

Benalla Food Co-op Products

ITEMS - Organic in bold

	Country
Linseed	Aust
LSA	Aust & Imported
Pumpkin seeds raw natural	Aust
Poppy Seeds	Aust
Popping Corn	Aust
Brazil nuts, whole, raw	Bolivia
Hazelnuts	Aust
Pine nuts	China
Almonds -flaked thin	Aust
Almonds- raw, whole	Aust
lmond Meal -natural	Aust
Cashew nuts - raw whole	China
Macadamia nuts raw whole	QLD
Walnut kernels - regional	King Valley
Pistachio kernels	
Peanuts roasted	Aust
Aust Apricots, halves, dried	Aust
Currants - NSM	Aust
Sunmuscat raisins - natural	Mildura
Sultanas - natural	Mildura
Dates - pitted	Iran
Prunes - pitted	California
Sultanas NSM	Aust
Cherries red - glace whole	France
Mixed Peel	Aust
Currants - Natural	Mildura
Peanut Butter - Smooth/Crunchy	Aust
Sugar White	Aust
Sugar Raw	Aust
Sugar Castor	Aust
Icing Sugar Mix (soft)	Aust
	Contains tapioca starch
Sugar Brown	Aust
Rice M/G White Calrose	Aust
Rice L/G White	Aust
Rice Basmati	India
Rice Jasmine	Aust
Rice Arborio	Italy
Cocoa powder, dark	France
Coconut, desiccated	
Coconut, flaked	
Buckwheat Kernels	

Pearl Barley		Aust
Yellow Split Peas		Aust
Red kidney beans		Canada
Du Puy French style		Aust
Green Lentils		
Red Lentils		
Cous Cous		Tunisia
Muesli	Melbourne Company	Aust Import
Rolled Oats		Aust
Corn flour	CONTAINS GLUTEN	Aust
Baking Powder		Aust
Bicarb Soda		
Flour Plain		Aust
Flour Self Raising		Aust
Chocolate Ginger		Aust
Choc coated pumpkin seeds		Ovens & Import
Chocolate hazelnuts		Aust & Import
Chocolate turmeric walnuts		KingValley+Import
Organic White Quinoa		Bolivia
Organic Popping Corn		Aust
Organic Black Chia Seeds		Bolivia
Organic Sesame Seed		China
Organic Figs		Turkey
Organic Cranberries		
Organic Medjool Dates		Arizona
Organic Flour Pl Unbl (Bread)		Aust
Organic Flour Pl W/M (Bread)		Aust
Organic Buckwheat Flour		
Organic Rye Flour		Lilliput (Vic)
Organic spelt flour		Lilliput (Vic)
Organic Brown Rice med grain		Aust
Organic Black Rice		
Organic Green Lentils		USA
Organic Red Lentils		Aust
Organic Sunflower Seed kernels		Aust
Organic Chick Peas		Aust
Organic Cocoa Powder, dark		
Organic Cacao nibs, raw		
Organic Coconut-desiccated/fine		Indonesia
Organic Coconut - shredded		Philippines
Organic Coconut-flakes		Philippines
Organic Coconut Flour		Philippines

Organic Rolled Oats		Aust
Organic Psyllium		Aust
Coffee 200 gm instant		Colombia
Coffee 200 gm instant decaf	Currently N/A	Colombia
Timor-Leste 200 gm ground dark roasted stove top coffee		Timor-Leste
Timor-Leste 200 gm beans dark roast		PNG
Timor-Leste 1 kg beans dark roast		Timor Leste
Superior blend 100 tea bags		Sri Lanka
Superior blend 200 gm tea leaf		Sri Lanka
Organic Leaf Tea		Sri Lanka
Organic Green Leaf Tea		China
Tahini 1 kg		
Organic Coconut Oil-Virgin 1Lt		PNG
Organic Coconut Oil - 414gm		
Dried mushrooms 50g pkt		Markwood (Vic)
Organic Cinnamon - powder 100g		China
Organic Coriander- powder 50g		Egypt/India
Organic Cumin- powder 50g		China/Egypt
Organic Ginger- powder 50gm		India
Organic Nutmeg- powder 50gm		India
Organic Paprika Sweet- powder 50 gm		Spain
Organic Turmeric - powder 50gm		India
Mixed Spice		
Organic Peppercorn-whole black 100g		India
Caraway Seed		
Organic Mustard Seed- yellow 50g		Egypt/India
Cardamom Ground org		Guatemala
Organic Cumin seed 50 g		China
Sea Salt Flakes		Aust
Cinnamon Quills 50g		Sri Lanka
Organic Curry Powder 50 gm		Blended in Aust
Whole Cloves 50g		India
Golden Syrup		Aust
Honey		Lima East
Olive Oil Cold Pressed Virgin		Benalla
Vinegar		
Maple Syrup, pure		
Apple Cider Vinegar		Stanley
White wine vinegar		Stanley
EGGS		Benalla
Toilet Paper		