



JULY 2022

# CO-OP NEWS

**PLASTIC FREE JULY - SELL YOUR PRODUCE WITH US - 1,280 CO-OP MEMBERS!**

## PLASTIC FREE JULY

### SPOTLIGHT ON CO-OP MEMBER YVONNE HOLMES



Yvonne Holmes became a member of the Co-op over 15 years ago, soon after relocating to Maleny. Yvonne and her husband, Geoff, are passionate about sustainable living. They have installed solar panels and a battery storage as well as growing some of their own food with a veggie garden, chickens and a small citrus orchard.

"It's always been my aim to live as simply as possible and to make use of any resources available. I love taking my jars and bags to the Maple Street Co-op to refill with staples such as apple cider vinegar, tamari and the liquid shower soap. The Kin Kin household products made near Noosa are also excellent.

Since retiring from full-time work 3 years ago, Yvonne and Geoff now have more time to contribute to groups in Maleny which support sustainable living.

They are members of Barung Landcare where Geoff is currently Treasurer and Yvonne is an active member of the group making Boomerang Bags which are upcycled from salvaged fabrics. All sales money is donated to the Maleny Neighbourhood Centre.

During Plastic-Free July in 2021, the Co-op partnered with Maleny Forums for a community workshop to identify how we could reduce waste in Maleny. Yvonne and other co-op and community members stepped up to help create Waste Action Maleny group. Soon after, WAM created a local program for National Recycling Week that included films, seminars and educational activities. Since then, they have developed a recycling directory, a Web page and events.

If you'd like to join this band of keen Wamsters you'd be very welcome (email contact below).



**THE WASTE ACTION MALENY GUIDE**

is now online at

[www.wasteactionmaleny.org](http://www.wasteactionmaleny.org)



**WANT TO BE INVOLVED? CONTACT WASTE ACTION  
MALENY ON EMAIL  
WASTEACTIONMALENY@GMAIL.COM**

*So much more than a health food store*

BY CO-OP NATUROPATH,  
PASCALE

## The Hazards of Plastics to Health



Plastics have been around for over 70 years, contaminating the planet with a multitude of non-biodegradable toxic items, threatening biological life, including our own. Health experts and toxicologists agree that we are facing a significant challenge, with research pointing to plastics affecting our health in 3 key ways:

1. We often eat, drink and breath microplastics, these tiny plastic particles harming our health through inflammation and oxidative stress.
2. Chemicals in plastics provide plasticity, colour, malleability, durability or firmness. Some, including BPA's, phthalates, PVC's and polyethylene have been associated with cancers, obesity, diabetes, autoimmunity and hormone-related conditions such as infertility. Leaching of these substances into foods is particularly concerning with oils and liquids and exacerbated by heat. Cosmetics stored in plastic containers can become contaminated with phthalates which may absorb through the skin.
3. Bacterial contamination from microplastics inhaled or consumed can increase risk of infection by harmful pathogens.

What positive actions can we take? Beyond reducing our use of plastics to eliminate/minimise exposure, we can mitigate the harmful effects of pollution and toxicity with natural therapies.

Below are some key therapeutic points to consider:

- Packaging of all food, beverages and skin care – glass, stainless steel, wax wrap and BPA free and plant based polymers as alternatives.
- Reduce inflammation – in addition to a low sugar, largely plant based diet, use anti-inflammatory foods such as turmeric, omega 3's, berries, cruciferous vegetables.
- Elimination of environmental toxins– for balanced activation of liver detox pathways 1&2 and bile conjugation use a combination of St Mary's Thistle and Turmeric.
- Antioxidants – glutathione, chlorella, resveratrol, selenium, vitamin C
- Healthy Gut Function - good bacteria thrive on dietary fibre, such as chia seeds, legumes, fruit and vegetables and starches, and also help to move toxins and pathogenic micro-organisms out of the colon. Protect gut lining with bone broth and zinc rich foods.

**Pascale is one of our in-store naturopaths.**

**Her practice is on Coral Street, Maleny**

*Sources*

*Endocrine disruptors and the developing immune system - ScienceDirect*

*Thyroid nodules and thyroid autoimmunity in the context of environmental pollution - PubMed (nih.gov)*

*The information in this article is 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.*

# JULY SPECIALS

**CHOOSE TO REFUSE**  
SINGLE-USE PLASTIC  
PLASTICFREEJULY.ORG

...PLASTIC-FREE JULY IS ON!  
REDUCE YOUR IMPACT ON  
OUR PLANET WITH THESE  
GREENER ALTERNATIVES

## BIODEGRADABLE TOOTHBRUSHES



MiEco Environmental bamboo handled and Grin Cornstarch handles toothbrushes

Now 15% off Members 20% off

Join Co-op today - shares are \$25  
(a one-off payment. Annual subs are \$11)

## DR BRONNER'S PURE SOAP BARS



Dr. Bronner's Bar Soaps are made with certified fair trade ingredients

and organic hemp oil for a soft, smooth lather that won't dry your skin. 100% biodegradable in a 100% recycled wrapper.

Now 15% off Members 20% off  
Were \$9.50 each  
Now \$8.08 (Members \$7.60)

## NOOSA BASICS LIP BALMS



Organic,  
vegan,  
cruelty-free.

Free of preservatives, artificial sweeteners and harmful additives. 100%

Biodegradable packaging

Now 15% off Members 20% off

Were \$9.35 each

Now \$7.95 (Members \$7.48)

## EVER ECO KITCHEN BRUSHES



A zero waste alternative to plastic dish brushes made from plants - bamboo handles with sisal bristles.

Replacement heads are reduced too!

Now 15% off Members 20% off

## OLIVE GREEN GLUTEN-FREE

### 3-GRAIN FUSILLI PENNE - IN BULK



Ancient grains organic quinoa, brown rice and amaranth give this a great texture when cooked. Simply add veggies and beans for a fast meal. Available in our Pantry section in bulk so buy as much or little as you need.

Now 15% off Members 20% off

Was \$22.95 /Kg

Now \$19.51/Kg (Members \$18.36/Kg)

# WHAT'S NEW

## ANCESTRAL NUTRITION



Primal Energy is rich in iron, B12 and folate to support your daily energy demands and Primal Multi is packed with vital nutrients.

Made in Tasmania from organic beef.

## XCLEAR SALINE NASAL SPRAY

Normal saline nasal sprays can dry out the nasal passage, leaving it susceptible to external contaminants. Try this xylitol-based alternative.



## LOCAL BOROOBIN HONEY



Leisha Moffat's property is less than 10km from Maleny. This delicious honey is available bottled or in bulk at the front counter-BYO jar to save waste.

## SELL YOUR ORGANICALLY GROWN PRODUCE HERE!

We can sell your local, organically grown excess produce on consignment! Provide nutritious food for your community and make some extra cash on the side. Call us on 54942088 or email [sales@maplestreet.coop](mailto:sales@maplestreet.coop) and ask to speak to Rod on Mondays and Tuesdays or Charlie Wednesdays - Saturdays.

## VOTE FOR YOUR CO-OP!



Vote for the Co-op in the 'Glassies' Small Business Awards 2022 run by M.P. Andrew Powell  
Vote July 12 to August 9

[www.andrewpowell.com.au/glassies/](http://www.andrewpowell.com.au/glassies/)

## RECYCLING OLD PHONES



Simply drop your old phone into the box at our counter and it will be refurbished and given to people facing domestic violence. DV Safe Phone is a registered charity, championed locally by Val France.

## MEMBERSHIP SUBS DUE IN JULY

We are now a 1,280-strong membership compared to c900 owner/members just 3 years ago! It's now time to renew annual subscriptions and at just \$11 is great value, including a 5% discount on most lines.

## AFTER HOURS EXCLUSIVE

Periodically, we hold our After Hours sessions for new members where we provide an overview of the Co-op, discuss members' needs and taste a few favourite nibbles.

Enquiries: [assistantmanager@maplestreet.coop](mailto:assistantmanager@maplestreet.coop)

## MONTHLY DRAW WINNER

Every member-spend of \$50 in any day during the month gives you a place in our draw.

This month's winner is Leanne Harper!



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

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