

Code	ITEMS - Organic in bold	Country	Co-op Price
100	Linseed	Aust	\$4.68
101	LSA	Aust & Imported	\$8.88
102	Pumpkin seeds raw natural	Aust	\$32.48
103	Poppy Seeds	Aust	\$2.50
104	Popping Corn	Aust	\$4.68
110	Brazil nuts, whole, raw	Bolivia	\$50.88
111	Hazelnuts	Aust	\$39.93
112	Pine nuts	China	\$54.48
113	Almonds -flaked thin	Aust	\$24.00
114	Almonds- raw, whole	Aust	\$17.90
115	Almond Meal -natural	Aust	\$19.80
116	Cashew nuts - raw whole	China	\$20.16
117	Macadamia nuts raw whole	QLD	\$38.10
118	Walnut kernels - regional	King Valley	\$23.90
119	Pistachio kernels	Aust & import	\$48.36
120	Peanuts roasted	Aust	\$9.83
130	Aust Apricots, halves, dried	Aust	\$43.58
131	Currants - Natural	Mildura	\$12.85
132	Sunmuscat raisins - natural	Mildura	\$13.70
133	Sultanas - natural	Mildura	\$13.10
134	Dates - pitted	Iran	\$5.94
135	Prunes - pitted	California	\$15.48
136	Sultanas NSM	Aust	\$10.68
137	Cherries red - glace whole	France	\$18.60
138	Mixed Peel	Aust	\$13.74
140	Muscatel Cluster	Mildura	\$38.00
141	Natural Dried Figs	Mildura	\$34.40
150	Peanut Butter - Smooth/Crunchy	Aust	\$10.08
200	Sugar White	Aust	\$2.38
201	Sugar Raw	Aust	\$2.59
202	Sugar Castor	Aust	\$2.38
203	g Sugar Mix (soft) Contains tapioca starch	Aust	\$3.48
204	Sugar Brown	Aust	\$2.82
210	Rice M/G White Calrose	Aust	\$3.06
211	Rice L/G White	Aust	\$3.48
212	Rice Basmati	India	\$4.56
213	Rice Jasmine	Aust	\$3.06
214	Rice Arborio	Italy	\$6.48
220	Cocoa powder, dark	France	\$18.48
300	Buckwheat Kernels		\$4.68
301	Pearl Barley	Aust	\$2.76
302	Yellow Split Peas	Aust	\$2.82
303	Red kidney beans	Canada	\$7.14
304	Du Puy French style	France	\$5.22
310	Cous Cous	Tunisia	\$5.28
311	Muesli Melbourne Company	Aust Import	\$5.56
313	Rolled Oats	Aust	\$2.76
320	Corn flour CONTAINS GLUTEN	Aust	\$3.24
321	Baking Powder	Aust	\$10.56
322	Bicarb Soda		\$4.20
323	Flour Plain	Aust	\$2.30
324	Flour Self Raising	Aust	\$2.40
330	Chocolate Ginger	Aust	\$39.49
331	Choc coated pumpkin seeds	Ovens & Import	\$46.35
332	Chocolate hazelnuts	Aust & Import	\$49.44
333	Chocolate turmeric walnuts	KingValley+Import	\$48.20
400	<b>Organic</b> White Quinoa	Bolivia	\$10.98
402	<b>Organic</b> Black Chia Seeds	Bolivia	\$12.36
403	<b>Organic</b> Sesame Seed	China	\$10.20
410	<b>Organic</b> Figs	Turkey	\$23.88
411	<b>Organic</b> Cranberries		\$23.28
412	<b>Organic</b> Medjool Dates	Arizona	\$30.00
421	<b>Organic</b> Flour PI Unbl (Bread)	Aust	\$3.55

422	<b>Organic</b> Flour PI W/M (Bread)	Aust	\$3.79
423	<b>Organic</b> Buckwheat Flour		\$7.08
424	<b>Organic</b> Rye Flour	Lilliput (Vic)	\$6.00
425	<b>Organic</b> spelt flour	Lilliput (Vic)	\$7.20
430	<b>Organic</b> Brown Rice med grain	Aust	\$7.32
431	<b>Organic</b> Black Rice		\$11.64
440	<b>Organic</b> Green Lentils	Aust	\$8.16
441	<b>Organic</b> Red Lentils	Aust	\$8.82
442	<b>Organic</b> Sunflower Seed kernels	Aust	\$16.40
443	<b>Organic</b> Chick Peas	Aust	\$7.32
450	<b>Organic</b> Cacao Powder, dark		\$27.35
451	<b>Organic</b> Cacao nibs, raw		\$19.56
460	<b>Organic</b> Coconut-desiccated/fine	Indonesia	\$9.90
461	<b>Organic</b> Coconut - shredded	Philippines	\$14.88
462	<b>Organic</b> Coconut-flakes	Philippines	\$14.88
463	<b>Organic</b> Coconut Flour	Philippines	\$4.68
470	<b>Organic</b> Rolled Oats	Aust	\$4.68
471	<b>Organic</b> Psyllium	Aust	\$31.68
502	Timor-Leste 200 gm ground dark roasted stove top coffee	Timor-Leste	\$14.28
503	Timor-Leste 200 gm beans dark roast	PNG	\$12.65
504	Timor-Leste 1 kg beans dark roast	Timor Leste	\$49.90
512	Superior blend loose leaf tea	Sri Lanka	\$25.93
513	<b>Organic</b> Leaf Tea	Sri Lanka	\$35.28
515	<b>Organic</b> Green Leaf Tea	China	\$46.30
520	Tahini 1 kg		\$11.28
531	<b>Organic</b> Coconut Oil - 1kg	Sri Lanka	\$16.80
600	<b>Organic</b> Cinnamon - powder 100g	China	\$2.68
601	<b>Organic</b> Coriander- powder 50g	Egypt/India	\$1.94
602	<b>Organic</b> Cumin- powder 50g	China/Egypt	\$2.21
603	<b>Organic</b> Ginger- powder 50gm	India	\$2.09
604	<b>Organic</b> Nutmeg- powder 50gm	India	\$3.78
605	<b>Organic</b> Paprika Sweet- powder 50 gm	Spain	\$2.70
606	<b>Organic</b> Turmeric - powder 50gm	India	\$2.26
607	Mixed Spice		\$0.59
608	<b>Organic</b> Peppercorn-whole black 100g	India	\$5.31
609	Caraway Seed		\$1.88
610	<b>Organic</b> Mustard Seed- yellow 50g	Egypt/India	\$1.38
613	Cardamom Ground org	Guatemala	\$6.38
614	<b>Organic</b> Cumin seed 50 g	China	\$0.68
615	Sea Salt Flakes	Aust	\$17.60
616	Cinnamon Quills 50g	Sri Lanka	\$2.51
617	<b>Organic</b> Curry Powder 50 gm	Blended in Aust	\$1.85
618	Whole Cloves 50g	India	\$4.92
620	Golden Syrup	Aust	\$4.62
621	Honey	Lima East	\$15.00
622	Olive Oil Cold Pressed Virgin	Benalla	\$19.20
623	Vinegar		\$1.71
624	Maple Syrup, pure		\$22.68
625	Apple Cider Vinegar	Stanley	\$4.80/L
626	White wine vinegar	Stanley	\$4.80/L
630	EGGS	Benalla	\$6.60
640	Toilet Paper		\$1.21