

Welcome to the July edition of our monthly newsletter and Plastic Free July! We have been promoting Plastic Free July for over 10 years now and most of our customers are pretty switched on when it comes to avoiding single use plastic. So this edition we thought we would focus on the compostable packaging we use in the shop, the products we sell in compostable packaging and how to shop waste free at Cornucopia!

What is Plastic Free July

Plastic Free July is all about reducing the single-use plastic we waste at home, at school, at work and at play! It started in Western Australia 10 years ago and the movement has inspired an estimated 326 million participants in 177 countries. From humble beginnings in 2011, the award-winning Plastic Free July campaign is now a global movement and one of the most influential environmental campaigns in the world. Millions of people across the globe take part every year, with many committing to reducing plastic pollution far beyond the month of July.

Will you be part of Plastic Free July by choosing to refuse single-use plastics?

By each of us making a small change we can collectively make a massive difference to our communities. You can choose to refuse single-use plastics in July (and beyond!). Being part of Plastic Free July will help you to find great alternatives that can become new habits forever, but forming new habits takes time and effort, so it's important to set yourself an achievable goal! If you can change just one thing, the collective difference we can make is huge.

Shopping waste free at Cornucopia

Our customers are an eco friendly bunch and most of them bring their own shopping bags and some even bring their containers to refill from the Bulk bins and Refill area. Here is a bit of a guide to help you wherever you do your bulk and waste free shopping.

Shopping from bulk bins is a great way to reduce the amount of packaging you take home. You can shop for all sorts of pantry staples from bulk bins and containers including flour, cereals, nuts and seeds, pasta, dried fruit and grains, as well as food items such as oils, honey, tamari, cider vinegar and more. We also have a refill area for eco friendly household cleaners, kitchen and bathroom and personal care products.

Bring your own containers or use our clean recycled bottles and jars or paper or cellulose bags.

Organic Cotton Produce bags are great for your fruit and vegetables and other bulk bin items which can be washed and reused. There is a great range to choose from now. Some are stretchy, some mesh or string or make your own! All are designed to be strong enough to hold your fresh produce but to weigh very little on the scales. Check out the range we have in store.

Bring your own jar or container and we will weigh it at the counter empty and deduct the price of the container before you fill it up. We write the weight on, so they can be refilled easily each time you need to top up.

Foldable Shopping Bags are great to keep in your handbag for any sort of shopping. There are lots of colourful designs out there and they are small enough to fit anywhere and go everywhere!

Reusable Shopping Bags for Groceries. If you forget your bags, feel free to ask us for a box or a paper bag. But unless you can reuse the paper bags multiple times, they are still a single-use item and whilst they can be recycled or composted, REUSE is still better than SINGLE USE.

Keep a set of produce bags with your shopping bags so they are all ready to go with you when you go waste free shopping!

New Products

- *Sol Cups* plastic free glass coffee cups and drink bottles.
- *Think Wise* bamboo compostable wipes. \$5.90 a pkt
- *Little Island* Organic Cashew cream 250ml \$5.90.
- *Chantals Organics* NEW Pasta Sauces 500ml \$7.40
- *Ecostore* multi purpose, bathroom cleaner & window cleaner glass refills, 500ml \$4.20!
- *Kerrindale* organic loose leaf teas in compostable packaging.

Plastic Free July Specials (while stocks last)

- *Lily Bee* FREE small beeswax wrap with every pack of Single wraps!
- *Rethink* produce bags and bulk bin bags 10% off
- *Caliwoods* Straws and Tumblers all 10% off.
- 10% off all large Shopping Bags

Lots more plastic Free Specials and promotions in store!



Home Compostable, what does it mean?

Home compostable bags are made from renewable resources, such as cellulose, a renewable raw material from trees, and GM-free corn sources. The wood pulp contained in the cellulose originates from certified forests. Packaging labeled "home compostable" is made specifically to break down at lower temperatures, therefore allowing individuals to actively compost in a home environment, eliminating the need for collection.

- **Degradable** – Basically a standard plastic with a chemical added that disintegrates the bag into tiny pieces of plastic. This is not a sustainable option!
- **Biodegradable** – Plastic which will eventually degrade from the action of naturally occurring micro-organisms, with no set time (could be 30-300 years!).
- **Commercially Compostable** – Only compostable in a municipal composting environment with moisture and very high temperatures of at least 50-65°C are required to break down the material.
- **Home Compostable** – Will compost at lower temperatures, so they safely and easily break down in your home compost bin or worm farm.

Is home compostable packaging 100% compostable? Home compostable bags are at least 95% compostable, with no more than 5% non-compostable parts allowed. The non-compostable components include the wood based inks which will breakdown to barely visible pieces, not affecting the workings of your compost or worm farm.

Can I recycle your home compostable bags? Mostly, compostable bags cannot be recycled. Current recycle platforms generally only accept mineral based flexible and semi-rigid packaging. Compostable packaging is 'plant based matter' which is designed to be composted and is not able to be recycled.

Will a home compostable pack breakdown in a landfill? Landfill waste is often anaerobic and compostable packaging will not breakdown without heat, oxygen, water, soil and micro-organisms which are aerobic. Compostable packaging has been developed to be composted, so it is best not to put it in a landfill as it may not break down at all.

How long will the home compostable packs take to breakdown in my compost? Home composts can have different climates and conditions, but with the right combination of heat, oxygen, water, soil and microorganisms they should disappear within 6 weeks to 6 months. Tip: they compost quicker if they are cut into pieces!

Look for "home compostable packaging" on labels! At the moment some *Bostock Chicken* packaging and some *Ceres* and *Chantal* packaging, *Trade Aid Chocolate* packaging, *Hands Down Tortilla* packets, *Kerrindale* loose herbal tea packets, *Wholegrain Organics Bread* packaging is home compostable. This technology is still developing and is more expensive to produce but the demand is definitely growing and more companies are starting to change to compostable packaging.

Did you know?

- If there is a product we do not have in stock we will try our best to get it for you.
- A Naturopath and Herbalist is in store every day to support your family's health.
- The cellulose and paper bags we use for packaging are all completely home compostable. Do bring them back if you are unable to compost them and we will compost them for you.
- We will also compost the Bostock Chicken, Organic Butchery, Ceres, Chantal and any other compostable packaging if you cannot compost them yourself.
- We are a drop off point for Eco store's recycling programme. So bring in any of their unwanted containers and we will send them back to Eco Store. There is a box in the refill area.
- We have return/ recycling boxes for empty Millstream Gardens jars, empty toothpaste containers and used, clean toothbrushes, Ultrella deodorant pouches and NOW all Waiheke Herbs jars.



Recipe for a Home Compost!

YOU'LL NEED

- A bare patch of earth at least 1m long by 1m wide.
- Dry brown stuff e.g. leaves, twigs, dead flowers, wood chips or shredded newspaper. These materials are Carbon-rich and will become a good foundation for your compost.
- Moist "green" stuff such as your plant-based kitchen waste (veggie peels and fruit rinds, but no citrus or meat scraps), lawn clippings, seaweed etc.
- A shovelful or two of garden soil

GET INTO IT...

- Dig the area where you want to build the pile about a hand width deep.
- Add a layer of the coarse brown stuff.
- Top with a layer of green stuff.
- Add a thin layer of soil.
- Continue layering the green stuff and brown stuff with a little soil mixed in. Try to add stuff in a ratio of two parts brown to one part green. Add in the compostable packaging in between the layers too. (Tip. It breaks down quicker if it is cut up)
- Keep covered, it helps keep in moisture and heat, two essentials for compost.
- Keep moist by watering occasionally if there hasn't been any rain, but not soggy.
- Mix – every few weeks give the pile a quick turn, moving the stuff at the centre of the pile to the outside and working stuff on the outside to the centre. This adds oxygen and helps build healthy compost organisms.
- Once established you can just mix new compost materials in, rather than adding in layers.
- As it breaks down you will start to see worms in the pile and the middle will turn into dark, crumbly, soil that smells like fresh earth – this is what you want to use in your garden to help your plants thrive.

Thanks to
www.ceres.co.nz for
the recipe



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