2157	-3	0	0	2
Sep 2008	0 0	2173	-3	2166	2166	22
Dec 2008	0 0	2196	-2	0	0	143
Mar 2009	0 0	2212	-2	0	0	0
May 2009	0 0	2228	-2	0	0	0
Totals		2149				4072

Average for the week		2140				9549
Total for the week						57,295

Spot Prices (US \$ per tonne)

	9th July	10th July	11th July	12th July	13th July	Average for the Week
Main Crop Ghana, Grade 1	2510	2384	2427	2439	2437	2439
Main Crop Ivory Coast, Grade 1	2422	2305	2348	2360	2358	2359
Main Crop Nigerian, 1	2400	2279	2322	2334	2332	2333
Superior Arriba	2862	2750	2793	2805	2803	2803
Sanchez f.a.q	2388	2295	2338	2350	2348	2344
Malaysian 110	2103	2014	2057	2069	2067	2062
Sulawesi f.a.q	2202	2079	2122	2134	2132	2134
Ecuador Cocoa Liquor	4004	3808	3889	3912	3908	3904
Pure Prime Press African Type Cocoa Butter	6125	5837	5961	5996	5990	5982
10/12% Natural Cocoa Press Cake	945	977	998	1004	1003	985

Source: Cocoa Merchants' Association

News

Health and Nutrition

Dark chocolate lovers can rejoice

By FRAN BERKOFF, TORONTO SUN, Canada - Jul 15, 2007

There's more good news for chocolate lovers. New research has found that antioxidants in dark chocolate can help lower blood pressure. A small study, published in the Journal of the American Medical Association, included 44 adults between the ages of 56 and 73 who had slightly elevated blood pressure.

For 18 weeks, half of the group was asked to consume about 6 grams or a 30-calorie portion of dark chocolate, while the other half was given an equal amount of white chocolate, which has some of the same ingredients as the dark chocolate but no cocoa and no antioxidants. By the end of the study, there was a small drop in blood pressure for the dark chocolate group but no change for the white chocolate group.

But there is a caution that comes with this study -- the chocolate portions have to be really small, 30 calories a day, which works out to slightly more than one Hershey's Kiss or one small square. Unlimited quantities of chocolate won't work, say the researchers because the goodness would be offset by the high sugar, fat and calorie intake of many chocolate products.

DARK CHOCOLATE

This small piece of chocolate that provides this benefit should be dark chocolate with a high percentage of cocoa. Cocoa contains flavonoids, plant based compounds that have antioxidant properties. Milk chocolate contains fewer of these flavonoids because it's diluted with milk. When you buy chocolate, look for bars that have at least 70% cocoa solids. When you eat that square of chocolate, you might want to have it with a handful of fresh cherries, which are abundant and delicious this time of year. When it comes to ranking different fruits with their nutritional merits and antioxidant capacity, cherries hardly ever make the list and they should. A cup of sweet cherries has about 100 calories and are a source of vitamins C and A, and potassium as well as pectin, a soluble fibre that helps control blood cholesterol levels. Cherries also contain quercetin, a plant chemical with antioxidant capacity.

SOUR CHERRIES

Sour cherries, a bit higher in nutrition than sweet, are also available these days. They're rich in antioxidants and contain powerful plant chemicals, including anthocyanins, plant pigments linked to a variety of health benefits, including lowering cancer and heart disease risk. Ongoing research is looking at their role in helping people with gout or other inflammatory conditions, giving some credence to the folklore that people with arthritis should drink cherry juice. A cup of sour cherries has 78 calories, 2.5 grams of fibre and contains A and C. Sour cherries are used mostly for making jams and other preserves or are baked into pies and other pastries

Cocoa may help reduce cholesterol levels

NPIcenter (press release), Canada - Jul 14, 2007

Eating cocoa could help reduce LDL 'bad' cholesterol, according to a Japanese intervention study. The 4-week study was a collaboration between Meiji Seika Kaisha Ltd and scientists from Ochanomizu University. 160 adults with either normal or raised cholesterol levels were randomly assigned to receive either a daily placebo compound or a high-polyphenol cocoa powder. Three different levels of cocoa powder were tested; 13g, 19.5g or 26g per day. In all the cocoa groups, blood levels of LDL cholesterol decreased significantly compared with levels seen at the beginning of the study. Subjects with clinically raised cholesterol levels seem to benefit specifically from the cocoa supplementation, in that LDL cholesterol levels fell, while levels of 'good' HDL cholesterol rose. In addition, there was less oxidation of the LDL cholesterol, a process that is believed to drive the early stages of heart disease. It is known from other studies that cocoa is rich in polyphenol antioxidants that are believed to help protect cells from oxidation and may improve blood pressure control.

Dark Chocolate Helps Blood Pressure

About - News & Issues, NY - Jul 12, 2007

Last week, investigators from Germany reported in the Journal of the American Medical Association that eating one square of dark chocolate per day reduces blood pressure. They reached this conclusion after conducting a randomized clinical trial in 44 adults with borderline hypertension, in which half the participants ate a 6.3 gram square of dark chocolate each day and the other half ate an equivalent amount of white chocolate. At the end of 18 weeks, those who ate the dark chocolate had a drop in systolic pressure of about 3 mm/Hg, and in diastolic pressure of 2 mm/Hg. The control group had no drop in blood pressure.

Past studies have shown similar results, but this study is significant because the amount of dark chocolate consumed was small - 6.3 grams of dark chocolate yields only about 30 calories. Prior studies showing a blood pressure benefit with dark chocolate had participants consuming almost 500 calories of the stuff per day (which would cause a weight gain of about a pound per week). The active ingredient in dark chocolate thought to be responsible for the blood pressure lowering effect - cocoa polyphenols - is not present in either white chocolate or milk chocolate. Only dark chocolate will do.

So: The evidence now seems pretty firm. A small amount of dark chocolate each day can produce a small decrease in blood pressure

Chocolate reduces heart attack risk

Sky News Australia, Australia - Jul 13, 2007

There's more good news for chocaholics with a new study has finding that dark cocoa can reduce the risk of a heart attack. A study from the American Medical Association shows that eating one square of dark chocolate per day reduces blood pressure.

This was discovered, after conducting a trial in 44 adults with hypertension, in which half the participants ate a small square of dark chocolate each day and the other half ate an equivalent amount of white chocolate.

Bonnie Liebman from the US Centre of Science in the Public Interest, says the study, which used small amounts of chocolate, saw a drop of blood pressure of up to three points. At the end of 18 weeks, those who ate the dark chocolate had a drop in systolic pressure of about 3 points, but there was no drop for those eating white chocolate.

The key is the antioxidants know as flavonoids in dark chocolate. A decrease in blood pressure inevitably reduces the risk of heart attacks, strokes and heart disease.

Chocolate good for the heart - Study

Sofia News Agency, Bulgaria - Jul 13, 2007

Dark chocolate seems to lower blood pressure, but it requires an amount that is less than two Hershey's Kisses to do it, a small study suggests. The new research from Germany adds to mounting evidence linking dark chocolate with health benefits, but it's the first to suggest that just a tiny amount may suffice.

Volunteers for the study were randomly assigned to eat just over 6 grams equal to about 1 1/2 Hershey's Kisses - of either dark chocolate or white chocolate daily for almost five months.

The people eating the dark chocolate experienced a drop in blood pressure without any weight gain, doctors found, compared with no change in blood pressure readings in the white chocolate group. The results echo other small studies of cocoa-containing foods. Cocoa contains flavanols, plant-based compounds that also are credited with giving red wine its heart-healthy benefits. White chocolate does not contain cocoa.

University of Cologne researcher Dr. Dirk Taubert said the blood pressure reductions with dark chocolate were small but still substantial enough to potentially reduce cardiovascular disease risks.

Dark chocolate can lower blood pressure, experts say

By ERIN ALLDAY

San Francisco Chronicle, July 10, 2007

It's time for chocolate lovers everywhere to celebrate. German scientists are reporting that the confection really is good for you. In very, very small doses, anyway. A study in the Journal of the American Medical Association shows that one bite, or less than a quarter of an ounce, of dark chocolate eaten once a day significantly lowered blood pressure in people who participated in an 18-week clinical trial.

It's the first time researchers have been able to say that a small dose of commercially available chocolate has direct health benefits. Previous chocolate studies have almost always used large doses of chocolate or samples created in labs to pack in extra cocoa flavanols -- the chemical in chocolate thought to relax blood vessels and lower blood pressure. But the chocolate used in those studies wasn't practical for people to eat every day, because it either didn't taste very good or was heavy on the calories.

If people can get the health benefits of chocolate without the weight gain often associated with it, that's great news, said Seneca Klassen, who could be a little biased as co-owner of Bittersweet Chocolate Cafe in San Francisco.

"Everything should be in moderation, but, yes, clearly there are some health benefits to chocolate," Klassen said. "I have a couple of customers who buy the same bar of chocolate every time and spend a week or two eating it. A little bit can go a long way."

Some nutritionists go so far as to call chocolate a health food. But many cardiologists -- even those who confess to having a sweet tooth -- aren't quite ready to prescribe chocolate alongside blood pressure medication or daily doses of baby aspirin. "Sure, you could add a piece of dark chocolate to your prescription. But there are going to be very few people who should rely on that alone," said Dr. Stanley Rockson, chief of consultative cardiology at Stanford University Medical Center.

Still, he said, most of the measures patients have to take to lower their blood pressure aren't fun -- exercising daily and skipping salty and fatty foods, for example -- so "comparable to some of the more draconian measures we make people go through, obviously telling them to eat chocolate is a little easier to comply with."

For more than a decade, scientists have studied the potential health benefits of chocolate, just as they've looked at wine, coffee and other treats that seem sinful to show that they might not be so bad. The results have been mostly favorable. But when it comes to chocolate, only the dark stuff carries health benefits -- because it allows more flavanols to survive the processing of cocoa and doesn't have nearly as many fat and sugar calories as milk chocolate. It is thought that chocolate lowers blood pressure when cocoa flavanols spur the release of nitric oxide, which dilates blood vessels and increases blood flow. Chocolate also has been linked to improved learning and memory, also due to improved circulation.

The German study was paid for by the University Hospital of Cologne in Germany, and is one of the first chocolate studies not funded by a chocolate manufacturer. It used a popular candy bar, Ritter Sport semisweet, that is 50 percent cacao. But most researchers say consumers should look for cacao percentages of 65 percent or higher for health benefits. The study involved just 44 subjects, all of whom were in good health other than having slightly high blood pressure. The volunteers were divided into two groups, one of which ate semisweet chocolate and the other white chocolate -- which doesn't actually have any cocoa in it.

Each person in the semisweet group was asked to eat one square -- 6.3 grams and 30 calories -- just before bedtime every day for 18 weeks. Over that time, systolic blood pressure fell by 3 points and diastolic by 2 points for the semisweet chocolate eaters; blood pressure rates stayed the same for the white chocolate group.

That might not sound like much of a change in blood pressure, but cardiologists said it's a significant drop.

Make Chocolate Part Of Your Diet

KNBC.com, CA - Jul 9, 2007 McKenzie Weiby, staff writer

A Square A Day Can Satisfy -- If It's The Good Stuff

"I need chocolate every day," said Carrie Johnson, a salesperson. "My job is high-stress. Chocolate is what helps me get through those tough moments." It may be easy to imagine Carrie as average weight -- maybe even a little heavy --especially with her daily chocolate fix. On the contrary, she's a size 4, hardly the kind of person you'd imagine eating sweets daily.

Chocolate: How Often? | Diet/Fitness Info

But some experts say that not only can chocolate cure a sweet tooth, it offers health benefits. "Chocolate offers antioxidants. It's also rich with the right fibers and the right fats," said Mireille Guiliano, author of *French Women Don't Get Fat*. "It's an antidepressant."

The Journal of American Medicine echoes the sentiment. According to a study published in the July 4 issue of the journal, eating about 30 calories of dark chocolate each day lowers blood pressure. Those benefits can come without weight gain or other adverse effects, because of the small amount needed for the benefit.

Does Chocolate Fit Into Your Diet?

Previous research has suggested that the benefit comes from cocoa polyphenols found in chocolate, but the benefits can be decreased by the high sugar, fat and calorie content in some chocolate. So a love of chocolate may be more than a sugary habit -- maybe your body is improving itself. "According to surveys, nine out of 10 people admit to loving chocolate -- and the 10th one is lying," said Guiliano.

She said eating is all about portions and varieties -- there's no need to eliminate most foods. "In a world of mega-portions, people have lost the sense of portions," she said. "It all has to do with the way you eat -- sit down, eat slowly, chew(ing) well and the mood you are in and the attention you pay to what you put into your body."

Choosing Your Chocolate

Chocolate can be made from a variety of ingredients. In its purest form, it's made from cacao, sugar, cocoa butter and vanilla. Some manufacturers add other ingredients such as eggs, milk fat, protein, high fructose corn syrup, food starch and more. Purer chocolates can be more satisfying because of the concentration of flavor, so it can be easier to be sated with fewer calories consumed.

"Cacao content is what matters most in chocolate," said Guiliano. "Milk chocolate can be good, but one must read the label because some 'factory' producers tend to load milk chocolate with sugar. Dark chocolates tend to have the highest count of cacao."

Most chocolates with higher cacao content will list the percentage of cacao on the label. If you don't see a cacao percentage, chances are good that there isn't a lot in there. There are only a handful of fine chocolate makers in the U.S., though there are numerous candy makers. Sharffen Berger, based in San Francisco, offers chocolate bars in different percentages of cacao. The higher the percentage, the greater the amount of cacao and, thus, the lower the amount of sugar, vanilla, cocoa butter and lecithin.

Tame Those Craving

"It's preferable to learn to eat with your mind and senses and awareness of what you crave," said Guiliano. "It's about learning about oneself." Cravings may come from stress, a busy day at work or after something great happens. They could be triggered by walking by a sweets shop, smelling a delectable treat or PMS, fatigue or anxieties. Hormonal cycles can even affect your likelihood of having a craving. "Craving and trying to torture oneself by not eating tends to lead to bingeing," said Guiliano. "C'est la vie, but there is a way to have control over this -- most of the time -- and learn to manage cravings. Remember the philosophy, 'It's all in the mind.'"

How Much Is Enough?

"I can never have enough chocolate," said Johnson. "I could eat a handful of mini candy bars and still go looking for something else to finish curbing my sweet tooth." Learning to enjoy chocolate is about more than tossing

back a candy bar, chewing and swallowing. "It's all in the portion and learning to savor food as opposed to gulping it down and eating like a robot -- i.e. mindlessly," said Guiliano. "Once you learn to eat with your senses, you'll get satisfied with less."

"It's all in the first bites," she said. "After a rich dessert, follow up with a few days of compensation with fruits. If you eat a rich dessert, share it." When eating a quality chocolate bar, you may find that you're satisfied with less chocolate -- maybe even a single serving. While it may seem tempting, eating an entire chocolate bar will give you far more than a serving of chocolate.

According to Sharffen Berger a serving is 1 ounce. Many chocolate bars are available in one ounce sizes -- snack-size or mini bars. If the chocolate you are drooling over is in a big bar, try to limit your intake to one square -- though square sizes vary depending on the manufacturer. A good rule of thumb is that 1 ounce is about the size of your thumb from your finger tip to your first knuckle.

A Square A Day

"When French kids grow up, a tartine of bread, with or without butter, topped with a little piece of chocolate, is often a good breakfast, or mid-morning snack," said Guiliano. "Ditto for a cup of hot chocolate."

Chocolate can enhance a variety of foods and blends well with fruits, nuts, pastries, chili peppers, coffee and even meat dishes. "Chefs nowadays are going back to using it to make sauces with duck or red meat and all kinds of pairings," said Guiliano. "Finding a wine to go with a chocolate is a matter of personal taste, but syrah, cabernet and sweet wines are the preferred choice," she said. "I prefer a little square of dark chocolate with a good espresso at the end of a meal."

Eat Chocolate, Lose Weight

Chocolate can fit into any diet, as long as portion size is realized. If you learn to curb your cravings or set your sights on a later treat, you can find your weight decreasing. If that bag of chips is overly enticing, perhaps you should indulge in chips and skip the daily chocolate. "Eating chocolate is all about portion; there's nothing wrong with that little square after a meal," said Guiliano. "When you are young, you can eat more. Like with a fine wine, as one ages, one learns to reduce the amount."

"A world without chocolate would be a very sad one: It gives so much pleasure," she said.

Production & Quality

Ivorian San Pedro arrivals 453,738 T by July 1

ABIDJAN, July 13 (Reuters) - Cocoa arrivals at Ivory Coast's port of San Pedro reached 453,738 tonnes July 1, according to data from the Coffee and Cocoa Bourse (BCC) obtained by Reuters on Friday. That compared with 501,291 tonnes delivered to the port during the same period of the 2005/06 season, the data showed. The figures showed 4,642 tonnes arrived at San Pedro port from June 25 to July 1, down from 9,576 tonnes in the same period of the 2005/06 season. Data for the port of Abidjan were not immediately available.

Ivory Coast cocoa arrivals 1,146,320 T by July 8

ABIDJAN, July 13 (Reuters) - Cocoa arrivals at ports in Ivory Coast from Oct. 1 to July 8 reached 1,146,320 tonnes, compared with 1,286,841 tonnes received in the same period a year earlier, exporters said on Friday. The figures showed 8,093 tonnes arrived at ports from July 2 to July 8, down from 17,507 tonnes in the same period of the 2005/06 season.

CORRECTED - Ivorian customs end strike, cocoa exports resume

ABIDJAN, July 13 (Reuters) - Customs officers in Ivory Coast on Friday ended a 72-hour strike over pay and resumed the register of cocoa exports at the country's ports, officials and exporters said. "This morning, we were told that the customs strike is over," the sales director of a European export company based in Abidjan told Reuters.

Kilian revises down Ivorian cocoa output - trade

LONDON, July 13 (Reuters) - Independent analyst Hans Kilian has revised down his assessment of cocoa output in top grower Ivory Coast's 2006/07 mid crop and 2007/08 main crop by a total of roughly 50,000 tonnes, trade sources said on Friday. One trade source said Kilian had this week revised down the estimate for the 2006/07 Ivorian mid crop by 16,000 tonnes to 264,000 tonnes, and his forecast for the 2007/08 Ivorian main crop by 27,000 tonnes to 1,142,000 tonnes. Other trade sources said they had heard that Kilian had revised down production in the two crops by a total of roughly 50,000 tonnes.

Rains bring black pod threat to Ghana cocoa

Thu 12 Jul 2007, By Orla Ryan

FAHAIKOBO, Ghana (Reuters) - Ghanaian farmer Adu Kwasi points his machete at spoilt cocoa pods on his small plantation and prays for sunshine to fight the fungal disease known as black pod. The grey skies that brought much-needed rain have also heralded a rise in the infection that cuts cocoa farmers' output and income and destroys healthy pods.

"When it rains too much, there is black pod," Kwasi said on his 1.5 acre farm in the village of Fahaikobo near Bibiani town in Ghana's western region, the highest-yielding growing region in the world's No. 2 cocoa producer. "When the rain comes, it can spoil the whole thing. When we get rain and sunshine, half and half, it will be OK," he added.

Farmers prayed for rain when a drought earlier this year shrivelled pods. But the rains came too late for the current cocoa mid crop, which opened on July 6 and is unlikely to yield much more than 50,000 tonnes. Ghana's cocoa industry regulator Cocobod has said total 2006/07 output is not likely to be much above 620,000 tonnes, well below the record 740,000 tonne total harvest of the previous season.

This season's output was hit by a lack of rain in the early months of 2007. The 33-week-long October-May main crop accounts for the vast majority of the total Ghanaian harvest. There was no immediate clear indication of how seriously the incidence of black pod would impact the remaining mid crop.

Recent steady precipitation should mean that the thousands of tiny white flowers now on cocoa trees throughout Ghana will blossom into ripe, yellow cocoa pods in time for October's new main harvest. But farmers want sunlight to pierce the clouds and ease the damp that they say fosters black pod. Earlier this week, the main cocoa growers' group in nearby Nigeria reported that black pod disease had hit Nigerian cocoa plantations, raising fears of a drop in output in the world's fourth biggest producer.

SPRAYING NOT ALWAYS EFFECTIVE

Spraying diseased trees with chemicals does not always erase black pod or other diseases, said Ghanaian farmer Justice Aidoo, who sprays farms as part of a government-sponsored campaign to boost output. "The medicine (chemicals) is not working. We apply it but still nothing happens," said Aidoo, at his 2-acre farm in the village of Kwamekrom, as rain pattered down. Farmers should also cut the green canopy formed by intertwined cocoa trees to allow the sun to penetrate. Aidoo added: "We are teaching them to weed the farm and take the shade off the farm so the black pod will stop."

Not everyone can afford the luxury of spending time on the plantations to prepare for what seems like a distant October harvest start. Lean harvest periods force some farmers to earn money by selling cassava, corn and plantain. Farmer Benjamin Opoku Appiah shares his cocoa crop with two labourers whose work enables him to keep up with his day job as headteacher of Dominibo No. 1 village school. "On this (cocoa) money alone, I cannot survive. Some (of my seven children) are in the secondary school. I am a teacher cum farmer," he said. "In Ghana, money is very hard."

In nearby Kyenkasi village, farmer Dora Adjei has started to weed her 20-acre farm, whose trees are already laden with small green pods. Revenues from her oil palm plantation support her throughout the lean season, she said. No matter how much she cuts, prunes and tidies in the coming months, more sunshine is needed for her work to bear fruit and for the cocoa pods to remain disease free. "When it rains and the sun shines it helps, if it rains throughout, it will be spoilt," said Adjei.

Cameroon Aug-June cocoa exports up at 151,868T-CCIB

YAOUNDE, July 11 (Reuters) - Cameroon's cocoa bean exports totalled 151,868 tonnes from the start of the 2006/07 season to the end of June 2007, according to data released on Wednesday by the Cocoa and Coffee Interprofessional Board (CCIB). That compared with 133,115 tonnes exported in the same period a year ago.

Aid Organizations, World Cocoa Foundation Partner to Improve Cocoa Farmer Incomes

CSRwire.com (press release) - Jul 11, 2007

News from: World Cocoa Foundation

New Effort to Empower Farmers through Better Organization, Financing, Marketing; Earn More for their Cocoa Crop

(CSRwire) VIENNA, VA – July 11, 2007- The World Cocoa Foundation (WCF) today announced that it has joined with two leading international development organizations to help improve cocoa farmer incomes in Cameroon, Ghana, the Ivory Coast, Liberia and Nigeria. The new program, supported by the Canadian International Development Agency (CIDA), the United States Agency for International Development and the WCF, will help organize cocoa farmers into group sales organizations, often referred to as co-operatives. The new effort will also help farmers develop financing options, marketing techniques and multiple buyer options – all to enhance their ability to sell cocoa at the best price possible.

The program is part of the Sustainable Tree Crops Program (STCP), and builds upon the STCP's efforts to address the challenges facing cocoa farming families in West Africa. "Cocoa farmers are dedicated and hard-working, but they need our support," said Bill Guyton, president, World Cocoa Foundation. "Through training and education, we can empower cocoa farmers and strengthen the cocoa farming community."

The new farmer organization effort will be led by Canadian NGO Société de Coopération pour le Développement International, or SOCODEVI. "We are pleased to pursue this collaboration with STCP with the realization of our 5year Program" said Mario Boivin, Program Manager, SOCODEVI. "I am convinced that, by working together, we can bring about significant and long lasting improvement in the economic and social well-being of cocoa farmers, their family members and their communities."

"In agrarian economies throughout the world, SOCODEVI has a long history of bringing farmers together to make a positive, lasting difference" said John Rowsome, president of the Confectionery Manufacturers Association of Canada (CMAC). "This program will make it easier for cocoa farmers to sell their crop together, at the right time, for the right price."

In addition to organizing farmers and improving their ability to sell cocoa, the WCF supports a number of other efforts to help cocoa farming families. The WCF-led "Healthy Communities" initiative is a five-year effort to provide cocoa farmers with practical training in important areas like crop loss and safe, responsible practices. Farmers gain knowledge through a series of "Farmer Field Schools" that provide hands-on training. The "field schools" approach has proven effective in the past, raising farm family incomes while at the same time reducing potentially unsafe labor practices.

STCP Regional Manager Stephan Weise noted, "The STCP works to increase rural income through the introduction of production, marketing, institutional, and policy innovations. This partnership with SOCODEVI will allow us to enhance the capacity of local institutions to train and support business-oriented farmer organizations." The new program will begin immediately, and will coincide with the five-year timeline for the Healthy Communities initiative. Established in 2000, the World Cocoa Foundation plays a leading role in strengthening the partnership between industry and cocoa farmers. With nearly 60 member companies, the WCF supports a range of economic, social and environmental programs in cocoa communities in Africa, Asia, Central America and South America. World Cocoa Foundation programs focus on raising farm incomes, encouraging responsible, sustainable cocoa growing and strengthening communities.

For more information about the World Cocoa Foundation, or to find out how you can help support cocoa farmers, contact Bill Guyton or Robert Peck at (703) 790-5012 or via e-mail at Bill.Guyton@worldcocoa.org. or Robert.Peck@worldcocoa.org. Also, visit the WCF online at: www.WorldCocoaFoundation.org.

Nigeria cocoa plantations hit by black pod disease

Reuters South Africa, South Africa - Jul 9, 2007

By Tume Ahemba

LAGOS (Reuters) - Black pod disease has hit Nigerian cocoa plantations, raising fears of a further drop in output already cut by drier-than-normal weather earlier this year, the main growers' group said on Monday. Akinwale Ojo, executive secretary of the Cocoa Association of Nigeria (CAN), said the disease was caused by heavy rainfall and a scarcity of chemicals to spray infected trees in the southwest cocoa farming region.

"There is a lot of black pod disease on many farms and this will affect yield in the long run if the trees are not sprayed," Ojo told Reuters. "But chemicals are fairly difficult to come by and they are expensive. That has compounded the problem for many farmers who can't afford them," Ojo said from Akure, the capital of Nigeria's main cocoa growing state of Ondo. "We are also worried about the problem of pests as cocoa mice will begin to attack farms in August," Ojo said.

Black pod affects 30-40 percent of Nigeria's annual cocoa output and pests around 25 percent, Ojo said. Cocoa trees are vulnerable to pests and diseases, which can often be prevented by chemical treatment but many growers in Nigeria, the world's fourth biggest producer, cannot afford them in sufficient quantities. Black pod is a fungal disease that first appears as a small spot on the pod surface and later spreads to the bean itself.

DECADES OF NEGLECT

Experts say pods can be infected at any age, but are more exposed in the two months before ripening, when the fungus can easily pass from the pod husk to the seed-coat of the bean. Nigeria's plantations have suffered from decades of neglect, and many produce far below capacity because of limited access to chemicals, loss of skills and poor maintenance. Many trees are showing signs of ageing. The April-September mid crop, which usually comes in at around 50,000-60,000 tonnes, was hit by a long harmattan season and poor rains in the months before the harvest. Harmattan is a wind that carries dust and sand from the Sahara.

The drought-like conditions reduced soil moisture for trees and damaged developing pods. Recent rains came late to help the mid crop, but had raised hopes for a robust and early start of the October-March main crop, growers and buyers said. But while rain is good for the development of cocoa pods, it also speeds the spread of diseases by washing fungus from tall trees, which are difficult to spray, to shorter trees. Traders and the International Cocoa Organization estimate Nigeria's cocoa output at around 180,000-220,000 tonnes per year, but the authorities put the figure much higher at over 400,000 tonnes. Officials say Nigeria's ambitious cocoa rehabilitation programme launched in 2005 is yielding the desired results.

Business & Economy

Barry Callebaut to open Indian sales office

13th July 2007

By Leah Vyse

Swiss cocoa and chocolate products manufacturer Barry Callebaut has moved to establish itself in India, by unveiling plans to open a sales office and chocolate academy in Mumbai. The Zurich-based confectioner said the entry into the Indian chocolate market is in line with the company's strategy to expand its geographic reach to capture growth opportunities in fast-growing emerging markets.

Barry Callebaut will enter the Indian chocolate market by opening a sales office in Mumbai in September 2007. The company will also inaugurate a new chocolate academy in Mumbai, India's largest city, in December, where Indian confectioners can enhance their chocolate skills through courses and practical workshops.

Commenting on the move, Maurizio Decio, Barry Callebaut's vice president for Asia Pacific, said: "The new sales office in Mumbai will allow us to better serve our rapidly expanding customer base in India. We are following our large multinational customers into this promising emerging market. We will also supply national food manufacturers as well as many four-and five-star hotels and bakery chains in urban centers.

"The sheer size of the Indian population and the growing economic power of the region mean that the growth potential of the region's chocolate market is substantial. The move to establish a presence in India is in line

with our strategy to increase the share of sales generated in regions outside western Europe and North America from 11% to 20% by 2010."

The new Barry Callebaut Chocolate Academy will be the company's eighth such teaching and training center worldwide.

Softs - Cocoa steadies in London after rising on worries over crop outlook

AFX News Limited

07.12.07, 9:28 AM ET

LONDON (Thomson Financial) - Cocoa prices were steady in London after rising yesterday on worries over the outlook for current and future crops, with analysts saying the bean will remain supported near term.

'The market is steady ... everyone is digesting the news over the last couple of days,' a trader said.

At 12.53 pm, cocoa for September delivery was quoted at 1,097 stg a tonne on the Euronext Liffe, down slightly from the 1,102 stg level seen at the close yesterday. The bean closed higher yesterday after a report from an independent analyst expressed concern over current and future crop developments, particularly in Ivory Coast, the world's largest cocoa producer.

The current or mid-crop harvest in cocoa runs through to August this year, while the main crop harvest will run from October this year through to March next year. On Tuesday, cocoa drifted lower after the Commodities Futures Trading Commission's (CFTC) latest Commitment of Traders report suggested the market may have been overbought.

Analysts said that with little market moving news out today, players are still digesting the CFTC report, as well as yesterday's warning over the outlook for the crop harvest. They added the renewed worries over crops have to some extent countered hopes that the recent rainfall in the Ivory Coast will be beneficial for cocoa supply.

'At the end of the day rains come and go ... they've been good or bad for a couple of days but it seems like the market read much more into the crop report that came out,' said a trader.

Cocoa prices have gained around 6 pct since the start of June, underpinned by expectations from a number of industry bodies that global demand could outpace supply for the year to September.

The International Cocoa Organisation said in its June monthly report that it sees a production deficit of 145,000 tonnes in the 2006-07 cocoa year, while Fortis expects a 236,000-tonne deficit.

Recent rainfall in Ivory Coast has, however, led some officials at the ICCO to trim back their deficit forecasts.

Meanwhile, some industry players have pointed out that, while the market is expecting a large deficit in the current cocoa year, stocks of the bean are not in short supply.

Jonathan Parkman, an analyst at Fortis, said it is the large influx of fund money into cocoa, coupled with the expected deficit, that is underpinning the market. He added future price direction in cocoa will to some extent depend on fund plays.

In other softs traded on Liffe, sugar for October delivery dipped to 307.00 usd a tonne against 311.50 usd, after hitting a one-month low in intra-day trades yesterday. Meanwhile Robusta coffee for September delivery was down at 1,913 usd a tonne against 1,921 usd at the close yesterday, when it rallied close to its 9-year high of 1,945 usd.

Cocobod poised to invest more abroad

Kessben FM, Ghana - Jul 9, 20072007-07-09 16:21:48

The Ghana Cocobod said on Monday it was breaking new grounds that would enable Ghana to maximise its cocoa returns through diversification of its markets and investing more in the industry abroad. At a press

briefing in Accra on recent developments, Mr Isaac Osei, Chief Executive of the Board said the move followed current world demand and taste for Ghana's premium quality cocoa bean that some European and Asian countries had shown. He said countries such as Cuba, Turkey, China and Khagistan had shown great interest to trade on commercial lines with Ghana. Some of them, he said, had placed request for the importation of Ghana's cocoa bean. "We have to look for opportunities for investment elsewhere and have a stake in what goes on in the world at large. " Ghana is not making enough money as it should, so we have to move from being a primary producer and start the process of looking outward," the Chief Executive said.

"They will focus more in investing into the tertiary sector where cocoa is converted into powder and chocolate products for maximum returns."

At present, Mr Osei said Cuba, which produced similar quality cocoa beans like Ghana and with a production capacity of only about 200,000 tonnes had placed a request to import about 25,000 tonnes. He said there was the need to closely consider Cuba's request and devise the means of forging links on commercial lines. Mr Osei expressed optimism that Ghana would be able to meet supply targets and even increase its cocoa tonnage production, adding that the one million target in 2010 was attainable. Last year Ghana's production capacity was 600,000 tonnes and this year it had been projected at 620,000 tonnes by the end of the crop season.

Mr. Osei said in future the Board would research into the artesian production of cocoa (small scale production) in order to improve on quality and increase the processing capacity of the product for maximum gains. He said some internal control measures being taken to sustain productions levels and maintain quality include investment in nutrient applications, raising of the amount of fertilisers usage and strengthening quality controls. "Domestically, we have to develop the market for the consumption of cocoa even so for neighbours within the Sub-Regional countries," Mr Osei said.

He said CMB is poised and is determined to make its production process transparent and traceable in order for Ghana to lead and command the premium prices in the world.

Indian firms to set up Jute mills in Kumasi

10 Jul, 2007, 1345 hrs IST, PTI

Economic Times, India - Jul 10, 2007

ACCRA: To reduce Ghana's dependency on foreign players for jute sacks, two Indian companies have agreed to set up jute mill factories in Kumasi city here by September, an official said. "Two Indian companies have expressed their interest to our officials during a recent visit to India, where they were taken through the processing and procedures for producing the jute sacks," said Isaac Osei, Chief Executive of the Ghana Cocoa Board.

He said this would enable Cocobod to reduce substantially the import of jute sacks for bagging cocoa for exports. The two companies were named as Al-Chandani and Gandhi Jute Limited. Their proposals would be assessed by the month-end. Currently the country imports jute sacks for the cocoa industry. "Research has shown that areas such as Ashanti Mampong, Techiman and Nkoranza in the middle zone of the country were fertile for growing jute in large quantities," hen said.

DJ Nybot Cocoa Review: Rises On Analyst Report

FXstreet.com The Foreign Exchange Market, Spain - Jul 11, 2007

Reports that an influential cocoa analyst lowered his estimate for the Africa crop lifted New York Board of Trade cocoa futures Wednesday, analysts said.

Most-active September cocoa settled \$43 higher at \$2,065 a metric ton. The actual crop forecasts from independent Hans Kilian are closely held, but analysts said talk in the market circulated widely between New York and London that Kilian reduced his 2006-07 African crop forecast.

September cocoa futures prices recently rose to a four-year high in part helped by fears of a low mid-crop after unusually dry weather this spring. The Ivory Coast, the world's top cocoa producer, has started to receive some rain, but whether or not this will help the crop is undetermined.

Wednesday's rally comes on the heels of Tuesday's nearly 4% drop on speculative liquidation. Market watchers said the market acted torn between wanting to rally off the speculation of the Kilian report and fearful of getting long again in the face of possible fund selling. "We have a yawning gap on the (day-only) charts and we'll see if that means we're going to have an island top or an island bottom," said Jack Scoville, analyst at the Price Futures Group.

Market sources said there was very little trade buying in Wednesday's session which suggests apprehension to buy cocoa in the mid-\$2,000 level, given the still-heavily long speculators might be itching to continue selling.

In other news, Indonesia's 2007 cocoa crop may fall by 17% to 480,000 tons, said Indonesian Cocoa Association Chairman Halim Razak. Indonesia's main crop has been damaged and delayed by erratic weather.

European cocoa bean grindings in the second quarter totalled 323,353 tons, up 3.4% on the year, the European Cocoa Association said Wednesday. The cocoa industry uses grinding figures as a demand measurement.

Although both of those news items were supportive, the Kilian report overshadowed everything in cocoa. "The lower Indonesian crop and higher European cocoa grind are supportive, but I don't know if that news would cause the market to do what it did," said Scoville.

DJ Nybot Cocoa Review: Down After Profit-Taking Hits Market

Mon, Jul 9 2007, DOW JONES NEWSWIRE

Profit taking by speculators after recent gains pressured cocoa futures on the New York Board of Trade Monday. Most-active September cocoa fell \$23 a metric ton to \$2,100. Prices were weaker throughout the session as speculators and small funds sought to take profits following last week's rally. Since the low of July 2 to Friday's settlement, September cocoa prices nearly gained \$100 a metric ton. "Funds wanted to take some money out," said one market analyst. Despite the weakness, speculators are still net long cocoa. The trade will get a new look at the fund's position Monday afternoon when the Commodity Futures Trading Commission releases its weekly commitments of traders report. Normally that data is released on Fridays but was delayed until Monday because of last week's holiday.

September cocoa held right at top of a gap on day-only price charts set July 5 at \$2,090. Thus, the gap from \$2,065 to \$2,090 remains intact. Technical analysts said that it is important that gap holds to keep near-term speculators interested in the long-side. Pressure on cocoa also came from London, which was down Monday, too. Analysts pointed to a report by noted Fortis Bank analyst Jonathan Parkman, who said widespread rain in the Ivory Coast for the last four to five days is providing some comfort regarding the main crop.

Recently, there have been worries about dryness in the Ivory Coast, the world's top-producing cocoa nation. In other news, cocoa in Nigeria's southwestern region isn't threatened by the black pod disease despite heavy rains in the region, farmers said Saturday. Producers said the copper-sulfate-based fungicide used to combat the black pod is available now in the southwest, unlike 2006 when it was scarce and its price skyrocketed.

Child Labour

REFLECTIONS: The trafficking of people

Manila Times, Philippines - Jul 14, 2007 By Fr. Shay Cullen

The trafficking in women and children and men too as modern slaves is the third-biggest earning illegal business in the world today after illegal arms trading and drugs. It is a problem that is getting worse as global poverty grows in the poor countries and millions more are vulnerable to any kind of false promise of a good job. Those promises are fake, and the hapless victims are frequently sold into factories, plantations, sweatshops or brothels where they are held against their will and in subhuman conditions. The good thing that is happening is that the political leaders are beginning to task this seriously and are devoting more time and effort to raise awareness and help the victims.

Slavery thrives because we all love a bargain; we want our luxuries to be of the highest quality and as cheap as possible. Likewise the corporations that supply us the products that are supposed to satisfy our appetites for fancy food, fashionable clothes and a consumerist lifestyle are out to maximize profits. But all this comes not cheap as we think but someone else pays for it, some with pain and blood and with their lives sometimes.

Take chocolate for example. We all love it, we all want it and we all consume it in vast amounts. It is not good for us, of course, but it is not good either for the thousands of poor people who are exploited, beaten, cheated and even enslaved. The Ivory Coast supplies almost half the world's supply of the cocoa bean and much of it grown and gathered and process by hundreds of thousands of exploited and enslaved people, many of them young boys. Some are beaten almost to death when they try to escape from the plantation.

I related before the story of the Philippine workers held against their will on a sugarcane plantation in the province of Batangas, south of Manila, and treated like slaves, they received no money and could not leave. They had to work up to 12 hours cutting the sugarcane and were told that they were deeper in debt every day. The NBI antitrafficking unit rescued them and we have yet to hear if the prosecutors brought the culprits to justice. Thousands more are enslaved in other ways in brothels and nightclubs and are in debt and can never leave until the mounting debt is paid.

Trafficking is the modern form of slavery. The victims lose all control over their lives, they are not free to leave, they are coerced into working and many times they are beaten if they refuse.

In a recent international conference held at Wilton Park Sussex, South of London last June we heard of children being trafficked into Britain and turned them over to the social services. It was reported that 64 of them have disappeared out of care and no one knows where they are. These missing children are not apparently of interest to the media. There is no news of them. Where are they? We have to stop the trafficking of people and during my presentation I made some suggestions what can be done to stop the flow of persons into this life of exploitation and misery and abuse.

We can treat the victims as such, humans abused and given the shelter and protection and encourage them then to testify against the abusers and traffickers and give them a chance to get a work with dignity. We can hold our government responsible as to how they spend the foreign aid money with great diligence and demand an end to slavery and abuse and trafficking to the countries from where it goes on with impunity.

We can challenge the corporations to be open in their operations and guarantee there is no exploitation. Especially those who use the cocoa, sugar made with slave or exploited labor. We can help Fair Traders by buying the products and promoting them to others.

Above all we have to continue to demand our political leaders act decisively in demanding the nations like Ivory Coast to end the exploitation. These are just Christian actions and we are challenged to do something meaningful and worthwhile to lessen the exploitation of the poor. Many are poor because of our desire to have everything so cheap. We should demand that all our products are free forms of child labor and exploitation.

190 child workers in cocoa plantations — Ministry

The Tide, Nigeria - Jul 10, 2007

One hundred and ninety of the 2,000 children currently living in cocoa plantations in Ondo State, are full time farm workers, says the Federal Ministry of Labour, Mr Clement Iloh, Deputy Director, Child Unit Department, told newsmen in Abuja that the rest of the children were living with their migrant parents. He explained that in 2005, the government, in collaboration with the ILO International Programme on the Elimination of Child Labour (IPEC), began a two-year pilot programme to tackle the menace.

Iloh said the programme, known as the West African Cocoa/Commercial Agricultural Project (W ACAP), targeted six communities in the state. He said since the inception of the programme, 345 child workers withdrawn from the plantation, had been enrolled in schools and vocational training centres.

The deputy director said some 120 labour/factory inspectors, agricultural extension workers, community monitors, traditional rulers and farmers had been trained on various intervention strategies. Such tragedies, he added, included rehabilitation, empowerment and social integration. Iloh expressed concern over the health hazards the child workers were exposed to on the farms. He noted that they often used bare hands to apply fertilisers, spray pesticides and in the preparation of the cocoa seedlings. He said they faced the risk of contracting fungal infection, corrosion of their hands, chemical burns, allergic reactions, poisoning and long-term health effects. Iloh disclosed that the ministry had produced a draft policy on child labour which was awaiting the federal government's approval.

Mrs Sina Chuma-Mkandawire, the Director, ILO Area Office in Abuja, said Nigeria had some 15 million child labourers. She said investigations had revealed that Nigeria had also become a major source, destination and transit country in the West African sub-region. "Most of these children face the risk of being trafficked both internally and externally for various purposes including domestic labour, farm work, armed conflict and even rituals", she added.

Others

Ethanol Increases Inflation in Foodstuffs Prices

Walid Khadduri Dar Al-Hayat, Lebanon - Jul 15, 2007

Peter Brabeck, the president of world food giant Nestle, told London's Financial Times recently that he expected "significant and long-lasting inflation because of demand from China and India and the use of crops for biofuels." Brabeck added that a rise in food prices would not be a temporary phenomenon but a long-term one, reflecting fundamental changes in world supply and demand, predicting that "they will have a long-lasting impact on food prices."

The rise in food prices resembles the recent experience with rising oil prices, to a certain extent. Sustainable development in China and India has altered the balance of world supply and demand for crude oil, pushing prices up. As for the rise in food prices, the problem is bigger and more extensive. In addition to the improvement in the socio-economic situation of these two big countries, their continuing economic growth, and opening to trade and international investment, there is the problem of using agricultural crops to make fuel instead of food. Producing fuel from agricultural crops is nothing new, since Brazil launched such an initiative about three decades ago, using sugar cane. However, the problem of rising food prices has begun to grow recently, with the US' insistence on making fuel from corn, and the importance of corn in many basic foods for humans and in livestock fodder. Thus, the scarcity of supply and auxiliary items, which are now being transformed into fuel production, due to the financial subsidies offered to this end by the US, has begun to affect the prices of a number of foodstuffs.

We should note that in the last 12 months, corn prices have risen by about 60%, and wheat, milk and cocoa prices by about 50%. Some countries have witnessed the highest jump in food prices for the last three decades.

The wide and growing use of ethanol recently has led to an international phenomenon of more expensive food prices; the production of this organic fuel is taking place due to the refining of corn in the US and sugar cane in Brazil.

In fact, today ethanol makes up about 10% of the gasoline that is used in the US; it is used as a fuel to which traditional gasoline is added. This percentage is expected to grow in causal fashion, over time. Legislation regarding the use of ethanol and the profits made by farmers for increasing its production is helping this process. Today it is being added to traditional gasoline. At present, the US consumes more than 9 million barrels of gasoline per day.

The recently-issued OPEC Petroleum Report in 2007 indicates the probability of an increase in the production of all types of non-traditional fuels to around 10 million barrels a day by 2030, compared to about 2 million barrels per day in 2005. As an example of the rising reliance on non-traditional fuels, Toyota announced last week that it would build a factor to produce cars in Brazil, with the new cars running on a mix of the two fuels, ethanol and gasoline. Toyota said that the new car models would meet regional demand and represent the first cars to

run 100% on organic ethanol. Cars that run on ethanol represent 80% of the vehicles that are currently sold in Brazilian markets; drivers in Brazil prefer ethanol, whose price is about half of traditional gasoline.

Recently, the US Senate approved a number of energy laws, including one that increases the production of ethanol to 36 billion gallons a year by 2022; other laws encourage improving the performance of cars that use less gasoline, so that they do not consume more than 35 miles per gallon by 2020. The reasons for these two programs involve helping the environment, and reducing reliance on imported foreign oil, and particularly Arab oil, although Arab oil does not make up more than 20% of the total oil that the US imports, which currently stands at approximately 10 billion barrels per day.

*Dr Walid Khadduri is an expert in energy affairs.

Chocolate school is for volunteers this summer

By Melissa Serraglio The Tri-City News

Coquitlam Tri City News, Canada - Jul 11, 2007

Although the West Coast Chocolate Festival doesn't take place until October, organizers are accepting applications from volunteers to attend "Chocolate 101" seminars over the summer. The seminars will provide training in "chocolate attributes," according to festival co-ordinator Linda Baker. "The seminars are about promoting the education and appreciation of chocolate," she said. "We'll teach how it's grown and processed, along with training in how we run the festival."

Baker said the seminars are for youth and adults intent on committing to be a volunteer at the festival afterwards and the seminars will provide references to volunteer positions that will be available. "It's providing festival-related training," Baker said. "It's more beneficial for the volunteers and the festival if they know what we do and how we do it." She said the festival's mission is to mentor youth, adding, "we look for and create opportunities for kids to get work experience."

The seminars are free to attend, but dates and times have not been established yet. Baker said the seminars will be scheduled once more volunteers are signed up. She will be teaching some of the seminars, along with some of the other adult and senior volunteers who have been involved in the festival since the very beginning. "I've learned an astounding amount about chocolate over the past few years," she said.

The festival will take place October 14-27 and will boast over 18 events, including new "school of chocolate" sessions, a cocoa bean exhibit at Coquitlam Centre, an all ages dessert party featuring culinary arts students and emerging artists and performers and a Scotch and chocolate pairing evening.

To sign up or request information about the festival's volunteer training, email info@chocolatefestival.ca or contact Pam at 604-469-0265.

Communities to benefit from cocoa clinics

Cynthia Boakye , 11/07/2007

The Statesman Online, Ghana - Jul 11, 2007

The Minister for Finance and Economic Planning, Kwadwo Baah-Wiredu, yesterday told Parliament that the Ghana Cocoa Board is pursuing an active programme to provide all Cocoa growing areas with Cocoa clinics as a way of giving back to cocoa growing communities.

This was in answer to a question posed by Evans Paul Aidoo (NDC, Sefwi-Wiawso) who asked the Minister when such clinics were to be established in the cocoa growing areas in the country.

"Mr Speaker, Ghana Cocoa Board has been actively involved in the provision of health facilities in cocoa growing areas," the Minister said. The Board constructed clinics at Nkrankwanta, Brong Ahafo Region, Tepa and Traabuom in the Ashanti Region. These clinics were handed over to the Minister of Health under the restructuring of the Board carried out in the early 1990s. He said currently the Board is working on the provision of health facilities at the following places: Sefwi-Debiso, Western Region where the chief and elders have released 3.64 acres of land to the Board for the hospital.

The Minister also added that the Board is in the process of engaging consultants for the development of a 24-bed hospital on the land. He further disclosed that the construction of an out-patient clinic has been completed at Sankore in the Brong Ahafo Region and it will become operational very soon. A contract has also been awarded at New Tafo in the Eastern Region for the expansion of the Clinic at Cocoa Research Institute of Ghana as well as the inhabitants of the surrounding towns. While in Kumasi, Ashanti Region, the construction of a ward and operating theatre at the Cocoa Clinic is underway.

New natural ingredient may extend chocolate life

By Karen Willmer

FoodNavigator-USA, France - Jul 11, 2007

7/11/2007 - A new ingredient extends the shelf life of chocolate products by up to 30 per cent, its manufacturer claims. Chocolate products are generally prone to oxidation, particularly those containing high levels of milk or fat, making them deteriorate quickly.

In a statement released today Slovenian-based company Vitiva claims Inolens 12 is an alternative to synthetic antioxidants because it uses all natural ingredients and is allergen-free. It also claims the ingredient can be added without altering the taste or smell of the chocolate product.

Inolens 12 was tested on handmade chocolate pralines, however Vitiva says it can be used in other confectionery products such as toffee sauce and those containing nut pieces.

The company says it is a ready-to-use formulation that is added to the fat during manufacturing, such as the cocoa powder, sugar, or powdered milk. Vitiva's Inolens is a range of odour-reduced rosemary extracts for slowing the oxidation of foods. It is carnosic acid and antioxidant-based but the bitterness is considerably reduced and the rosemary flavour is mild making it suitable for a variety of products, without altering its taste.

With the government pushing for food manufacturers to become more aware of their ingredients, and more awareness to what the public are consuming, natural preservatives and additives, such as rosemary, are becoming more sought after. The market for rosemary extracts is already healthy. Suspicion over chemical-derived synthetic preservatives has pushed food makers to source natural preservatives such as rosemary extract instead, and market analysts Global Information pitch the global food preservative market at €422.7bn, reaching €522bn by 2008.

Vitiva's other two rosemary extract lines are Ursole, primarily for cosmetic uses, and AquaRox, a water-soluble extract rich in rosmarinic acid that is mainly aimed at supplements and nutraceuticals. Vitiva said that its full range of deodorised rosemary extracts is available in a wide range of concentrations. These pure extracts are soluble in oil or water, and are available in powder and liquid forms.

The product will be launched at this year's IFT Annual Meeting and Food Expo, held in Chicago, July 28th to August 1st.

Cocoa exports 'fund' Ivory Coast conflict

Financial Times Deutschland, Germany - Jul 11, 2007

von William Wallis (London) and Dino Mahtani (Lagos)

Cocoa exports contributed to as much as 30 per cent of the Ivory Coast's military expenditure during one six-month period. Plenty of people already feel guilty when they eat a bar of chocolate. Now an international pressure group could make them feel even worse. After diamonds and timber, Global Witness, the London-based pressure group, has turned its sights on chocolate in a report that claims cocoa exports from the Ivory Coast, the world's largest producer, have contributed to funding and prolonging the conflict there.

The front page of the report features a bar of chocolate on one side and a group of militiamen on the other. It draws parallels between the way revenues from cocoa in the Ivory Coast were used by both government and rebel forces to fund war efforts, and the way diamonds and timber fuelled the civil war in neighbouring Liberia.

Cocoa exports contributed to as much as 30 per cent of the government military expenditure during one six-month period between 2002 and 2003, Global Witness claims, and has provided about \$30m a year to rebel groups since 2004. The group, which was instrumental in catalysing international sanctions on traders in "blood diamonds", stops short of calling for a scheme to certify the origin of cocoa beans.

Cocoa industry officials argue this would be both impractical and potentially harmful to an industry on which some 4m people in the Ivory Coast alone depend directly for a living. But Global Witness proposes that cocoa exporting companies operating in the country should publish information on the origin of the cocoa they buy, carry out due diligence on purchases, disclose payments to Ivorian cocoa bodies and use their influence to prevent revenues from entering war chests.

A number of cocoa-exporting companies contacted by the Financial Times argued that they had no control over the use of cocoa revenues by the government in the Ivory Coast - whose \$1.4bn crop last year accounted for about 40 per cent of global production. Susan Smith, a spokeswoman for the Chocolate Manufacturers Association, a US-based trade group including Nestlé and Hershey's, said having to prove the origin of cocoa would damage the industry. "Tracing or labelling individual beans is, as a practical matter, impossible," she said.

The Ivory Coast has been split in two since rebels seized the north of the country in 2002. Global Witness argues that the misuse of funds earned from the cocoa trade continues to slow progress towards a final peace agreement.

A lesson in chocolate's finer qualities

By ERIN ALLDAY

San Francisco Chronicle

What can brown do for you? Here's a look at the latest on chocolate:

The study: Subjects in a German study who ate 0.22 ounces of dark chocolate every day -- the equivalent of 1 1/2 Hershey's kisses, seven M&Ms or one bite of a chocolate bar -- saw their blood pressure fall 2 to 3 points over 18 weeks.

The reason: Scientists think chocolate helps when flavanols -- a chemical in cocoa -- stimulate the release of nitric oxide in the body, which dilates and relaxes blood vessels and eases blood flow.

The catch: Health benefits are associated only with dark chocolate, not milk chocolate or white chocolate, which don't have enough cocoa flavanols.

What's in your chocolate?

Chocolate is made from cacao nibs, the part of the cacao bean that is fermented, dried, roasted and ground. Various other ingredients are added to make chocolate bars, truffles and other confections. But there's a whole world of terminology chocoholics use to describe their favorite food:

- Chocolate liquor. This liquid results when the cacao nib is ground. It's made of cocoa solids (cocoa powder) and cocoa butter and, despite its name, is nonalcoholic.
- Cocoa butter: The fat from the cacao bean. Extra cocoa butter may also be added to the chocolate.
- Cocoa powder: The solids that remain once the cocoa butter has been pressed out of the chocolate liquor.
- Flavors and additives: Sugar, vanilla and soy lecithin (an emulsifier) are the other ingredients added to make chocolate palatable. Many commercial chocolates also contain other types of fat (such as vegetable oil), sweeteners, flavors or ingredients.
- Cacao percentage or content: The amount of chocolate from the cacao nib, plus naturally occurring or added cocoa butter. This is a measurement by weight and does not include sugar, vanilla or other additives. Chocolate with a higher percentage of cacao, to a point, is often considered to be higher quality, or more chocolate-y. Still, experts don't necessarily agree on the optimal percentage, although there are requirements for certain types of chocolate.
- Unsweetened chocolate: Chocolate liquor that has been molded into blocks and is used for baking.

- White chocolate: Must contain at least 20 percent cocoa butter, but no cocoa powder or chocolate liquor.
- Milk chocolate: Must contain at least 10 percent chocolate liquor and 12 percent milk solids.
- Semisweet or bittersweet chocolate: Must contain at least 35 percent chocolate liquor and less than 12 percent milk solids. Bittersweet often contains 50 percent chocolate liquor.
- Dark chocolate: Definitions vary, but dark chocolate generally contains 45 to 85 percent cacao. Also can be called semisweet or bittersweet.
- Couverture: Fine chocolate that contains a minimum of 32 percent cocoa butter. This is used by professional confectioners to get a thin, glossy chocolate coating.
- Single-varietal chocolate: The latest trend in chocolate, similar to wine, where the chocolate comes from cacao beans from one specific growing area with unique characteristics.
- Artisan chocolate: Uses couverture chocolate and emphasizes the source and quality of ingredients, such as organic or fair trade.

Source: Guittard, Ghirardelli

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(Source: Business Recorder – www.brecord)

New York cocoa closes firm

NEW YORK (July 14, 2007): US open-outcry cocoa futures closed firm on Thursday, continuing to recover from steep losses in the week and on mild support from concern about the upcoming main crop, traders said. "You got a little bit of spec buying, trade buying on the bottom," one trader said.

Cocoa closes up

NEW YORK (July 13, 2007): US open-outcry cocoa futures ended up 2.1 percent on Wednesday on speculative buying, recouping on Tuesday's steep losses that pushed prices off recent near 4-1/2-year highs, traders said. "The European grind gave the market (the) go for a correction to yesterday's move," one trader said.

Cocoa futures sharply lower

NEW YORK (July 12, 2007): US open-outcry cocoa futures closed sharply lower at a 12-day low on Tuesday, retreating off a recent near 4-1/2-year peak on pressure from long liquidation, traders said. "With funds and specs holding a large net long position, the market went kaput technically and we're just seeing a retracement now," one trader said.

Ivory Coast cocoa prices mixed

ABIDJAN (July 12, 2007): Farmgate cocoa prices in Ivory Coast's growing areas were mixed from July 1-8, Coffee and cocoa Bourse (BCC) data showed on Tuesday, amid a mix of strong competition for beans and poor quality supplies in places.

US MIDDAY: cocoa falls sharply

NEW YORK (July 11, 2007): US open-outcry cocoa futures closed sharply lower at a 12-day low Tuesday, retreating off a recent near 4-1/2-year peak on pressure from long liquidation, traders said. "With funds and specs holding a large net long position, the market went kaput technically and we're just seeing a retracement now," one trader said.

London cocoa slips further

LONDON (July 11, 2007): London cocoa futures retreated further from 4-1/2-year highs on Tuesday, weighed by rainfall in top grower Ivory Coast and a Commitment of Traders report showing a big increase in the long position held by speculators.

Cocoa backs off 4-1/2-year highs

NEW YORK (July 11, 2007): US open-outcry cocoa futures fell on Monday due to fundamental prospects, in a correction of Friday's 4-1/2 year high, traders said. "I think mainly, it was just overbought and there was no fresh news to sustain it," one trader said, pointing to strong main crops and good weather in the West African cocoa belt pushing prices down.

Nigeria cocoa plantations hit by black pod disease

LAGOS (July 10, 2007): Black pod disease has hit Nigerian cocoa plantations, raising fears of a further drop in output already cut by drier-than-normal weather earlier this year, the main growers' group said on Monday.

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