



Newsletter - February 2020

The Okines Food Co-Op

What's happening this month?

New Items:

MANGROVE MAGIC: natural insect repellent & balm

WGAC TOILET PAPER: another load of boxes in stock

*HEMP SEEDS: use in smoothies, cereal etc

*MACA POWDER: boosts immunity, increases energy, balances hormones (see * below for details link)

BUTTER: from Ashgroves in Tas - back in the fridge

ORGANIC AUST PUMPKIN SEEDS: from Victoria

LAUNDRY SOAKER: back in stock - Clean Conscience

MEMBERSHIPS DUE:

Renewals due now. Please pay next time you shop.

If you don't wish to renew let us know. **\$20/15** annually

IF YOU WOULD LIKE TO BECOME AN ACTIVE MEMBER:

And receive the 15% discount on all your purchases we are looking for helpers for **fortnightly cleaning**.

FUTURE EVENTS:

Sub-committee Meeting: Monday 24th FEB, 7pm

Please consider joining us to contribute to discussion about the growth or **your** co-op.

Twilight Market 20th March:

We will need help with baking goodies to sell and set-up, serving and clean-up on the night. Please let us know if you can assist.

Documents and Downloads:

Find our current pricelist, order forms and up to date stock info [here](#) on our website.

Location and Opening Hours:

540 Old Forcett Road,
Dodges Ferry (in the community garden)

Open Tuesdays 2pm-5pm
and Sundays 9.30am-12noon

We also open on garden tucker days every first Monday of the month from 12.00noon-2pm.

Contact:

Jill Vaughan (co-op coordinator)

Ph: 0439 411 440

Deva O'Wheel (assistant coordinator)

Ph: 0402 228 321

Nat Siggins (House Manager)

Ph: (03) 6265 7016



News:

EXTENSION TO OUR CO-OP SHED!

Wow! Last year with help from Nat, Karen and Nelle we applied for a grant to extend the shed to give us more **SPACE!** Plans have been approved by the council – pending objections - and we have a local builder happy to take the job on.

Please look out for materials like clean roofing iron and timber for shelving that we can use to cut costs.

***FACEBOOK NEWS:** for regular updates re new products in the co-op, including nutritional information and recipes make sure you **LIKE & FOLLOW** our Facebook page.... **Okines Food Co-op**

<https://www.facebook.com/okinesfoodcoop/?fref=ts>

OR see our posts in the News section of the Okines website

<http://okinescommunityhouse.com.au/wpms/foodcoop/>

Prepacked orders: Drop your containers off on Sundays / Monday (leave by our door) with your order as a note in the box or emailed by noon on Mondays.

Special Orders: we are happy to place orders for non-stock items. It is important to **collect them as soon as possible** after they arrive. We don't have space in the co-op to store them.

Bank Details:

Name:

Okines Food Co-op

BSB: 633 000

Account: 146 012 570

Feedback:

We would love to hear from you with any **comments and wishes!** If you have any **product preferences,** you know about **possible suppliers,** have enquiries about **events, membership** or just want to **comment** on the shop, **please feel free to talk to Jill, our cashiers, or send an email to:**
okines.food.coop@gmail.com

