

Benalla Food Cooperative			
Benalla Sustainable Future Group			
Product List September 2016			
	Product	Origin	Co-op Price per kg/litre
3	Almonds raw 21396	Aust	\$15.48
4	Almonds smoked	Aust	\$17.03
5	Almond meal	Aust	\$13.92
6	Almonds flaked thin	Aust	\$15.66
7	Brazil Nuts	Bolivia	\$17.88
8	Cashews - raw	China	\$20.52
9	Hazelnuts	Turkey	\$20.28
10	Macadamia nuts	Aust	\$35.28
11	Pine nuts	China	\$48.36
12	Walnuts - regional	Aust	\$20.20
13	Choc coated pumpkin seeds	Aust and import	\$42.18
14	Cocoa powder	France	\$11.52
15	Chocolate Ginger	Aust	\$24.55
16	Org Cocoa Powder		\$12.36
17	Organic coconut - shredded		\$7.32
18	Flour Plain	Aust	\$1.01
19	Flour Self Raising	Aust	\$1.42
20	Org Flour Pl Unbl (Bread)	Aust	\$3.20
21	Org Flour Pl W/M (Bread)	Aust	\$3.20
22	Org Rye Flour	Aust	\$4.92
23	Org Spelt Flour	Aust	\$4.80
24	Org U/B Flour Self R	Aust	\$0.00
25	Org Buckwheat Flour	Aust	\$4.74
26	Apricots - dried 61949	Aust	\$31.20
27	Cherries - glace	France	\$10.03
28	Currants - natural 408013	Aust	\$6.64
29	Dates - pitted	Iran	\$3.00
30	Sultanas 4 crown 405201	Aust	\$5.88
31	Sunmuscat raisins - natural	Aust	\$7.60
32	Mixed Peel	Aust	\$5.64
33	Prunes - pitted 160957/1	California	\$10.32
34			
35	Sultanas - natural	Aust	\$6.78
36	Cranberries - organic		\$23.28
37	Peanut Butter - crunchy	Aust	\$7.79
38			
39	Bicarb Soda 180414	Aust	\$1.80
40	Organic Brown Rice	Aust	\$5.40
41	Rice Basmati	India	\$3.84
42	Rice Jasmine	Thai	\$3.00
43	Organic Black Rice		\$7.56
44	Rice L/G White	Aust	\$2.00

	Product	Origin	Co-op Price per kg/litre
45	Rice M/G White	Aust	\$1.92
46	Corn flour	Aust	\$2.16
47	Organic Dessicated Coconut	Indonesia	\$6.84
48	Org Coconut Flour	Philipines	\$4.68
49	Sugar Brown	Aust	\$2.35
50	Sugar Castor	Aust	\$1.44
51	Sugar Raw	Aust	\$1.44
52	Sugar White	Aust	\$1.39
53	Org Black Chia Seeds	Bolivia	\$9.12
54	Org Coconut Flakes	Philipines	\$7.32
55	Linseed	Aust	\$3.84
56	LSA	Aust&Import	\$8.88
57	Pumpkin seeds	Aust	\$27.61
58	Org Sesame Seed	China	\$7.08
59	Org Sunflower Seed	China	\$5.10
60	Tahini	tub	\$5.40
61	Org Coconut Oil-Virgin 1Lt	PNG	\$22.80
62	Chickpeas	Aust	\$3.12
63	Org green lentils	USA	\$7.68
64	Org red Lentils	Aust	\$5.88
65	Pearl Barley	Aust	\$1.92
66	Polenta	Aust	\$3.36
67	Org Rolled Oats	Aust	\$4.68
68	Muesli	Aust&Import	\$4.40
69	Org White Quinoa	Bolivia	\$11.16
70	Cous Cous	Tunisia	\$3.36
71	Rolled Oats	Aust	\$2.04
72	organic Popping Corn	Aust	\$4.42
73			
74	Herbal teas	Aust	\$4.00
75	Superior blend 100 tea bags	Sri Lanka	\$6.50
76	Premium blend 1000 tea bags	Sri Lanka	\$46.00
77	Tea org leaf	Sri Lanka	\$24.50
78	Tea org leaf 200g	PNG	\$6.50
79	Superior blend 200g leaf tea	Sri Lanka	\$5.80
80	Coffee 200 gm instant decaf	Colombia	\$11.80
81	Coffee 200 gm instant	Colombia	\$10.60
82	Coffee 800 gm instant	Colombia	\$32.00
83	East Timor 250 gm ground coffee	East Timor	\$11.50
84	East Timor 250 gm beans	PNG	\$10.00
85	East Timor 1 kg beans	East Timor	\$34.50
86	EGGS	Benalla	\$5.00
87	Golden Syrup	Aust	\$3.51
88	Honey	Benalla	\$8.90
89	Olive Oil Cold Pressed Virgin	Benalla	\$14.00
90	Vinegar		\$0.83