



Newsletter - January 2020

The Okines Food Co-Op

What's happening this month?

New Items:

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

HONEY will be bottled on 30th Jan. If you want us to fill your own container, please leave it marked with your name in the Com House or Co-op by Wens 29th.

MEMBERSHIPS DUE:

Renewals are due now. Please pay next time you shop.

If you do not wish to renew, please let us know asap.

IF YOU WOULD LIKE TO BECOME AN ACTIVE MEMBER:

And receive the 15% discount on all your purchases we are looking for helpers for the bottling team & cleaning and someone to compose this monthly newsletter.

FUTURE EVENTS:

Twilight Market 20th March:

This is a great opportunity promote your co-op and raise funds for future improvements.

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: first Monday of the month (not Jan) 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

Or email us on:

okines.food.coop@gmail.com



News:

****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: we love to receive your orders by email, but due to the time involved with packing there will be a **small fee** of \$5 for over 10 items and \$10 for 20 or more. It is helpful if you can provide as many of your containers as possible. You can drop a box or basket off on Sundays or early Monday (leave by our door) with your order either as a note in the box or emailed by noon on Mondays.

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

Items Needed:

1. **Jars and bottles:** Clean jars/small bottles and lids. **Without labels please.** Small coloured glass jars or bottles that can be reused for moisturiser & face serum would also be appreciated.

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

