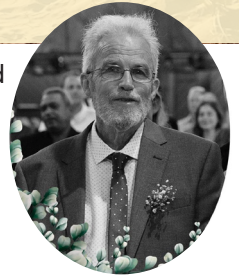


# Summer Newsletter, 2025

**HAPPY NEW YEAR** to our wonderful customers and community and welcome to the summer edition of our newsletter. Our goal is to keep you up to date with what's happening, what new products and specials are available, and provide you with health and wellbeing tips for your family. It's that time of year again—goodbye lazy beach days, hello lunchbox duty! Read on as we have some great tips, recipes and hacks to help elevate your daily lunch making routine.

2024 was a tough year. The death of our beloved co-founder Alan Keats has been a huge loss to our family and business. Having the privilege of knowing such a wise, humble and gentle soul, we now move into 2025 with love and gratitude. He always put others first and always made us laugh with his sharp sense of humour. He will be forever in our hearts and his legacy lives on in his children and grandchildren. His family will endeavour to make him proud by keeping the wonderful business he created alive and aligned with his core business values for Cornucopia - organic, local, sustainable and affordable.



## Sustainability spotlight for a better world in 2025

At Cornucopia, we love supporting local sustainable companies and believe in the power of small, everyday habits that build up over time to create real change. Therefore, we will be profiling some of our favorite local sustainable suppliers throughout 2025. Our goal is to highlight how small steps can make real change. During January, we have been promoting Nil, with an awesome giveaway. Leah Marshall was the lucky winner of the stylish compost bucket containing Stainless Steel pegs, Premium NZ Wool Dryer Balls and Eco laundry detergent sheets from Nil.

Nil is all about Nil harm and Nil waste, creating a better, kinder, nil harm world with sustainable products, everything from household essentials, to back to school basics, mother and baby and more. Pop in to check out their products! Let's step into 2025 making positive changes together!



## Congratulations to the Cornucopia Christmas Hamper Winners

During December we gave away one Christmas Hamper each week leading up to Christmas. Our goal was to spread a little kindness and spark a lot of joy as Christmas is the season of giving. Our lucky Christmas Hamper winners were Sarah Walker, Helen Howard, Sarah Jones and Kelly Taylor. Each of our lucky winners received a Christmas Hamper overflowing with goodies from some of our favourite suppliers, including Living Nature, Everkind, My Sunshine, Antipodes, Lothlorien Wine, Honey Wrap, Weleda, Eden Orchards, Ecostore, Herb Farm and more.



## Back to School with eco-friendly lunchboxes

Build sustainable habits from a young age by introducing litter less lunchboxes to your little ones. These eliminate the need for packaging with glad wrap, plastic or foil wrappers as have layered compartments that keep food fresh.

We sell a range of lunchbox and drinkware options from Meals in Steel, Nil, Honeywrap, Ecotanka and more. These bento style lunchboxes are a great way to elevate your lunch prep for school and work as they simplify

daily life and reduce waste (plastic free). As do our beeswax food wraps, cloth sandwich food bags, cotton string bags, stainless steel straws and cutlery.

So, kick start 2025 with positive, sustainable, healthy living habits that not only simplify your daily life, but also help reduce waste and protect the planet. Make every meal a conscious and impactful choice and join us on our mission of introducing small sustainable habits that make a real difference.



## 5 of our favourite lunchbox hacks for 2025

Take the stress out of packing a healthy lunchbox for yourself and your kids with our top tips!

**1. Make it colourful:** Sneak in fruit and veggies in the stylish stainless steel bento compartments – sliced colourful organic fruit and veggies like cucumber, carrots, bell peppers, apples or blueberries are a great way to add colour and nutrition.

**2. Use leftovers:** Turn dinner into tomorrow's lunch. Taco can become wraps or quesadillas, pasta can be transformed into salad, rice to fried rice or salad and extra vegies can top a mini pizza. This saves time and money and makes lunches simple and delicious.

**3. Make extra:** Making extra at dinner is also a great hack for easy lunches. Try making extra quiche or mini-quiches, pizza or pinwheels. These can then be frozen and taken out when needed.

**4. Keep it fun:** Let kids make their own lunchboxes to increase the chances of them eating everything. Let them add in a treat to keep things exciting, such as homemade muffins, bliss balls, cookies or slices. Variety keeps kids curious and willing to try new things.

**5. Make it eco-friendly:** Minimise waste by investing in reusable snack bags, beeswax wraps, and stainless-steel lunchboxes, water bottles and reusable coffee cups. Skip single-use items like plastic wrap, juice boxes, small snack packets as it is cheaper and better for the environment to buy in bulk.



Try McPhee's organic bread in your kid's lunchboxes in 2025. Delivered fresh every Monday, Wednesday and Friday and perfect for busy health-conscious families (it comes sliced.)

## Why you should focus on sustainable gut health in 2025

As we move into February, we prepare for another busy school and work year ahead and want to encourage positive, healthy, sustainable habits. Starting with what we eat. As Hippocrates supposedly declared more than 2000 years ago, 'all disease begins in the gut' and evidence shows that many chronic metabolic diseases do start in the gut and our gut bacteria, and the integrity of our gut lining, strongly affect our health.

By building sustainable habits that support your gut, you are in turn setting yourself up for a healthy digestive system which impacts your overall well-being, from energy levels to immune function.

Kickstart 2025 with our top 3 tips to start building sustainable habits that support your gut health all year-round.

### 1. Eat more fibre

Fibre supports digestion and nourishes beneficial gut bacteria. Start by incorporating fibre rich foods like oats, legumes, organic fruits, and vegetables into your meals.

### 2. Stay hydrated:

Drink enough water to support digestion and prevent constipation. Aim for 6-8 cups a day and try herbal teas like peppermint or ginger for added gut benefits.

### 3. Include more pre and probiotic rich foods;

Include probiotics (from yoghurt, kefir, or fermented foods such as kimchi, kombucha or sourdough) and prebiotics (like cabbage, spring onions, kiwifruit and bananas) in your diet to balance your gut bacteria.

Pop in to discuss how we can support you and your family to achieve your health goals in 2025. Our qualified naturopaths are always on hand to support you.



## Did you know, we have lots of great back to school essentials:

- We have a wide selection of family friendly sunscreen, a must in every backpack
- We have a great range of sustainable stainless-steel lunchboxes and drink bottles
- We have beeswax food wraps, cloth sandwich bags and food wraps
- We have stainless steel straws in various colours and sizes
- We have stylish Bullett reusable coffee cups for the school run and work

## Some of our New Products

- *Bullet coffee cup, assorted colours, 8oz \$36.50 and 12oz, \$39.50*



- *Alpha Domus, sparkling rose, 250 ml \$9.00 or 4-pack for \$32.00*



- *Burts Bees 100% natural lip balms, assorted flavours, \$9.95 each*

## Some of our Monthly Specials (while stocks last)

- *Milton Wine Special, 15% off*



- *Henna Hair treatment and colourless shampoo and conditioner, \$24.90 - \$34.90*



- *Free Antipodes gift with purchase, when you spend \$49 or more (while stocks last)*

- *Free Living Nature Charcoal Clay Mask when you spend \$49 or more*

## Back-to-school snack balls



If you need a family-friendly snack you can prepare ahead, snack balls are your answer and they're perfect for the school lunchbox.

### Ingredients

- 1 cup (90g) organic rolled oats
- 2 tbsp cocoa powder
- 12 pitted fresh dates
- 1 cup (80g) desiccated coconut
- 1 tbsp honey • 1 tbsp coconut oil
- 2 tbsp desiccated coconut, extra to coat

Start by soaking the dates in boiling water. Then process rolled oats, cacao or cocoa powder, dates, desiccated coconut, honey and coconut oil in a food processor until almost smooth and well combined.

Place another 2 tablespoons desiccated coconut on a plate. Roll 2-tablespoon portions of mixture into balls. Roll in coconut to evenly coat. Place on a lined tray in the fridge for 1 hour or until set. Store in an airtight container in the fridge for up to 2 weeks or freeze and take out as needed.

Try adding nuts or seeds for variation!



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