



MARCH 2023

CO-OP NEWS

NEW TEAM MEMBERS - SPECIALS - EVENTS FOR YOUR DIARY- IMPROVED MONTHLY DRAW

MEET STEPHANIE ALLEN

ACTIVE RANGE BONE | SMART



Hi I'm Steph, a local Exercise Physiologist and Pilates instructor based in Flaxton. My passion for bone health led me to create Active Range that includes the collagen-based supplement BONE|SMART, our studio fitness sessions and an online exercise program. All of these are for reducing osteoporosis / bone disease and associated pain. My passion is to help everyone incorporate simple, healthy routines into their everyday life.

As an international Military Nurse and in my current role, I have seen first-hand the effects of poor bone health and so I've designed a specially formulated supplement, BONE|SMART, that's a simple (and tasteless) teaspoon a day in your cuppa, smoothie or food.

There is a general lack of awareness around the importance of bone health particularly for women at and beyond menopause.

I've seen countless people held back from living a full, active life because of unhealthy bones. A consistent routine of weight-based exercises and nutrition for bone health is particularly important for those 40 years and up. Active Range's BONE|SMART blend was created to give you the best bones and to give you stronger nails, shinier hair, healthier skin and improved gut health! Made carefully in Brisbane, it contains a blend of collagen types I & III (containing essential amino acids that naturally decrease with age) and added Vitamin D, to help with calcium absorption for healthy bones and immunity.

ACTIVE, VIBRANT, STRONG is our motto and in my spare time, you will find me living my active life at Maleny netball, coaching Mapleton junior netball, just keeping up with my children at the Maleny Parkruns, We also do paddle boarding at Baroon Pocket Dam and love venturing through the national parks. We are growing the Active Range Community of women locally too - jump onto our website activerange.au - there's a link to join our community.

We feel very fortunate to have The Maple Street Co-op. I just love the natural deodorants and I always pick up a different herbal tea for my daily dose of collagen.

I'm here to support you and together let's build some strong bones!

Steph will be in-store providing advice on bone health and fitness. Friday 17th March 11-1.30.

See the Specials page for this month's price on BONE|SMART.

Advice above is given by Stephanie Allen.

So much more than a health food store

MEET OUR TEAM MEMBERS!



Kesten

I'm currently studying a Bachelors of Psychological Science, majoring in Organisational Studies.

Since I was very young, I've had a desire to work and communicate with people and organisations in a way that will foster wellness and change. As a workplace, Maple Street Co-op aligns with my personal values, welcomes equity and encourages workers and members alike to practice integrity. As a staff member, I enjoy the safe, welcoming and caring attitude that is apparent at Maple Street Co-op.

I have an interest in green beauty, which stems from prior workplace experience and personal interest. I am happy to aid in any skincare and/or makeup enquires.

Caroline

I've been living & working in the hinterland for 19 years, working in our family business in Landsborough and before that in the health sector.



What brought me to live here? I love the hinterland and its rolling green hills. I enjoy exploring the local area with my family and am a keen gardner too.

In the Co-op here I love the variety of work. Today I'm working on the fresh produce. I'm a big fan of local products, particularly the fruit and veg. I love the team and the customers. They really inspire me with the extra lengths they go to be sustainable, such as bringing in their own bottles and bags to be filled with bulk pantry goods.

Marissa

As of the end of June I'll be a fully qualified naturopath with a Bachelor of Health Science. I have big goals to do honours and my PhD one day.



My main interest area is mental health, postpartum nutrition, sexual wellness, and nutrition education/health literacy (from a public health perspective).

My own experience with a chronic illness initially sparked my interest in nutrition. Throughout my recovery I began to truly understand the depth and power of holistic health care, as I realised how interconnected everything really is.

The ethos of the Co-op is something I'm very proud to be a part of - I feel like it really represents the roots of health and what matters most to me - a focus on community and connection, care for the environment, and access to high quality food.

Currently, I'm available for consults at the student clinic (Endeavour Wellness Clinic) in Brisbane every Thursday and Friday. Folks can find me on Instagram, @marissanicole_naturopath

AND ADIEU, FAREWELL ROD!

We won't be seeing so much of Rod as he commences his study in conservation and land management. We're all wishing him the best and looking forward to him



continuing his long-time contribution and interest in the development of our Co-op.

MARCH SPECIALS

BRAGG ORGANIC APPLE CIDER VINEGAR



Provides prebiotics to support a healthy gut and immune system.

946ml was \$19.95

now \$16.96

473ml was \$12.95

now \$11.01

ACV w honey 473ml was \$21.95

now \$18.66

BRAGG NUTRITIONAL YEAST

Add a tasty nutritional boost to dips, spreads, salads, vegetables and pasta. Its cheese-like flavour makes it a delicious vegan, low-sodium seasoning.

GF, Vegan and B Vits

127g was \$19.95

now \$16.96



BRAGG SPRINKLE



24 organic herbs and spices specially crafted to enhance the flavour of your favourite meals. 42 g was \$14.95

now \$12.71

BRAGG COCONUT LIQUID AMINOS

This soy-free vegan alternative is a suitable replacement for soy, Worcestershire or tamari sauce. 296 ml

was \$19.95

now \$16.96



Maple Street Co-operative members receive an extra 5% off the discounted price!

BRAGG SALAD DRESSING

A smooth, zesty dressing perfect for bringing salads to life. Delicious with stir-fries and grilled vegetables.

GF, Vegan and B Vits

354ml was \$18.95

now \$16.11



BRAGG ALL PURPOSE SEASONING



An unfermented, gluten-free soy-based alternative for dishes calling for traditional Soy or Tamari sauce and wonderful umami flavour.

946ml was \$25.95

now \$22.06

473ml was \$15.95

now \$13.56

BONE|SMART COLLAGEN BLEND

Made in Brisbane it contains a blend of collagen types I & III peptides (containing essential amino acids that naturally decrease with age)

and added Vitamin D

250g was \$52.95

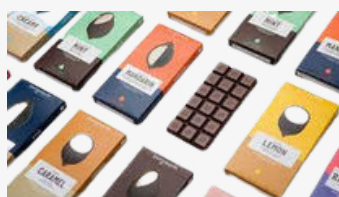
now \$45.01



LOVING EARTH CHOCOLATE BARS & BLOCK

A delicious range of vegan chocolate bars and blocks.

Australian, fair trade, dairy-free, gluten-free, premium raw ingredients 15% off



WHAT'S NEW

NOOSA BASICS HAND CREAM

Organic, vegan and phthalates-free. Gumby Gumby + Neroli, Kangaroo Paw Flower + Geranium and Kakadu Plum + Vanilla.



LIQUID CHAI



Handcrafted and freshly brewed on the Sunshine Coast, Liquid Chai is an all natural blend that delivers delicious, full spicy chai to you straight from the bottle! Come and meet John, who will be giving an in-store tasting on Friday the 3rd of March.

JERKY KING BEEF JERKY

Made in the Sunshine Coast from 100% Australian beef with no additives or preservatives, gluten free, low fat.

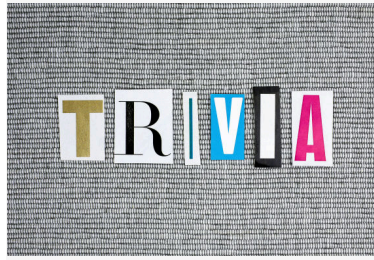
QCAMEL MILK

QCamel Milk is based in Maleny, the milk being sourced from Bell's Creek. Unlike cows or goats milk, there are no known side effects or health issues caused by camel milk.

INGLEWOOD ORGANIC CHICKEN BONE BROTH

Made with Australian Certified Organic Chicken – its deep golden colour is rich, enticing, and sure to ignite your inner-chef!

SAVE THE DATE - TRIVIA NIGHT!



On Saturday June 17th we will be holding a fund raiser for the Maleny Neighbourhood Centre. Tickets will

go on sale in April. A gathering of Co-op members and lots of great prizes and draws.

SAVE THE DATE - FARM TOUR!

Sunday May 14th - pencil it in your diary! As part of our 2023 Year of Local, Tin Shed Farm will be hosting a group of Co-op members on their open-pasture property in Crohamhurst near Mt Mellum.



GARDEN GATHERING MARCH 15



We're planning for Autumn - come along to our next Garden Gathering on Wednesday March 15th from 7am to 9am.

Complimentary coffee/chai and croissant. All Welcome!

MONTHLY DRAW WINNER

To go into our monthly member's draw, an entry is now per product sold instead of every \$50 spent. More chances for our regular shoppers! Congrats to this month's winner, Sammi Davies.



Maple Street Co-operative Society Ltd
37 Maple Street, Maleny Qld 4552
Phone: 07 5494 2088

✉ sales@maplestreet.coop
🔍 www.maplestreet.coop
📘 fb.com/maplestreetcoop
📷 [@maplestreetcoop](https://www.instagram.com/maplestreetcoop)