



February Newsletter 2018.

Welcome to 2018 - well here we are again, ready or not for another year! We hope you have enjoyed a holiday and some quality family time and have been able to find ways to keep cool in this hot weather.

We welcome you back to another year of shopping with us and we sincerely thank you for your ongoing support. We are hoping to put out a monthly newsletter from now on to keep you up to date with all the specials, new products and goings on!

Back to school with Litterless Lunches!

Many schools and work places these days actively encourage litterless lunches. They are lunches which do not have any litter such as glad-wrap, plastic or foil wrappers and plastic straws because these are not recyclable or reuse-able. Instead reusable containers, paper towels, beeswax and cloth food wraps, paper bags, and lunch boxes with compartments and reusable drink bottles are used so that there is no waste created.

By promoting Litterless Lunches, schools and work places are able to reduce the landfill rubbish and encourage everyone to think about the rubbish we are creating. It hopefully also helps people to think about what they are buying, for example small snack packets are expensive, with lots of waste and little food value. It would be cheaper to buy in bulk or bake snacks at home.

Introducing these concepts at a young age can have an important effect on children as they grow older, reinforcing healthy food values, physical well-being and contributing to environmental awareness.

At Cornucopia, we sell a range of Litterless Lunch options such as stainless steel lunchboxes and drink bottles, glass drink bottles, beeswax food wraps, cloth sandwich and food wraps, cotton string bags, stainless steel & compostable paper straws.

So start this year to embrace litterless lunches and help save the planet one lunch at a time!



February Specials, while stocks last.



- Weleda Wild Rose Love Your Body Set \$35.00
- Pomegranate Regenerating Skin Care, save over 20% on RRP.
- Weleda Skin Problem Essentials: Rash Relief Cream & Burns & Bites Cooling gel only \$17.60
- Tints of Nature hair colour, \$23.95 normally \$29.95.
- Harkers Deep Lung Support, \$26.90, normally \$32.00.
- Good Health Supplements, some over 30% off!

New Products.

- My Sunshine , natural NZ made sunscreen.
- Keep Cups, glass reusable coffee cups.
- Grin toothbrushes , blue, white , pink , orange and and grey with non GMO biodegradable corn starch handles.



To Sunscreen or not!

The best protection from the sun is to seek shade and cover up with clothes and a hat, but when you are directly exposed to the ultraviolet radiation from the sun for a prolonged time, you & your family may also use a sunscreen.

Yes, the sun is essential for Vitamin D production and moderate and safe sun exposure has the most benefits for Vitamin D levels. However, just 5-15 minutes exposure each day is usually enough for your body to make a sufficient amount. There are also other safe ways to get Vitamin D apart from supplements, foods like cheese, egg and fatty fish are all Vitamin D rich options. A Mediterranean type diet high in healthy sources of saturated and mono-unsaturated fats and Omega 3 fatty acids like fish oils and flax or hemp seed oils are protective as well as antioxidants. Research has shown a strong protective effect of antioxidants against inflammation and skin damage (and perhaps this is why the antioxidant packed Astaxanthin is so effective at helping avoid sunburn).

Choose a sunscreen that protects against UVA & UVB rays. UVB rays burn the top layer of your skin's surface, and UVA rays penetrate your skin more deeply than UVB rays and do not produce any colour change to your skin, but can lead to premature skin ageing and wrinkling. Research now suggests UVA rays, play a more major role in causing skin cancers than the UVB rays. Broad Spectrum refers to a product's ability to protect against both UVA and UVB rays.

SPF stands for sun protection factor. Sunscreens are classified by an SPF number which refers to their ability to deflect UVB rays. An SPF 15 blocks 93.3% of UV rays, an SPF 30 blocks 96.7%, and SPF 50 blocks 98% so 30 is not double 15 as you would think, and not 30 times longer in the sun either. There are now limitations on SPF claims -50 being the highest.

Water resistant means that the sunscreen retains its stated SPF value after a certain time in water.



Natural Sunscreens we sell.

There are many sunscreens on the market and it is a bit of a minefield trying to decide which product is best for your family.

Because much of what we put on our skin is absorbed directly into our bloodstream, a mineral sunscreen with zinc oxide or titanium dioxide creates a physical barrier on the skin and is a more natural choice to limit your exposure to some potentially harmful chemicals in some sunscreens.

We stock the following brands and they all have testers so feel free to try them. The following are in alphabetical order ...

- **Badger sunscreens** Broad spectrum SPF 30, 90gm
- **Coola Sunscreen.** Baby, childrens and adults. SPF 50 & SPF 30s
- **Eco Sonya Sunscreen.** SPF 30, 150mls
- **Eco Tan Coconut Sunscreens** SPF 30, 150ml.
- **Millstream Gardens Sunscreen** NZ made, Broad Spectrum SPF 30 50 gm tin.
- **My Sunshine** NZ made, Broad Spectrum, SPF 30, 200gms.
- **Oasis Sunscreen** NZ made SPF 30, 50g, 250g, 500gms.
- **Soleo**, Broad Spectrum SPF 30, 75gms and 150 gms
- **Wotnot** Broad Spectrum, SPF 30 100gms, childrens and adults.

News snippets



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- We are Biogro certified and this allows us to carry the Biogro logo.
- We started with a hiss and a roar last year with over 500 boomerang bags lovingly made by volunteers but are now down to between 5 to 10 bags! Please drop them in if you are passing if you have one floating around at home or in your car. The idea is to keep them in circulation and to borrow them and then return. Boomerang Bags launches in Napier and Central Hawkes Bay very soon.
- Cornucopia Book Exchange. Some great books come and go in our book exchange box! Remember to have a look and feel free to take one. We love donations of health related books too!
- We always have a qualified health practitioner on the counter to support you with your health!
- We try to keep our packaging as environmentally friendly as possible. Our cellophane bags are compostable, so cut them up and they will degrade in your compost in less than 2 months!



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