

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

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

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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 is 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.

