

CO-OP NUTRITIONIST KATE ON FESTIVE EATING - NEW STOCK - PURPOSEFUL GIFTS

MEET THE MAKER

LEE CHAMBERLAIN FROM THE TABLE SETTING, MALENY

I live in Maleny, on Mountain View Road after moving here 18 years ago from a small town near Goondiwindi called Inglewood. We came to Maleny to be closer to family in Brisbane as I grew up there.

My favourite things in life are my beautiful family, cooking and good friends. I enjoy trying my hand at new challenges as well. This project is just one of them!



Lee with daughters and grandsons



I have always been passionate about cooking good wholesome food and I'm excited to share this passion with people, straight from my kitchen. I make all my products by hand with the best vegan, organic and sulphite-free ingredients Australia has to offer. I chose to pack my product in cans for environmental reasons. Recycled metal is a permanently available resource and also, households tend to recycle cans as opposed to any other recyclable product.

I've just started to supply the Maple Street Co-op - it's great to be providing food to the community. Follow me on Instagram @TheTableSetting

INTERNATIONAL YEAR OF THE CO-OP

Save the date - Sunday 2 February for the launch of our special year. Lots of great events for us to celebrate and explore the unique role and community benefits of co-operatives. Watch this space!



International Year
of Cooperatives

Cooperatives Build a Better World

MISSED THE CO-OP AGM?

The Co-op's Annual Report is now up on the web page www.maplestreet.coop/memberpage

The November Members' Draw winner is Minna Carpenter
For every product sold, Co-op members score an entry

So much more than a health food store

Eat in the Festive Season

BY KATE WEBBE

NUTRITIONIST



JUST EAT.

Block out all the noise telling you to eat any specific way.

The hackneyed phrase, 'eating well in the festive season' can be stressful and harmful language in our diet-filled culture.

Food does not have a moral value. Access to both nutritious foods and time for movement are privileges and a small part of what contributes to health outcomes. Certainly, what you do for one day, week or month of the year, has less impact than what you do the rest of the time. Be gentle on yourself.

MAINTAIN BOUNDARIES

It is also important to remember to maintain boundaries and not let anyone comment on what you (or your loved ones) are eating. This is also a reminder to not comment on anyone else's eating or push people to try foods. In my house, even if a lot of effort has gone into cooking, there is no pressure to even try the end result. This is out of respect for each other's autonomy and sensory feeding differences.

It is also OK to think about your boundaries if you know you are going to be at a social event with people you would not choose to socialise with. Your mental health is just as important as anyone else's (including grandma's) so if you need to leave a conversation that is upsetting you, simply leave.

YOU AREN'T ALONE

If the festive season is a stressful time for you because of diet culture messaging, socialising, or any other reason, please know that you are not alone. If you enjoy the festive season, great, but be mindful it can bring up a lot of emotions for others. Do the festive season in a way that is enjoyable for you.



Keep an eye out for naturopath Casey's article next month on navigating the diet culture messaging that comes with the start of a new year.

SUPPORT FROM KATE

You can find Kate in store every Monday and some Saturdays. For more in-depth support please contact her at k.webbe@live.com or ring 0431 423 635

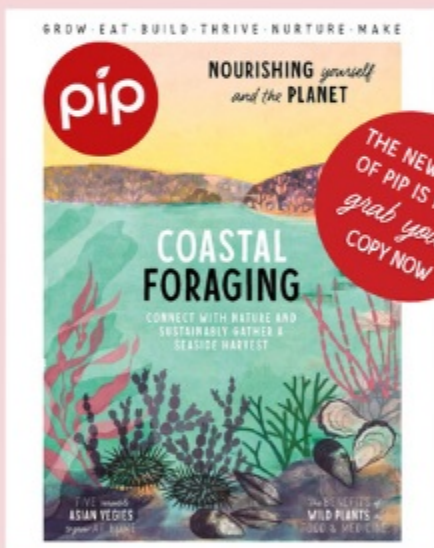
Instagram [@pleannutrition_kate](https://www.instagram.com/pleannutrition_kate)

What's Happening?

YOU'RE INVITED!



Maple Street will be closed to traffic for the Christmas Street Party this year. Don't miss the traditional APEX garlic prawns, music, dancing, Santa, shopping and dining. The Co-op will be open so come and say hi!



HOT OFF THE PRESS

The latest Pip magazine is here, covering coastal foraging, growing Asian

greens and the benefits of wild foods and plants as food and medicine.

AFTER HOURS - YOU'RE INVITED!

Members are welcome to come along to one of our Sunday afternoon introductions to the Co-op text Fi 0416057702. We hold these informal sessions for new owner-members and would love some of our longer-time folks to come along. 2025 dates to be announced

Meet the Co-op Team

ANJALI



Image by Ketakii Jewson-Brown

I came to the Sunshine Coast around 11 years ago. I'm an artist, songwriter and musician. I perform in Brisbane and on the Coast. I've worked in fast-paced hospitality so I'm well-prepared for the Co-op! In my spare time, I love walking in nature, and love the animals and birds. I'm getting into birdwatching. I moved here to be in the mountains, this deeply feels like home. It's wonderful to be working here in this place too.

The Co-op? I love the sense of community and purpose around health and care for the planet. Working here is great, such a strong sense of team.

A HAVEN IN MAPLE STREET

Our Co-op Community Garden is open for you to sit in peace among the flowers and to wander and learn about our little piece of heaven.

Feel free to join us on Tuesdays 7-9am to potter and grow your gardening skills.



NEW STOCK

POTTERY FOR THE PLANET

Handmade in Noosa and Margaret River, this tableware is not only beautiful but is also kinder to the planet. We love the travel cups and bowls with flexible lids.



DIARIES AND CALENDARS

Get ready for 2025! The Gratitude Diary, Moontime Diary and Moon Diary have arrived. The 2025 Astrological Calendars and planting guides are also in stock. We're looking forward to our Bimblebox calendars too, raising funds for wildlife conservation.

THE TABLE SETTING

Made in Maleny by local, Lee Chamberlain.

Lightly toasted muesli in Apricot and Macadamia, Apple and Pecan, Fruit and Seeds (nut free). See front page story.



INTUITIVE WOMB



Local herbalist Dominik has created these blends made for Yoni/Womb steaming;

- Cleanse
- In Bloom
- Conceive
- Postpartum
- Blood Witch



FESTIVE GIFTS WITH A PURPOSE

Shopping online is easy, right? A couple of clicks and bingo – shopping done. But often it feels a bit soul-less. Why not shop local and shop ethically!

“We only buy from ethical sources” says Peter Pamment, business manager. “It’s important to us that farmers and producers are paid well. And that the products are healthy for people and the planet. People are better educated these days about the terrible conditions in some factories. And there’s the importance of supporting local producers and farmers – keeping money in our local area.”



Many products are made by businesses that are Co-op members. There are many honeys on offer, creamed and in honeycombs. Also hand-crafted beauty lotions, oils, body sprays. Local teas, Fairtrade Montville Coffee or Annie's Skye Chai, the original recipe from the Maleny / Woodford Folk Festival. And don't miss Maleny's Sow n Sow Christmas cards that contain flower or herb seed.

Enjoy shopping - and make a difference this year.

Maple Street Co-operative Society Ltd
37 Maple Street, Maleny Qld 4552
Phone: 07 5494 2088

✉ sales@maplestreet.coop
🌐 www.maplestreet.coop
📘 fb.com/maplestreetcoop
📷 [@maplestreetcoop](https://www.instagram.com/maplestreetcoop)