

# July 2017



# News

## Saying no to plastic!

At Organic Living we have always tried to make our store as low impact on our environment as possible, using paper or cellophane bags for our bulk items and boxes, paper, degradable plastic or pre-used plastic bags at the counter. We also use newspaper or pre-used bubble wrap and boxes for our deliveries, and recycle all recyclable plastics, glass and paper that come through the store.

We are now pleased to announce we are no longer buying any new plastic bags for the shop at all! We now have only cornstarch shopping bags, bioplastic produce bags and compostable cups, lids and spoons for our takeaway soup. These bioplastic and cornstarch products will not breakdown in the timeframe of a normal backyard composting cycle (taking 8-16 months for cornstarch and up to 3 years for bioplastic), but are totally non-toxic and will break down eventually.

This month for [Plastic-Free July](#), see what more you can do to reduce plastic in your life! Try using products with less plastic like bamboo toothbrushes or solid bar shampoos, foods and skincare in glass bottles and jars, and don't forget to bring in your own bags. Our new bioplastic produce bags are super strong and great for reusing, and look out for Onya reusable shopping bags and produce bags coming soon!

For more tips check out the adventures of Hannah and Liam from the [Rubbish Trip](#), a zero waste couple who are touring around New Zealand giving talks on how to reduce rubbish in your home, check out their Manawatu [events](#) until the 12th of July.

**Ecotip:** *Instead of using plastic wrap to wrap your sandwiches, reuse your plastic bread bags or use a reusable wrap or container like our Munchies wraps or Meals in Steel square lunchboxes.*

***New: Karen Murrell's most popular lip colours now come in a beautiful lip palette. For only \$59.90 you receive five colours, a brush and a mirror, all in a beautifully presented case.***



Many of us will be familiar with the wild **elderflower** trees that grow on the edges of fields around New Zealand. The beautiful tiny white flowers of the Elder (*Sambucus*) plant have been used in traditional medicine as an anti-inflammatory and antiseptic. It is also thought to help reduce allergies and strengthen the immune system. It may also be useful in conjunction with other herbs for sinusitis and constipation. There is also evidence to suggest it may help reduce blood sugar levels. The dried flowers make a lovely tea, and is a great infusion to add to your winter armoury for reducing and soothing winter colds and chills. For more information and contraindications [see here](#).

