



co-op NEWS

June 2020



Bubbles With Benefits New to the Co-op - Rok Kombucha

Rok Kombucha is the rok-ing kombucha brewer of Australia's southwest, bringing you delicious handmade booch, batch-brewed in Margaret River. Brewed to exacting standards and bubbling with literally millions of beneficial yeast, bacteria and live digestive enzymes, Rok is a living superfood filled with probiotic goodness that will rok your socks off! All that good stuff in our banging booch can help improve gut function, assist with digestion and detoxification and support overall immune system health. Available in six delicious flavours and two sizes- 365ml \$4.50ea members price

I Can't Believe It's Not Mayo - New to the Co-op - Soul Satisfaction Mayo

Super tasty, super creamy, all natural mayonnaise made from chickpea water (aquafaba) instead of egg. This is a deliciously creamy mayo that is amazing with chips, in sandwiches, on burgers, to make creamy caesar salad dressing with or to use a base for potato and pasta salads. Locally produced in Cooloom. Comes in three different flavours Original, Aioli and Honey Mustard.



\$12.95ea or members price \$12.30ea.

On Special for June - Bulk Tamari



Tamari is a Japanese sauce made from fermented soybeans. It's vegan and gluten-free. Use tamari straight from the bottle to add salt, umami, and extra nutrients to food.

Normally \$18.95kg on special for \$10.95kg members price \$10.40kg

Co-op News

Staff and management would like to thank members for their kind words and encouragement over the past few weeks during the Covid-19 crisis. It has been a trying time for us all and the positive feedback is very welcome and make our jobs much easier.

As the restrictions are eased, we will be going back to somewhat normal operations but with the extra cleaning and safety of our member customer and staff in mind it will mean a new normal going forward.

As we have a tightly laid out shop to get the required social distancing will require us all to be aware of others and assist the Co-op in achieving the required outcome.

The shop expansion is still happening and with the crisis it has been delayed and is now expected to happen at the end of October and early November. The extra space and new shop lay out will make an improved shopping experience.

This month members will see some changes in the shop as for financial year end tax reasons we have had to bring forward some equipment purchases into this year. So for the next few months things will be changed around. Please ask staff if you can't find the product you are seeking!

Thanks again for your on-going support of the Co-op. Please communicate any ideas or issues to us as we are always open to feedback from members.

Peter Pamment, Business Manager.



Monthly Raffle is Back!

We had paused the monthly “buy over \$50” raffle during Covid-19 to reduce the close contact with customers. From June we will re-introduce the raffle for members only and use our POS system to select all purchase docket over \$50 and randomly select one each month for the raffle prize.

Please make sure your mobile and email is updated so we can contact the lucky winner!

Alkalise For Optimal Health and Longevity

From our Naturopath, Pascale Richy



Just as the earth depends on correct acid-base balance in and around living systems, organisms and cells, so too does the human body require tightly controlled pH levels in various tissues, fluids and the blood to survive. Whilst maintaining pH balance helps to improve physical performance and promote healthy aging, more evidence is emerging to show how it can reduce the risk of chronic disease. The 7000 plus metabolic processes in the body that depend on enzymatic activity require a specific pH to function efficiently, stimulating all cellular energy, cellular transport, nutrition and almost all aspects of metabolism.

Our ancestral diets were alkaline rich in minerals and plant matter, whereas contemporary diets tend to be highly acidic with disproportionate amounts of processed foods, animal proteins and grains, challenging our ability to regulate pH and resulting in a condition of low grade chronic metabolic acidosis (CMA). Diet however is not the only influencing factor as the kidneys and lungs play an important role in regulation of

acid-base balance. Good hydration, clean air and exercise enable the body to excrete acids and to utilize its alkaline bicarbonate stores. As stress also increases acidity, mindfulness, relaxation and restorative practices are vital in keeping our balance.

The health impact of CMA is associated with metabolic alterations such as insulin resistance, weight gain, hypertension, diabetes, chronic kidney disease, bone disorders, non-alcoholic fatty liver disease, muscle loss and fatigue. Adopting an appropriate diet, consisting of two thirds alkalizing to one third acidifying foods and using alkaline minerals such as magnesium, calcium and potassium particularly in citrate forms, we reduce the risks or provide successful therapy for these and many more conditions.

Whilst all vegetables and fruits are alkalizing, some of the best include spinach, celery, carrots, kiwi fruit, apricots, potatoes (particularly the skins), apples,

bananas, cauliflower, radishes, leafy greens, lemons and tomatoes. Aim for a pH of between 6.8 and 7.2, tested in the urine 2 hours after your last meal or snack to avoid false alkaline reading from

bicarbonate released in the digestive process. The first morning void will always be more acidic due to detoxification processes during sleep so will similarly give an inaccurate reading.

Need A Little Sweet Treat?

Try Deva Cacao -

Australian made, organic raw chocolate.



It's the first tempered raw chocolate in Australia and the first raw chocolate naturally sweetened with the medicinal powers of 100% raw Australian honey!

Their packaging is certified home compostable so not only is Deva delicious, it's ethical, good for you and good for the planet.

All of our ingredients are of the utmost quality and naturally free of dairy, gluten, soy, GMO ingredients and artificial colours & preservatives. GAPS diet friendly, celiac friendly, keto friendly & paleo.

Our Apple Cider Vinegar Is Now Australian

Our bulk apple cider vinegar is now Australian made and grown. Made in small batches in Melbourne. It's perfect for salad dressings, a refreshing spritzer or your morning tonic to kick start your digestive system, our apple cider vinegar is packed with anti-inflammatory short chain fatty acids, is free from apple juice concentrate and always contains "the mother".

\$7.50kg members price \$7.12kg



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

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