

Welcome to our seasonal newsletter. Winter is officially here, with frosty mornings and shorter days. With winter comes winter illnesses, therefore, our winter update is packed with health and wellbeing tips for you and your family along with updates on our new products, specials and favourite sustainable suppliers. Let them inspire you this Plastic Free July.

## Plastic Free July: Small steps, big difference

Plastic Free July is a global movement that started in 2011 as a key initiative of the Plastic Free Foundation. Last year, Plastic Free July made history, emerging as the largest plastic action campaign on the planet, with 174 million participants worldwide! Globally, in 2024, Plastic Free July participants reduced their plastic consumption by **300 million kgs**. This year's theme, **small steps, big difference**, encourages people to choose one or two items to avoid, rather than being perfect. It is a worldwide challenge with millions

of participants in over 190 countries. Will you be part of Plastic Free July by pledging to refuse single-use plastics? Join the movement and make a pledge at [www.plasticfreejuly.org](http://www.plasticfreejuly.org). Plastic Free July is a chance to take a step back and look at the simple actions we can take to tackle plastic pollution. Take inspiration from the below day-to-day guide designed by the Plastic Free Foundation to help us take small steps that add up to a big difference and create positive habits that last well beyond the month of July - 31 days of ideas.

|  |  |   |  |
|--|--|---|--|
| <b>Choosing one small step</b><br>            | <b>1</b><br>Using what we have<br>                | <b>2</b><br>Refusing plastic bags<br>            | <b>3</b><br>Ditching disposable cups<br>              |
| <b>4</b><br>Avoiding bottled drinks<br>       | <b>5</b><br>Choosing plastic free packaging<br>   | <b>6</b><br>Avoiding pre-packed produce<br>      | <b>7</b><br>Avoiding plastic food wrap<br>            |
| <b>8</b><br>Bringing reusable containers<br>  | <b>9</b><br>Skipping the straw<br>                | <b>10</b><br>Plastic free celebrations<br>       | <b>11</b><br>Swapping bottled soaps for bars<br>      |
| <b>12</b><br>Avoiding plastic bin liners<br>  | <b>13</b><br>Choosing loose tea<br>               | <b>14</b><br>Choosing reusable utensils<br>      | <b>15</b><br>Reducing plastic in the bathroom<br>     |
| <b>16</b><br>Hosting a morning tea<br>        | <b>17</b><br>Staying and enjoying<br>             | <b>18</b><br>Making household cleaners<br>       | <b>19</b><br>Refuse, Reduce, Reuse, Recycle<br>       |
| <b>20</b><br>Shopping in bulk food stores<br> | <b>21</b><br>Reducing plastic when travelling<br> | <b>22</b><br>Trying reusable period products<br> | <b>23</b><br>Reducing plastic with pets<br>           |
| <b>24</b><br>Choosing natural fibres<br>      | <b>25</b><br>Picking up litter<br>                | <b>26</b><br>Making personal care products<br>   | <b>27</b><br>Switching to plastic free stationery<br> |
| <b>28</b><br>Choosing plastic free toys<br>   | <b>29</b><br>Learning more<br>                    | <b>30</b><br>Small steps, big difference<br>     | <b>31</b>  |

Join millions of people worldwide choosing to refuse single-use plastic.

## Sustainability Spotlight

During 2025, we are running a Sustainability Campaign, profiling one sustainable supplier each month with an awesome giveaway that highlights how their products contribute to positive change. A big congratulations to the lucky Sustainability Spotlight winners so far.

**January: Nil:** Leah Marshal

**February: CaliWoods:** Anneke Newing (instore winner) Brittinie Thompson (online winner)

**March: Pure Blend:** Emma King (instore winner) Annika Funnel (online winner)

**April: Millstream Gardens:** Alexa Pedersen (instore winner) Cherie Ede (online winner)

**May: Honeywrap:** Krystie Miller (instore winner) Kirsty Manera (online winner)

**June: Weleda:** Katey Jewell (instore winner), Kym Palleson (online winner)

During July, the spotlight is on **Rethink**, our sustainable supplier of the month who supports us on our mission to reduce plastic pollution. Rethink offers a wide range of certified organic reusable fresh produce bags designed for your convenience when shopping for fresh fruit and vegetables and the perfect companion for Plastic Free July. They also offer bread, bulk bin, nut milk and string bags to help avoid using plastic bags or buying produce or products pre-packaged in plastic. These types of small steps can create a big difference.





## 5 tips to stay well this winter

Mornings and evenings are dark. The days are chilly, and rain is in the air. With winter comes runny noses, sore throats and coughs. To stay well this winter, wrap up warm, stay well nourished, well hydrated and follow our winter wellness tips below.

### 1. Eat lots of seasonal winter foods

which include root vegetables such as carrots, parsnips, potatoes and kumara, leafy greens such as kale, silverbeet or spinach along with broccoli and cabbage which are great additions to winter meals. Fruits that are in season include citrus fruits such as lemons, oranges and mandarins which are at their best during the winter months. While other fruits such as apples, pears and kiwifruit are also in season.

### 2. Include foods rich in vitamin C in

your diet to help boost your immune system. Foods rich in vitamin C include citrus fruits, broccoli, cauliflower, kale, parsley and kiwifruit. Vitamin C is the most important nutrient for fighting infections. It works as an antioxidant to protect our bodies from damage and can be used in high doses when we are sick, ideally in combination with zinc. Many of us are low in zinc as it can be

lacking in our soils in New Zealand. Zinc is an essential trace mineral and provides many health benefits, especially for the immune system.

### 3. Include foods rich in vitamin D in

your diet to help bolster your immune system. Foods rich in vitamin D include oily fish such as Salmon, herring and sardines, eggs, dairy products and mushrooms. If you don't like fish, taking cod liver oil is another way to get vitamin D into your diet.

### 4. Stay hydrated with water, herbal teas

such as elderflower, peppermint, lemon and ginger, and warm broths which we have a wide selection of instore.

### 5. Ensure you get enough sleep and

stay active. Aim for 7-9 hours of quality sleep each night to allow your body to rest and repair itself. Exercise is good for your mind, body and soul. Find activities you enjoy, whether it's indoor workouts, brisk walks, runs, yoga, gardening or chores around the house. Exercise helps boost your mood, immune system, and can help you sleep better.

*Pop in to check out our lovely range of fresh seasonal produce, herbal teas, broths and other immune boosters and to chat with our friendly staff and knowledgeable naturopaths and herbalists who are always on hand to support you and your family. They can advise you on the best herbs and nutrients to support you and your family this winter.*



## Miso Ramen Soup

### Ingredients

- 1 l of boiling water
- 1 tbsp of Rapunzel vegetable stock
- 1 brown or red onion • 3 cloves of garlic
- Thumb sized piece of ginger
- Bok choy or other greens of your choice
- Mushrooms
- 1 tbsp of tamari, plus extra to season
- 2 tsp of sesame oil • Pinch of chili powder
- 3 tbsp of Urban Hippie Misomite paste
- Hakubaku organic ramen noodles
- 600g of sliced and fried tofu or chicken

### Garnish

- Coriander • Spring onions
- Sesame seeds
- Ceres organics canned sweetcorn
- Soft boiled eggs, peeled and halved



### Method

**Step 1:** Sauté onion, garlic, ginger and mushrooms in a large saucepan for 5 minutes, then add boiling water, vegetable stock, tamari and the rest of the ingredients you wish to add, such as bok choy or greens and let simmer for 5 mins.

**Step 2:** Cook the ramen noodles following the pack instructions, then drain and set aside.

**Step 3:** Slice 600g of tofu or chicken, fry in 2 tsp oil until just starting to brown, then set aside.

**Step 4:** Divide the noodles between four bowls. Top each with tofu or meat, sweetcorn, two boiled egg halves each and any other garnish you desire. Pour the soup over each bowl and garnish with coriander, sesame seeds and spring onions.

## Some of our New Products

- **PuroBio Natural Cosmetics**, this totally natural and organic range includes:
- **Lipliner**, long lasting lipstick pencils in various colours, \$29.90
- **Eyeliners**, long lasting eye pencils in various colours, \$29.90
- **Mascara**, extra volume, lasting effect, big size, \$49.90
- **Blush, Concealer, Bronzer, Eyeshadow and Highlighter** in various colours, \$34.90



## Some of our Monthly Specials

(while stocks last)

- **Inika Organic makeup**, 50% off
- **Manuka Biotic**, 20% off
- **Nature Baby Organic Baby Clothes**, 10% off summer range
- **Harker Herbals, Artemis, Ethical Nutrients**, along with other key winter supplements are also on special

**CHOOSE TO REFUSE**  
SINGLE-USE PLASTIC  
PLASTICFREEJULY.ORG

We have everything you need for Plastic Free July

- We have a wide selection of refill options, **refill instead of buying new** to save money and the planet
- We have a wide range of produce, none of which is packaged in plastic, **choose plastic free packaging**
- We have large selection of reusable food wraps, containers and bags so you can **avoid plastic food wrap**
- We have a large selection of products in our bulk bins so you can buy in bulk to **avoid plastic packaging**
- We have a large selection of sustainable, plastic free products such as metal pegs, straws, drink bottles, reusable coffee cups and more, so you can **ditch disposable cups, plastic bottled drinks, straws, pegs and more**
- We have lots of lovely giveaways this July to promote Plastic Free July and support you in choosing sustainable alternatives



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Your One Stop Organic Shop