



FEBRUARY 2023

CO-OP NEWS

2023 STRATEGY - WHAT'S NEW - SPECIALS

MAPLE STREET CO-OP'S YEAR OF LOCAL 2023



2023 is our 'Year of Local', celebrating and growing the range of local producers and makers selling through their shop.

Co-op Board Chair, Elke Watson tells us "The Year of Local and care of the environment go hand in hand in our Co-op. Strategically we are looking to reduce the impact of food miles, develop and support food supply chains and strengthen food sovereignty. Building a resilient local economy has been the long-term core of our mission and this year we are being even bolder and shouting 'local' from the rooftops."

In the shop itself, changes are happening. As Peter Pamment the business manager explains 'We are always improving our work practices to make it easy for members and staff to get really fresh produce onto our shelves.

We want to support new growers to come on board. We don't have much storage space so most produce goes straight to the shelves. Truly paddock to plate – not the 'fresh' produce greenwash we sometimes see elsewhere. Our organic and local approach reduces the nasties seen on conventional food such as pesticides which can undermining peoples' gut biome, and immunity".

So, what will the Year of Local look like for our community? Elke explains "Our wonderful team are putting together a range of initiatives including;

- Farm tours
- A 'Seed Dating' night in partnership with Maleny's Seed Library to learn about growing, consigning, and selling through the Co-op
- A trivia night
- After Hours meet ups for suppliers and members
- An Origins celebration with founding Co-op members
- A dinner out in a paddock spotlighting our local food.

Our suppliers are keen as mustard to collaborate with us on this campaign. Join us for our Year of Local and support our local growers!"

So much more than a health food store

**BY CO-OP NATUROPATH,
PASCALE**

HAD A GUTFUL OF GUT PROBLEMS?



Gut Health & Diversity

In natural health we often emphasize the importance of Gut Health in the preservation of overall good health and bodily function. In the past 20 years researchers have established links between the roles of specific bacterial species found in the human digestive tract, confirming their influence on areas such as immunity, metabolism, hormones, digestion and cognitive function. It is now understood that not just individual species but the overall composition and diversity of these bacterial inhabitants (known as the microbiome), have a significant effect on Type 2 diabetes, cognitive decline, weight gain, anxiety and depression, allergies and autoimmunity, endometriosis and other female health concerns, digestive disorders and a wide range of inflammatory conditions.

Microbiome researcher and expert Jason Hawrelak states “having a diverse ecosystem is one of the core variables we look at that’s associated with health outcomes and lower diversity with poor health outcome”

The best way to keep your ecosystem diverse, happy, and healthy, is to nourish the species that are beneficial and to minimise feeding those that are not! Plant foods are key to a balanced microbiome, particularly those containing a diversity of different fibre types and polyphenols. Collectively these foods are known as “pre-biotics”. Foods that promote a poor composition of the microbiome are sugars and artificial sweeteners, excess proteins, bad or excessive fats, preservatives and other food additives.

*Pascale is one of our in-store naturopaths.
Her practice is on Coral Street, Maleny*

This information for educational purposes only and is not intended as a substitute for health care advice. Please consult your friendly local naturopath, herbalist or other health care practitioner for personalised advice, particularly if you have a diagnosed medical condition or take pharmaceutical medications.

The microbiome can also be damaged by environmental chemicals (ie: conventional agriculture), excess alcohol, stress, medications (ie: antibiotics and PPI’s) and some medical procedures (ie: radiation). Avoid or minimise these when possible and when not, be prepared to nurture and restore.

It is recommended to eat a minimum of 30 different whole and preferably organic prebiotic foods every week. To achieve the diversity required be sure to choose equally from the following categories in addition to an array of colourful plant foods packed with nutrients and antioxidants:

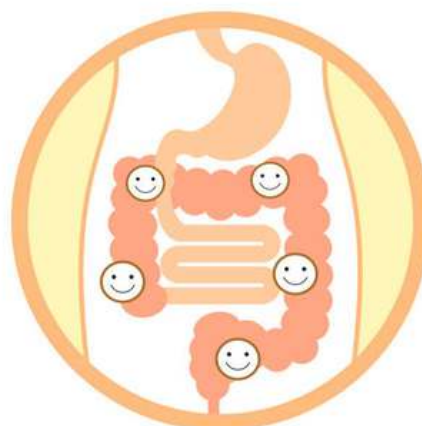
FOS & inulin: Chicory, garlic, leek onion, dandelion greens, banana, asparagus, tomato, artichoke, barley/wheat/rye

Resistant starch: potatoes (cooked & cooled), green banana, cashew nuts, oats (uncooked), white beans and lentils.

Soluble and Insoluble fibre: flax & chia seed, vegetables, fruit, grains, psyllium

Polyphenols: berries, peach, plum, black grapes, tea, cacao, red & black rice and quinoa, purple potatoes and carrots, chestnuts, hazelnuts, black tahini, pecans, red cabbage, buckwheat

Others: kiwi fruit, beetroot, fennel, peas, cabbage, chickpea, kidney beans, almonds, cashews, pistachios, watermelon, grapefruit, dried figs & dates



FEBRUARY SPECIALS

BONSOY CARBONATED COCONUT WATERS



In Natural, Watermelon and Ginger flavours. There's no added sugar or flavour just coconut and juice. Uses older coconuts that are sweet already.

Now 15% off
Members 20% off

HEMP FOODS AUSTRALIA PROTEIN



With a complete amino acid profile, this natural plant-based protein is made with Hemp Gold™ containing 60% protein, it is easy to digest and good for your gut. A guilt-free energy boost with a smooth creamy texture, it is the perfect grain free protein powder - in natural, chocolate, vanilla and berry.

Now 15% off
Members 20% off

Thoughtfully sourced for quality, great value and earth-friendliness

BRAUER BABIES & KIDS VITAMINS



Baby & Kids Vitamins: Vitamin C, Vitamin D, Zinc with C & D3. 99 or 100% sugar-free. Back to School immune boost!

Now 15% off
Members 20% off

HARMONY SOAPWORKS GOAT MILK SOAPS



Handmade cold pressed olive oil soap with goats milk, pure plant extracts, organic clays and essential oils. chemical free natural beauty made in Pomona!

Now 15% off
Members 20% off

ON CLEARANCE!

Pelvi Period Underwear 20% off – while stocks last
Members 25%
Selected La Mav products. Prices individually marked in store

WHAT'S NEW

We have expanded our Mungalli Creek Biodynamic Dairy range to include their pouring cream, chocolate & vanilla ice creams, ricotta cheese, quark & more! "We wanted to work on regenerating the land and leaving it in a better state for future generations. Mungalli is all about healthy vital soil, diverse pastures, happy cows, great tasting food and sustainability way into the future."



Olsson's salts are back! "Because Olsson's sea salt has as its only ingredient seawater from two of the world's most pristine oceans, the result is one of purest sea salts available. There are no chemical processes involved in the manufacture of our product, which is why we can guarantee that it is perfectly natural and pure". Olsson's is solar evaporated!



GETTIN' SAUCY!

New Range - HlthPunk Organic Sauces! "We aspire to create a culture of awareness and empower you to make food choices that support and sustain your sweet, sweet body and the world we live in." Available in Harissa, UFO Burger Sauce, L.B's Dijon Mustard and Double Concentrate Tomato Paste!



New products from Spiral Foods!

- Yuzu Furikake - a traditional Japanese seasoning
- Umami Black Garlic Sauce (More like Yummami!)



MORE NEW PRODUCTS:

- Barambah unsweetened Greek yoghurt in 1kg tubs.
- New wine - Marsanne from Bent Rd
- Fish sauce - requested by members.
- Mother's Boost' from local 'Maternal Essentials' for new mums.
- Apricot Kernels
- Rescue Remedy for pets!
- Naked Byron Hummus and Pesto
- Proganics range of protein powders & Keto meal replacements

MONTHLY DRAW WINNER

We've made our monthly member's raffle more inclusive - an entry is now per product sold instead of every \$50 spent! Congrats to this month's winner - Deb Johnson!



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