

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	\$29.55
103	Poppy Seeds	Aust	\$8.28
104	Popping Corn	Aust	\$4.08
110	Brazil nuts, whole, raw	Bolivia	\$47.88
111	Hazelnuts	Aust	\$39.93
112	Pine nuts	China	\$47.88
113	Almonds -flaked thin	Aust	\$19.20
114	Almonds- raw, whole	Aust	\$16.79
115	Almond Meal -natural	Aust	\$18.36
116	Cashew nuts - raw whole	China	\$23.28
117	Macadamia nuts raw whole	QLD	\$38.10
118	Walnut kernels - regional	King Valley	\$23.80
119	Pistachio kernels	Aust & import	\$47.28
120	Peanuts roasted	Aust	\$8.38
130	Aust Apricots, halves, dried	Aust	\$34.80
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	\$10.08
137	Cherries red - glace whole	France	\$20.20
138	Mixed Peel	Aust	\$9.90
140	Muscatel Cluster	Mildura	\$19.00
141	Natural Dried Figs	Mildura	\$30.00
150	Peanut Butter - Smooth/Crunchy	Aust	\$10.08
200	Sugar White	Aust	\$2.38
201	Sugar Raw	Aust	\$2.52
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	\$2.64
211	Rice L/G White	Aust	\$3.00
212	Rice Basmati	India	\$4.56
213	Rice Jasmine	Aust	\$3.54
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	\$2.64
303	Red kidney beans	Canada	\$6.30
304	Du Puy French style	France	\$5.22
310	Cous Cous	Tunisia	\$5.10
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	\$49.00
331	Choc coated pumpkin seeds	Ovens & Import	\$37.57
332	Chocolate hazelnuts	Aust & Import	\$49.44
333	Chocolate turmeric walnuts	KingValley+Import	\$37.13
400	Organic White Quinoa	Bolivia	\$10.98
402	Organic Black Chia Seeds	Bolivia	\$12.36
403	Organic Sesame Seed	China	\$10.20
410	Organic Figs	Turkey	\$23.34
411	Organic Cranberries		\$23.28
412	Organic Medjool Dates	Arizona	\$30.48
421	Organic Flour PI Unbl (Bread)	Aust	\$3.55
422	Organic Flour PI W/M (Bread)	Aust	\$3.79
423	Organic Buckwheat Flour		\$8.38

424	Organic Rye Flour	Lilliput (Vic)	\$6.00
425	Organic spelt flour	Lilliput (Vic)	\$7.20
430	Organic Brown Rice med grain	Aust	\$7.32
431	Organic Black Rice		\$11.64
440	Organic Green Lentils	Aust	\$8.16
441	Organic Red Lentils	Aust	\$9.24
442	Organic Sunflower Seed kernels	Aust	\$13.48
443	Organic Chick Peas	Aust	\$7.32
450	Organic Cocoa Powder, dark		\$19.68
451	Organic Cacao nibs, raw		\$19.56
460	Organic Coconut-desiccated/fine	Indonesia	\$11.40
461	Organic Coconut - shredded	Philippines	\$13.74
462	Organic Coconut-flakes	Philippines	\$13.74
463	Organic Coconut Flour	Philippines	\$4.68
470	Organic Rolled Oats	Aust	\$4.68
471	Organic Psyllium	Aust	\$31.68
502	Timor-Leste 200 gm ground dark roasted stove top coffee	Timor-Leste	\$11.90
503	Timor-Leste 200 gm beans dark roast	PNG	\$12.65
504	Timor-Leste 1 kg beans dark roast	Timor Leste	\$48.40
512	Superior blend loose leaf tea	Sri Lanka	\$25.93
513	Organic Leaf Tea	Sri Lanka	\$35.28
515	Organic Green Leaf Tea	China	\$41.78
520	Tahini 1 kg		\$11.28
531	Organic Coconut Oil - 500gm	Sri Lanka	\$7.97
600	Organic Cinnamon - powder 100g	China	\$4.74
601	Organic Coriander- powder 50g	Egypt/India	\$1.94
602	Organic Cumin- powder 50g	China/Egypt	\$2.97
603	Organic Ginger- powder 50gm	India	\$2.48
604	Organic Nutmeg- powder 50gm	India	\$3.78
605	Organic Paprika Sweet- powder 50 gm	Spain	\$3.47
606	Organic Turmeric - powder 50gm	India	\$2.26
607	Mixed Spice		\$0.59
608	Organic Peppercorn-whole black 100g	India	\$5.98
609	Caraway Seed		\$1.88
610	Organic Mustard Seed- yellow 50g	Egypt/India	\$2.62
613	Cardamom Ground org	Guatemala	\$6.38
614	Organic Cumin seed 50 g	China	\$2.70
615	Sea Salt Flakes	Aust	\$17.60
616	Cinnamon Quills 50g	Sri Lanka	\$6.06
617	Organic Curry Powder 50 gm	Blended in Aust	\$3.84
618	Whole Cloves 50g	India	\$4.92
620	Golden Syrup	Aust	\$4.54
621	Honey	Lima East	\$13.80
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