



Maple Street Co-op Newsletter December 2018

Up-coming in store demonstrations



What: Elemento Foods - Developing truly delicious snacks that deliver the biggest nutritional punch at the same time as helping the very people that grow it.

When: Friday 7th December

Between 11:00am – 1:00pm



Maple Street Co-op Monthly Raffle

Spend \$50 or more in store for entry into this month's raffle. The prize includes products from the Medicine Room's herbal skincare range, valued over \$150!

Maleny Christmas Street Fair

When: Friday 14th December

Where: Maple Street, Maleny

Don't forget we will be open at the Christmas Street Fair on Friday 14th December, where the Chamber of Commerce have arranged a gift-wrapping service.





Maple Street Co-op

Gift Ideas

FOR KEEN FOODIES:

- Neoflam cookware - Neoflam is a leading environmentally friendly, perfectly safe, scratch resistant cookware. Enjoy chemical free alternative!
- Locally made chopping boards by Richard Knight. Available sizes and styles!
- Aracaria Food Guide – This guide contains loads of info on fermented foods, raw foods and super foods!

FOR KEEN GARDENERS:

- Bokashi bucket - Bokashi kitchen composting is a convenient and hygienic process which utilises food waste to produce a nourishing compost and rich juice which inject life and vitality into your garden.
- Grow Organic Fertiliser - Grow is a Bio Organically Sustainable liquid fertilizer, developed as an alternative to chemical fertilizers, seaweed fertilizers and other garden products.
- Organic seeds – We sell a range of affordable organic fruit and vegetable seeds, suitable for a range of climates.

FOR NEW YEARS RESOLUTIONS:

- Maple Street Co-op voucher for purchase of wellness products. We also have a naturopath in store on Friday's and Saturday's!
- 2019 Gratitude Diary - It's a diary, a daily planner and a tool for transformation and growth.
- Reusable coffee cups and water bottles – We stock a number of ranges including Keep Cup, Klean Kanteen, Neoflam, Cheeki and Bryteka Pottery.

FOR WELLBEING:

- Durand 12L Ceramic Water Filter - High fired stoneware, made with lead free, non-toxic glazes. Producing clean, safe drinking water by filtering all types of town or alternative water supplies.
- Meditation CD – We stock a range of meditation and wellness books & CD's.
- Smudge sticks, candles & incense



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Tips for an environmentally friendly festive season

Think Fairtrade & Local

This applies to pretty much everything from your tree to your lunch or your presents. By buying locally you are reducing emissions as a result of increased road and air freight and also supporting local businesses.

Unwrap

More than 8,000 tonnes of wrapping paper is being used each year – the equivalent of approximately 50,000 trees. Why not wrap your presents in reusable gift boxes & brown paper or cloth off-cuts? Old Christmas cards can also be recycled into tags!

Think green when it comes to the tree

When making your selection, be on the lookout for organic/seasonal tree farms or “live trees,” which still have the roots attached and can be planted after the season is over.

Go digital & send e-cards

Not only will you save some trees but the result will be still be personal.

Don't Waste Food

Australian households and businesses are throwing away an estimated 4 million tonnes of food every year. That's enough to fill 450,000 garbage trucks with wasted food. Create a food plan and consider how you can use left overs for meals the next day.

Recycle

It's an obvious one but definitely one of the most important, especially when you consider all the extra paper, plastic and glass bottles you'll be acquiring over the holidays. Batteries are another toxic nightmare that come part and parcel with Christmas. To recycle household quantities of batteries, search for local recycling options.

Donate unwanted gifts

This year make a special effort to see that any unwanted presents go to good use. Unwanted gifts can be donated to people in need. This way you can make sure your unwanted items don't end up in landfill.

Switch off & Switch Down

Make sure your Christmas lights aren't hogging the electricity all night: use a timer and energy-efficient choices like LED bulbs, they use 95% less energy and cost less to run. When leaving the house, make sure you turn off all electricals at the source to reduce usage.

Give thoughtfully

Think about swapping physical gifts for experiences or donations. Consider buying people unusual gifts through charities where you can make a donation on behalf of someone and give the gift of chickens, pigs or even fresh water for communities in need.



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Festive Gifts and Stocking Fillers

Struggling to find that something special for that person who has everything? Or that person that wants a simpler, greener life? We have lots of organic, Fairtrade goodies at a range of great prices. Christmas shopping made easy and doesn't need to cost the earth! Let our team help you create a luxury hamper or pick some stocking-fillers.

- Re-useable beeswax wraps – beats plastic!
- Re-washable lunch Swags – organic cotton
- Shampoo and conditioner bars – no plastic packaging
- Organic wines and chocolates

Come on in and we can help you!



Maple Street Co-op



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