



co-op NEWS

July 2020

Membership RENEWAL Due Now

* Special renewal fee this year - Only \$11 *

The Co-op has had a successful financial year and we especially want to thank our members for supporting us during these challenging times. Even as tourist traffic was reduced, our Co-op did better than ever thanks to our dedicated staff, loyal members and government support.

As a thank you and in awareness of those who are struggling financially, we are reducing the renewal fee by half for the 2020/2021 financial year. Renewals are due in July and are only \$11 (instead of \$25).

You can renew at the shop or you can renew via the member portal at members.maplestreet.coop, please follow the instructions on the members page at www.maplestreet.coop for assistance.

Farewell to Sue

Most members will know our shop manager Sue.

After close to 20 years with the Co-op Sue has decided to retire and have more fun.

Sue has been one of the well known faces at the Co-op and most members will have been helped out by her at some time.

She has always been a source of knowledge about our products as she is a great cook and uses many of the products we sell.

We will all miss her friendly face, great knowledge and her great window displays.

She has been a big part of the success of the Co-op in her time and I am sure we all wish her well.

No doubt we will still see her around the shop now and again as it's become part of her DNA and will be hard to shake off!



Nourish collective is a little business with a big heart and an even bigger vision. They make handmade local produce

with a lot of love. Sourcing local, organic produce when available. Their products include an ever growing range of delicious organic dips made locally on the sunshine coast. Flavours include Spinach, Basil and Babganoush - **\$7.60ea**
members price \$7.20ea

Shared Table Wholefoods - Cheese sauce mix

This vegan, gluten free, cheese sauce mix is super easy to make and comes out perfect and tasty every time. Use it for mac and cheese, cauliflower and cheese, pie filling, nacho topping, lasagne – any dish that you want to have a delicious cheesy flavour. Just whisk up a small amount of the powder with some neutral oil and plant-based unsweetened milk on a medium heat and watch the sauce come together in minutes. You can also add herbs and spices of your choice and adjust ratios to thicken. One packet makes over two litres of sauce, so you have plenty to experiment with. Crafted on the Sunshine Coast by family run Shared Table Wholefoods. **Usually \$14.95ea on special for July \$11.95ea members price \$11.35ea**



Plastic Free July- Join millions of people reducing their plastic waste.

Plastic Free July is a global movement that helps millions of people be part of the solution to plastic pollution – so we can have cleaner streets, oceans, and beautiful communities. Will you be part of Plastic Free July by choosing to refuse single-use plastics?

Fight the winter blues and drop in degrees with some of these immune boosting products

"Vitamins enable our bodies to perform important physiological functions; both vitamin C & D are vital to maintaining strong immune resilience and enabling us to stay healthy during the colder and shorter days of winter"

From our Naturopath Pascale Richy



VitaQIK™ Liposomal Vitamin C is a quick and even better tasting way to help support the immune system, maintain healthy skin and more. Liposomal delivery increases the body's absorption of Vitamin C - simply spray under the tongue for a boost of your daily Vitamin C intake.



Brauer Baby & Kids Liquid Vitamin D 400IU is a 98.5% organic supplement ideal to help prevent dietary (vitamin D) deficiency when sun exposure is inadequate. Vitamin D also helps to support a healthy immune system as well as assists healthy bone development and growth in children and healthy infants ages 6 months and over.



100% sugar free, with no artificial colours or flavours, it's suitable from birth and can be used by the whole family!

Dulse is back!

Pacific Harvest Dulse can be used with almost anything – soups, stocks, seasoning, stir fries, salads, wraps, pasta, noodles, potatoes, smoothies and drinks. Dulse is high in protein, offers a good source of minerals and trace elements including iron, magnesium, potassium, contains vitamins A, B12, C, & E plus Omega 3 fatty acids. It's relatively low in sodium. Also high in calcium for strong bones and beta-carotene for improved eyesight. Available in sizes from 15g-150g



Covid Update

As things are slowly returning back to somewhat more normal we are to adapting to our “new normal” also. We are changing back to our more normal trading hours:

Monday to Friday 9am to 5pm

Saturday 9am to 4.30pm

Sunday 9am to 3.30pm

Our old closing time of 5.30pm is still difficult for us as we need to do extra cleaning and wash all the bin scoops etc, so these new hours will probably be around for a while longer.

If you really can't get to the shop before 5pm then please contact us and discuss and we can maybe find a solution that suits you.

For the safety of members, customers and staff we continue asking everyone to adhere to the social distancing of 1.5m inside the shop.

As the shop is compact we may have the “Full Up” sign at the entrance now and again when we are over crowded. Please respect it for your own safety as well as ours.

Maple Street Co-op Your Local Co-op

Owned by members, helping locals live their best life for 40 years.

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