

December and Christmas Newsletter, 2024

Welcome to the December and Christmas edition of our newsletter. Check out our new products, specials and Christmas giveaways, as well as our Christmas Trading hours.

Good Change

We believe in the power of small, everyday habits that build up over time to create real change, especially when we're all doing it together. During November, we celebrated Good



Change, a local sustainable company making it possible to ditch the throwaway cleaning bottle, for good.

Julie Danes was the lucky winner of our online Bottle for Good™ Starter Box Giveaway and Catherine Mueller was the

lucky winner of our in store Giveaway. The Bottle for Good Starter Box giveaway contained the Bottle for Good refillable bottles & cleaning tablets! 100% natural, made with essential oils and NZ botanicals in their purest form.

At Cornucopia, we love supporting local sustainable companies and are proud to stock the award-winning products from Good Change. We will be profiling more of our favourite local sustainable suppliers that support small steps to help create real change. Pop in to see what other giveaways we have throughout the festive season and also in the New Year. Let's step into 2025, making good changes together.

Cornucopia Christmas Hamper - Be in to win every time you shop at Cornucopia!

To celebrate the festive season, we will be giving away multiple Christmas hampers, overflowing with goodies from some of our favourite suppliers - Ecostore, Living Nature, Chantal, Antipodes, Lothlorien Wine, Nil, Good Change, Honey Wrap, Weleda, Eden Orchards, Herb Farm, My Sunshine and more. Every time you shop at Cornucopia Organics, you can put your name in the draw to win!



Supplier Profile: McPhee Bread



We are proud to stock McPhee Cottage Industries delicious bread. Their handcrafted Organic Bread is made with Spelt for busy health-conscious people who want convenience without compromise. This is the perfect loaf for busy families as

ideal in kids lunch boxes (it comes sliced!), delicious fresh or toasted and perfect to stock up on and freeze for later.

Fi, the founder of McPhee Cottage Industries, has always been passionate about proper bread. After spending 11 years in Italy, she began to miss the homemade loaves from her childhood. Inspired by her aunt, an expert bread baker, Fi started baking bread for her own family. When she returned to Hawkes Bay in 2020, she became frustrated with the limited local availability of organic, additive-free bread in zero-waste packaging. This sparked a new chapter - what

started as casually sharing her homemade bread with friends and family quickly grew into a small business by 2021. Recently her partner Luca has joined the business, bringing his own Italian flair and love of baking to McPhee Cottage Industries.

Fi from McPhee Cottage Industries, personally delivers their bread freshly baked Tuesday - Friday. Fi and her family are taking a well deserved break and their first delivery after the New Year will be Monday 13th of January. From January Fi will be delivering Monday, Wednesday and Friday.



Bread Deliveries over Christmas and New Year

Many of our bread suppliers are closed over Christmas, so make sure to stock up in advance, or place orders so we can reserve for you. You will find an overview of our Christmas bread deliveries in store.

Normal bread deliveries will resume from Monday 13th of January.

5 tips for a stress-free Christmas

Christmas is just around the corner, which means extra pressure on top of the usual everyday stresses that many of us face. It's a time for celebration but can also lead to exhaustion. Research has shown that stress affects sleep in up to 75% of Kiwi women. What's more, numerous studies have shown that ongoing stress can cause inflammation in the body and play a big role in chronic health issues, such as heart disease, muscular and bone conditions, autoimmune and sleep issues. So, take advantage of our top tips.

1. Breathe

Remember to breathe correctly. Make sure you take long deep breaths rather than short shallow ones which can contribute to heightened stress levels. Try breathing exercises, meditation, yoga, walking the dog, or simply sitting in the garden with a nice cool drink.

2. Sleep

Find your optimal sleep rhythm and make sure you rise at the same time every day and go to bed at the same time every day. This helps to set up a healthy sleep wake cycle which supports a reset for optimal nervous system function.

3. Exercise

Exercising in the morning can help set your day up and support endorphin release, helping you feel good at the start of your day and into the rest of the day. Try walking, running, yoga or gentle

stretching to kick-start your day on a positive note.

4. Rest

Your body has a 24-hour clock called the ultradian cycle, and for this cycle to work at its best you need to take regular breaks. You can't maintain high energy levels if you don't rest regularly. Chronic stress depletes energy levels so try magnesium and B vitamins as these are key supplements for supporting you through the festive season.

5. Eat healthy

Make sure you eat healthy, balanced regular meals and avoid snacking and high sugar foods. Stress impacts the health of our gut and protein-rich foods are key for improving gut health during times of stress. Try incorporating protein rich foods such as chicken, fish, eggs, cheeses, and plant based foods such as beans, lentils, nuts, seeds, and soy foods into your diet.

We hope these tips can help reduce stress, improve your sleep and wellbeing so you can enjoy this festive season with your loved ones. We have an extensive range of supplements, flower remedies, herbs and teas that can support stress, sleep and exhaustion this Christmas. Pop in to chat with our qualified naturopaths who are always on hand to support you and your family.



Some of our New Products

- Brave Brewing Beer, assorted flavours, 500ml, \$8.90 - \$9.90
- State of Play Golden lager and alc-free mix pack, 6x330ml, \$21.90
- Organic Wines, Wrights, Love it Pinot Gris \$23.90 & Pinot Noir Rose \$22.90



Some of our Monthly Specials (while stocks last)

- Artemis, selected products including sleep support for the whole family
- Ceres Organics Rice Cakes, \$3.10, great for kids lunch boxes
- Ceres Organics, canned basics, lentils, beans, chickpeas, tomatoes, \$2.40
- Free Antipodes & Living Nature gift with purchase, when you spend \$49 or more (while stocks last)



CHRISTMAS & NEW YEAR TRADING HOURS 2024 - 2025

- Monday 23rd & Tuesday 24th of December – Normal trading hours
- Wednesday 25th of December – CHRISTMAS DAY - CLOSED
- Thursday 26th of December – BOXING DAY – CLOSED
- Friday 27th – Tuesday 31st of December - Normal trading hours
- Wednesday 1st of January – NEW YEAR'S DAY – CLOSED
- Thursday 2nd of January – PUBLIC HOLIDAY – CLOSED
- Friday 3rd & Saturday 4th of January – Normal trading hours

From Monday 6th of January, we are back to our normal trading hours.

Monday – Friday 8.30-5.30pm, Saturday 9am – 2pm. Closed Sundays.

Did you know, we have everything you need this Christmas:

- * We have gift vouchers for those last-minute pressies
- * We have a lovely selection of Weleda Christmas Gift packs
- * We have delicious Christmas mince tarts from Flavour and Bakeworks
- * We have organic fruit cake mix in our bulk bins
- * We have a lovely Gratitude Diary for kickstarting 2025

Wishing you all a very merry Christmas and a safe and relaxing holiday season. With aroha from our whanau to yours – Meri Kirihimete from the Keats and Cornucopia family!



Christmas Shrub

Spruce up your cocktail, mocktail or summer refreshment this Christmas with a dash of our popular shrubs. A shrub is essentially a vinegar-based cordial and a wonderful thirst quencher on a hot summer's day. These also make a wonderful gift or alcohol free alternative to sip and enjoy in the sun.

Simply add 1-2 tbsp of the shrub to a glass and top up with sparkling water, or use as a mixer in a cocktail or mocktail.



You can follow us on  and  and by searching for us @cornucopiaorganics

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