



CORNUCOPIA ORGANICS

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February Newsletter 2019

Welcome back to our monthly newsletters for 2019. I hope you have all managed to get a break over January and to enjoy the hot weather we have been having. As the year starts to run away with us again we hope you are all set for another year with all that it may bring, and we wish you all the very best for 2019, and thank you for your custom and support.



This year, send the kids back to school and adult family members to work with a litterless lunch and an eco-clear conscience!

Many schools and work places these days actively encourage litterless lunches. They are lunches which do not have any litter such as gladwrap, plastic or foil wrappers and plastic straws because these are not recyclable or reuse-able. Instead reusable containers, paper towels, beeswax and cloth food wraps, paper bags, and lunch boxes with compartments and reusable drink bottles are used so that there is no waste created. By promoting Litterless Lunches, schools and work places are able to reduce the landfill rubbish and encourage everyone to think about the rubbish we are creating.

It hopefully also helps people to think about what they are buying, for example small snack packets are expensive, with lots of waste and little food value. It would be cheaper to buy in bulk or bake snacks at home. Introducing these concepts at a young age can have an important effect on children as they grow older, reinforcing healthy food values, physical well-being and contributing to environmental awareness.

At Cornucopia, we sell a range of Litterless Lunch options such as stainless steel lunchboxes and drink bottles, glass drink bottles, beeswax food wraps, cloth sandwich and food wraps, cotton string bags, stainless steel & compostable paper straws. So start this year to embrace litterless lunches and help save the planet one lunch at a time!

See the recipe over the page for some lunchbox inspiration.

Special Offers (while stocks last)

Lifestream Advanced Probiotics, 30's \$22.90, 60's \$41.90 and 120's \$66.90

Bio Granoro pastas, 500gm packs all under \$3.00

Tints of Nature permanent hair colours \$23.95

Weleda face cleansers and toners all \$23.95

Weleda hair products all \$15.90

Ethique products below rec. retail price.

Plus other products on special in store too.



New Products.

Eco Store new range of toothpaste, toothbrushes and Oral Care.

Hemp Farm Organic Hemp Hearts 500gms for \$36.90

Garden of Life Organic MCT Oil 946ml for \$59.90

Monavale Blueberry powder 150gms for \$19.90.

Heather's Feijoas new Feijoa hydrosol spray. \$13.50 50ml \$19.90 100ml





Bulk Refill Station at Cornucopia

If you haven't seen it yet, we have a refill station tucked away in our shop. Actually it has been there for over 20 years, but it is only recently that people are more interested in refilling their empty bottles and companies are starting to provide a refill option too, as the urgency to be more sustainable becomes so important.

Come and refill your plant based cleaning products, such as dish wash liquid, laundry liquid, surface spray and toilet cleaner, and body products too, including liquid soap, shampoo and conditioner and body lotions. We also have refills for organic tamari, apple cider vinegar, organic olive oil, sunflower oil and more so bring in your containers and let's get refilling. We have some bottles available for you to refill but encourage our customers to bring their own.

- Another way to reduce packaging is to bring your own empty containers and bulk bin bags.
- If you have empty containers they will need to be weighed on the scales at the counter first with the price of the product you are filling it with, eg beans, flours, grains etc.
- We write the price and weight on the container and then you can fill it with the desired goods and we will take off the weight and price of the empty container before we charge you for the goods. Simple as that!
- No paper bags to throw out or refilling your jars when you get home. You can do it all in the shop and just take them home and pop them in your pantry or on your shelf!

Snippets and Info

- We now have both our tills connected to our two Eftpos machines to make transactions quicker and more efficient.
- We use BPA free till and Eftpos rolls.
- We have qualified and experienced Naturopaths and Herbalists in store every day.
- We are a wi-fi free shop, and our computers and Eftpos machines are wired and not wireless.
- We use a Siemens gigaset portable phone to reduce EMF emissions too.
- Check out our Book Exchange and do drop any unwanted books in for others to enjoy!
- We do not use chlorinated or fluorinated water in the shop.
- We have a customer feedback box at the counter. Your feedback is important to us.
- We are certified organic as a shop with Biogro



You can also [us on Facebook by searching for us @cornucopiaorganics](https://www.facebook.com/cornucopiaorganics)

Carrot Bliss Balls

INGREDIENTS

- 1 large carrot, grated
- 1 cup dates (or prunes), chopped
- 3 Tbsp pumpkin seeds
- 3 Tbsp sunflower seeds
- 1 tsp cinnamon
- 2 tsp melted coconut oil
- desiccated coconut for rolling (optional)



INSTRUCTIONS

1. Put everything except coconut in a food processor.
2. Blitz until the mixture comes together
3. Using hands, roll into balls
4. If mixture is quite sticky, roll balls in coconut
5. Refrigerate for a couple of hours to set.

Recipes courtesy of the Lunch Box Queen!

<https://www.thelunchboxqueen.co.nz/>