



CORNUCOPIA ORGANICS

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February Newsletter 2020

Welcome to 2020 and our first newsletter for the year. We hope you have enjoyed a summer break and are managing to keep cool with this intense heat we have been having here in Hawkes Bay. Our produce section is abundant with lots of fresh and organic summer fruits and vegetables as well as organic bottling tomatoes and plums too. Now that school has started back we have some ideas for lunch box treats and after school/ work delights to re-energise you and your family.

Back to school

As you know we sell a great range of stainless steel lunchboxes, drink bottles and glass drink bottles and take away cups too. It is hard to think of healthy ideas for what to put in them on these hot days whether you are packing a lunch for school or work!

Kids can be fussy eaters when it comes to school lunches, so it pays to be creative, especially on these hot days when sandwiches will go mushy and be totally unappetising.



But don't forget about after school, kids need an extra boost in the afternoon especially as they are getting used to being back at school and into a more structured routine. Keep yourself and your kids well hydrated and well nourished with an organic smoothie of their choice after school and some healthy snacks for that afternoon slump.

Chopped frozen bananas give smoothies an 'ice cream' texture that kids love. Add some fresh seasonal fruit and vegetables and a liquid of your choice – plant milk or organic milk, coconut water, yoghurt or just plain water. What about adding some nut butter or cacao powder or a superfood boost such as Nutra Organics Thriving Protein, Tahi Spirulina or Seleno Health Maca. Simply blend until smooth and add some fruit or topping, there are endless possibilities and kids often like to make their own.



Special Offers (while stocks last)

- Beeswax wraps and drink bottles 10% off this month.
- *Oasis* Sunscreen 50ml SPF30 \$13.90, 250ml \$29.90 & 500ml \$55.90
100ml SPF 50 \$27.50, 100ml SPF 40 \$29.90
- *Ceres* Seaweed snacks sm \$1.90 & lge \$2.90



- *Good Pantry* hemp powder with cacao and maca 300gms \$24.50
- *Ceres* organic tinned beans \$1.95
- All chopped and whole tomatoes \$1.50

Natural Sunscreens we sell.

There are many sunscreens on the market and it is a bit of a minefield trying to decide which product is best for your family. Because much of what we put on our skin is absorbed directly into our bloodstream, a mineral sunscreen with zinc oxide or titanium dioxide creates a physical barrier on the skin and is a more natural choice to limit your exposure to some potentially harmful chemicals in some sunscreens. We stock the following brands and they all have testers so feel free to come in try them. The following are in alphabetical order:

- Badger sunscreens Broad spectrum SPF 30, 90gm
- Coola Sunscreen. Baby, childrens and adults. SPF 50 & SPF 30s
- Eco Sonya Sunscreen. SPF 30, 150mls
- Eco Tan Coconut Sunscreens SPF 30, 150ml.
- GoodBye Ouch Sunbalm Broad Spectrum SPF 40 & 50.
- Millstream Gardens NZ made, Broad Spectrum SPF 30 50 gm tin.
- My Sunshine NZ made, Broad Spectrum, SPF 30, 200gms.
- Oasis Sunscreen NZ made SPF 30 , 50g, 250g, 500gms.
- Soleo, Broad Spectrum SPF 30, 75gms and 150 gms
- Wotnot Broad Spectrum, SPF 30 100gms, childrens and adults

Choose a sunscreen that protects against UVA & UVB rays. UVB rays burn the top layer of your skins surface, and UVA rays penetrate your skin more deeply than UVB rays and do not produce any colour change to your skin, but can lead to premature skin ageing and wrinkling. Research now suggests UVA rays, play a more major role in causing skin cancers than the UVB rays. Broad Spectrum refers to a product's ability to protect against both UVA and UVB rays. SPF stands for sun protection factor. Sunscreens are classified by an SPF number which refers to their ability to deflect UVB rays. An SPF 15 blocks 93.3% of UV rays, an SPF 30 blocks 96.7%, and SPF 50 blocks 98% so 30 is not double 15 as you would think, and not 30 times longer in the sun either. There are now limitations on SPF claims -50 being the highest. Water resistant means that the sunscreen retains its stated SPF value after a certain time in water. Stay cool and sunsmart for the rest of this summer



Did you know?

- **Refill Area** Latest additions in our bulk area are Pure Blend deodorant and Goodbye Sandfly insect repellent and glass roll top bottles for you to fill your own
- **Packaging.** The cellulose and paper bags we use for packaging are all completely home compostable. Do bring them back and we will compost them if you do not have a home compost heap as they are not meant for the landfill. Try cutting them up before composting and they will biodegrade in a couple of months.
- **Qualified health support.** We have qualified and experienced Naturopaths and Herbalists in store every day to offer advice and support for you and your family.



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After School Snacks



Almond Butter and Apple Sandwiches



Chocolate Avocado Pudding - blend together avocado, banana and cocoa powder for a deceptively healthy chocolate pudding. Serve as is or top with nuts, banana slices, drizzle of honey or whipped coconut cream.

