



CORNUCOPIA ORGANICS

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July Newsletter 2020

Welcome to the July issue of our newsletter. While much of the focus has been on Covid 19 in the last few months, we at Cornucopia are still committed to trying to eliminate our plastic footprint and supporting our customers to do the same.

We know that Covid-19 has made things trickier than it might have been in previous years, and at Cornucopia our efforts took a bit of a backward step during the lockdown as customers requested more packaged produce, and we were using gloves and masks. But we are now working harder than ever to be part of the solution and are looking forward to supporting your Plastic Free July journey!

Plastic Free July

This year is the 10th anniversary of the Plastic Free July campaign! It is a global movement that supports people to be part of the solution to plastic pollution. It is also a worldwide challenge with millions of participants in over 170 countries. So much has been achieved in the last 10 years and it is now a global movement, with an estimated 250 million people taking part in 2019.

The original message behind Plastic Free July is to *choose to refuse* single use plastic for one month. At the end of the month take a look at how much you have reduced your household's waste by and then turn some of the new behaviours into lifelong household habits. Here in Aotearoa, Plastic Free July is growing and the website provides resources and ideas to help you reduce single-use plastic waste every day at home, work, school, and at your local café and shops. Check out their website on www.plasticfreejuly.org

The world right now is very different to what it was just a few months ago. The Covid-19 pandemic has changed the landscape significantly, and unfortunately when it comes to avoiding single-use plastic, there has been less focus on reducing plastic waste, with PPE (personal protective equipment) being used and adding to the landfills. Public Health has been important though, and we respect that they have played a part in helping to reduce the spread of infection and make people feel safer.

However, the problem of plastic pollution is an urgent one and we are at Cornucopia Organics as committed as ever to doing what we can, and supporting others to take the steps we need to educate and encourage people to work towards a world without plastic waste. Don't forget, you are part of a movement with 250 million other people, and whatever you can do is going to have an impact. Collectively, all of our efforts add up, so every small action counts!

Want some tips to find out how you can reduce plastic waste? The good news is, anyone can get involved. You can start out small, or really challenge yourself! So get inspired and keep reading to get tips and ideas



Special Offers (while stocks last)

- *Weleda* Selected Face care 30% off in July.
- *Honey Wrap* bees wax wraps 15% off
- *Lily Bee* beeswax wraps 10% off.

More specials available in store too.



New Products

- *Thermal Keep Cups* XS \$39.90 & M \$45.00
- *Do Gooder* Tooth tablets \$10.90 for 100
- *Solid* tooth tablets & toothpaste in jars.
- *Venerdi Organic* Sourdough Crafted Seed Bread \$11.90

Here are some options that we sell at Cornucopia to help you reduce your plastic footprint.

Plastics do not break down in the environment, instead they break up in to lots of little pieces known as microplastics which can end up in our waterways, oceans and ultimately in our food chain. Of the plastic produced today, about 50 per cent is single-use plastic packaging. It is also not about recycling plastic, its about reducing and eliminating it as much as we can. By making small changes to your everyday habits, you can make a huge difference. Here are some great swaps that you can try in your home and when you are out and about.

1. **In the kitchen** use a soap shaker with dish soap to do the dishes, a cellulose or cotton dishcloth and a coconut fibre scourer and use our refillery to refill your kitchen cleaners or use white vinegar and baking soda for cleaning. Use beeswax wraps and glass containers to wrap and store food.
2. **In the bathroom** use bars for soap, shampoo & conditioner or refill your containers from our refill area. Use bamboo toothbrushes, toothtablets, toothpaste in jars, silk dental floss and stainless steel safety razors.
3. **In the laundry**, use eco-friendly laundry powder in a cardboard box or refill laundry liquid and powder from our refill area. Use cloth or compostable nappies and our stainless steel and bamboo pegs to hang out your washing.
4. **Sanitary items** such as Mooncup menstrual cups, Moontime washable menstrual cloths and organic cotton sanitary pads.
5. **School lunches**, use stainless steel lunchboxes and drink bottles or paper bags, beeswax wraps, and organic cotton food pouches and sandwich wraps
6. **Eating out**, take your own Keep Cup or similar reusable coffee cup or glass or stainless steel water bottle and straws. We also sell bamboo reusable cutler.
7. **Buy in bulk** from our bulk bins and bring your own containers to refill them or use reusable produce bags and bulk bin bags. Bring bottles and jars too for liquid bulk items such as oils, cider vinegar, tamari, honey etc.

All the above products we sell at Cornucopia!

Did you know?

- GIVE AWAY! Every week during Plastic Free July, Cornucopia will give away items to lucky shoppers to help you on your Plastic Free journey.
- FREE Cornucopia printed organic shopping bags given away each week in July. Pop your name in the bag instore to be in the draw.
- All the packaging we use in store is plastic free and home compostable. Bring it back to us if you are unable to compost it yourself.
- We have boomerang bags, paper bags and boxes if you forget your own shopping bag!
- We have qualified & experienced Naturopaths & Herbalists in store every day to offer advice & support for you and your family's health

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Apple Cider Vinegar Winter Tonic

Apple Cider Vinegar assists with detoxification by aiding circulation and boosting the liver's ability to purge toxins. It also supports immunity and well being. The acids found in apple cider vinegar are said to be responsible for the cleansing effects, eliminating impurities by binding to free radicals and other toxins stored in the blood, fat cells and organs, and 'pulling them out' of the body. Choose unpasteurised, raw organic apple cider vinegar with the 'Mother' which are strand-like enzymes of connected protein molecules with living nutrients and bacteria, similar to the scoby that's in Kombucha.

Ingredients.

3 cups boiling water (cooled)
2-4 crushed garlic cloves
1/4 – 1/2 cup raw apple cider vinegar.
juice of 1 lemon

1.5-inch knob fresh turmeric (juiced, grated or blended)

½ cup fresh ginger slices

2 teaspoons raw Manuka honey (optional)

Combine in a glass bottle and give it a good shake. Drink fresh or stored in the fridge it will keep for up to a week. Drink 1/2 cup diluted or neat twice daily.

