

July Newsletter 2018

This month is Plastic Free July. And while the idea of not buying any single use plastic for a month might seem daunting, we've made it easier by compiling a list of everyday staples and their non- plastic substitutes. Also specials on Shopping bags, Stainless steel straws, Beeswax wraps and more!



July Specials, while stocks last

- All *Organic and Fair Trade shopping bags* on special for July .
- All *Beeswax wraps and stainless steel straws* on special this month too.
- *Source Naturals Wellness Formula capsules* with Echinacea, Olive leaf and Golden seal with free zinc lozenges, only \$24.90
- All *Nordic Naturals Fish oils* on special.
- All *Nutra Life Ester C's* on special plus many more products at reduced prices.

What is Plastic Free July?

Plastic Free July is a fun challenge that gets us thinking about the amount of plastic packaging in our lives. It began in Australia and is now happening in many countries worldwide. It offers simple solutions to Avoid, Refuse and Replace single-use plastic. Check out their website on plasticfreejuly.org

Why Participate?

Most households in Australia and New Zealand use around 100kg of plastic packing per household each year. Those plastics:

- break up, not break down
- Are mostly down-cycled
- End up in a landfill or
- 'Escape' and pollute the ocean.

Take the Challenge

You'll be joining a million+ people world-wide in making a difference.

Choose to Avoid, Refuse or Replace as much single-use plastic as you can during July.



New Products

- *Cornucopia printed Organic & Fair Trade shopping bags* \$12.90
- *Venerdi* (Gluten free breads) Banana, blueberry and walnut loaf and Paleo buns (2 pack)
- *Matakana Superfoods:* Organic 200gm organic powders: Super Berry Shake \$36.90, Super Chocolate Shake, \$22.90, Super Greens \$39.90.
- *Nutra Organics powders* 100gms, Vegetable Broth \$24.90, Chicken Broth \$36.90, Beef Broth \$32.90,

Swap those everyday products for these non-plastic and sustainable ones that we sell. You don't have to do this all at once, one product at a time makes it manageable or as you run out.

Most teabags actually contain plastic! So buy loose with a tea strainer and teapot to help you go bag-free. Trade Aid tea is packaged in cellophane and cardboard and entirely home compostable.

Coffee. All our coffee is certified organic, but Trade Aid Coffee packaging is entirely compostable too and look for those in paper bags.

Bread often comes in plastic bags. We stock *Yabon* bread in paper bags and *Breadman* soon will be, *Flaveur, Bread and Butter* and *Oh My Goodness Breads* are in cellophane bags or why not bake your own!

Chocolate. *Trade Aid* chocolate comes in home compostable wrappers *She Universe, Pana Chocolate and Loving Earth bars* also come in home compostable packaging (card and cellophane).

Yoghurt in Plastic pots can be swapped for *Raglan Coconut yoghurt* in a glass jar! They also have a scheme where you can pick up litter from beaches and waterways and they'll send you free yoghurt!

Sandwich wrap swap for beeswax wraps or paper bags. We sell Beeswax Wraps from *Munch, Nil* and *Honeywrap and Lilybee*. and also sell ingredients and kits to make your own!

Swap plastic straws for *Caliwoods* stainless steel or bamboo straws.

Regular plastic toothbrushes can be swapped for bamboo or corn starch toothbrushes by *Go Bamboo or Grin* and they can all be home composted when you are finished with them. Grin also runs a recycle programme where you can send the toothpaste tubes back to them! and send you a \$5 voucher when you do this!

Shampoo in plastic bottles can be swapped for shampoo and body bars by *Millstream and Global Soap*, wrapped in cellophane and cardboard.

Regular Sanitary products that often contain plastic can be swapped for *Naturacare and Bon* certified organic tampons and pads in cardboard packaging. Or buy a *Mooncup Menstrual Cup* or *Moontime cloth pads*.

Regular Household products, replace with eco-friendly cleaners by *Eco store, Earthwise, Ecover and Orchard Organic* or refill your containers in the bulk section. We have laundry liquid, dishwash liquid and multi-purpose cleaner, toilet cleaner, shampoos, conditioners.

Plastic dish brushes swap for *Ecostore or IfYouCare* wooden brushes.

Some toilet papers contain chemicals & BPA, *Green Cane* is made from fibre waste from sugar cane & packed in paper and cellophane.

Soy, almond & other milks come in Tetra pacs which are not recyclable, so why not make your own.

Snippets and Info

- Check out *Plastic Free Hawkes Bay* on FB, ideas, inspiration and monthly meetings too.
- **10 Cornucopia** printed bags given away each week in July. Pop your name in the bag instore.
- **Boomerang bags** are not boomeranging back. You can return them to us and Chantal's in Napier too as the idea is to keep them in circulation.
- **Please bear with us** while we try hard to make our produce area plastic free and other areas too but it is a work in progress while we decide on the best and most sustainable options.
- **Correction!** Apologies for misleading you with the *Naturale deodorant*. We stated that the packaging was all cardboard but there is a small amount of plastic at the base of the deodorant stick. Whoops!



You can also like us on Facebook by searching for us @cornucopiaorganics

Homemade oat milk

Really easy to make, much cheaper than store bought and you avoid those tetra packs!



Ingredients

- 1 cup organic rolled oats or steel cut oats (100 g)
- 3-4 cups water (750 ml – 1 litre) depending on how thick you like your milk.

Method

1. Soak the oats in water overnight or at least 2 hours.
2. Drain the oats and wash them (discard the soaking water).
3. Blend the oats with 3 to 4 cups of pure water (750 ml to 1 litre).
4. Strain the milk using a cheesecloth, a strainer, a napkin or a nut milk bag.
5. Store in a sealed container in the fridge for up to 5 days.
6. Can add a bit of vanilla or sea salt to taste.