

# April 2017



# News

## Easter for everyone



If you are a frequent visitor to our shop you will know that, in addition to sourcing the best organic food we can for you, we also specialise in finding nutritious food for people on specific diets. This includes vegan foods, gluten-free foods, paleo foods, and foods without sugar, nuts or soy. It isn't always easy to find foods to suit everyone's diet, especially when it comes to special occasions. Eating doesn't just provide us with fuel and nutrition, it is also an important part of our social interactions, and participation can be more difficult when your diet is restricted.

If you are wondering what you can have this Easter, or what to get for guests or loved ones, come and check out our large range of Easter eggs and bunnies. As well as our ever-growing organic chocolate range and Flavour organic sourdough hot cross buns, this Easter we also have gluten, dairy, soy or sugar-free eggs and bunnies from She Universe, the Wellington Chocolate Factory and Sweet William; carob eggs and bunnies from Banjo; gluten and dairy-free buns from Thoroughbread and fruit loaf from Purebread. Don't miss out, orders taken for buns now!

**Ecotip:** Autumn leaves are great for the garden! Add them as brown layers to your compost, let them break down to leaf mold in plastic bags, spread them as mulch in the garden, or simply mow and let break down for food for your lawn.

**NEW- Source Naturals introduces a new range of quality supplements at great prices, such as Oil of Oregano, Essential Enzymes, vitamin D3 and zinc lozenges. From \$15.00**



**Olive Leaf** is simply the leaf from the olive tree (*Olea Europaea*) that, as well as helping delicious nutritious olives grow, has its own medicinal benefits. Oil from the leaf was used in Egyptian times for mummification, and was later used as a folk remedy for fevers. Since then it has been discovered that a compound in the leaves, [oleuropein](#), is antiviral, antifungal and antibacterial. This makes it an ideal treatment for fighting colds, flus and infections. It is a natural anti-inflammatory and is high in antioxidants, which also makes it a good skin healer. It appears to be a useful treatment for a number of diseases such as high blood pressure, diabetes, and age-related illnesses such as dementia. It is most commonly taken in an liquid extract or capsule, and is an ingredient in many of our products for fighting winter ills and chills.



## Feature - Nutritious snacks

It is not just at times like Easter that it can be hard to eat nutritious food or stick to dietary restrictions. Many of us know how to eat well from our own pantry, but find it a lot more challenging when out and about, especially when the hunger pains begin! The best way to continue eating well no matter what is to be prepared. It can help to have a few portable snack options at home other than fresh fruit or a boiled egg that you can grab as you head out the door. Here are a few ideas:

**Crackers**, crispbreads and rice cakes make a healthy alternative to a packet of chips, and are available gluten, dairy, soy, nuts or grains-free and raw. Try our new Health Discovery crackers made from nuts and seeds, in four delicious flavours - these are high in protein so very filling. Crackers can be put in a small container for the day with a separate container of sliced cheese, avocado, sauerkraut or peanut butter. Throw in some celery or carrot sticks for extra crunch.

**Nuts** are probably the most portable of snacks- a small resealable bag can easily be kept in your car or handbag. Rather than buying pre-flavoured nuts, try raw organic nuts and mix with your favourite dried fruit pieces and coconut for scroggin. Or toast a mixture of sunflower and pumpkin seeds in a dry pan with a splash of soy or tamari sauce for a delicious crunchy salty snack. If you cannot have nuts or seeds we also have delicious toasted chickpeas and broad beans for snacking on. Or try popcorn, we have organic popping corn in store.

**Smoothies** are more portable than they sound - if you are making a smoothie in the morning, you can take any left over to work if you have a fridge handy for an easy yummy morning or afternoon tea. Or try our green and protein powders that can be mixed with water, such as Clean Lean protein which is available in sachets and in a variety of flavours. Yoghurt can be put into a small container with some chopped fruit for a sweet snack - try our deliciously thick Drs Choice coconut yoghurt. Or for something different check out our Chia drinks- chia seeds soaked in fruit juice- a drink and snack in one!

Muesli bars are a very convenient snack on the run, but are often filled with many different types of sugar as well as preservatives. Check out our ever-growing range of bars that are preservative-free and use dried fruits as the sweetener; we have dairy-free, gluten-free, nut-free and raw options available. Or check out our new Natava Superfood balls, or chocolate or carob coated fruits and nuts.

**Special- Mini Moo vegan, gluten-free and dairy-free bunnycomb bars and Santa bars are now only \$2 and \$1.70 each, while stocks last!**

***New - Ceres green banana flour is a great grain free-flour suitable for baking, for those on a paleo or AIP diet. \$12.95 for 400g.***

