

Code		Country	Co-op Price	Kg/Litre/Unit
100	Linseed	Aust	\$3.48	
101	LSA	Aust & Imported	\$8.88	
102	Pumpkin seeds raw natural	Aust	\$27.61	
110	Brazil nuts, raw	Bolivia	\$23.52	
111	Hazelnuts	Aust	\$35.65	
112	Pine nuts	China	\$58.08	
113	Almonds -flaked thin	Aust	\$15.36	
114	Almonds- raw, whole	Aust	\$16.00	
115	Almond Meal -natural	Aust	\$13.44	
116	Org Cashew nuts - raw whole	China	\$23.28	
117	Macadamia nuts raw whole	QLD	\$43.80	
118	Walnut kernels - regional	Aust	\$14.20	
119	Pistachio kernels		\$47.28	
120	Peanuts roasted	Aust	\$8.58	
130	Aust Apricots dried	Aust	\$32.40	
131	Currants - natural	Aust	\$9.48	
132	Sunmuscat raisins - natural	Mildura	\$11.11	
133	Sultanas - natural	Mildura	\$10.70	
134	Dates - pitted	Iran	\$4.44	
135	Prunes - pitted	California	\$15.48	
136	Sultanas NSM	Aust	\$8.16	
137	Cherries red - glace whole	France	\$16.77	
138	Mixed Peel	Aust	\$8.76	
150	Peanut Butter - crunchy	Aust	\$8.28	
200	Sugar White	Aust	\$1.74	
201	Sugar Raw	Aust	\$1.87	
202	Sugar Castor	Aust	\$1.74	
203	Icing Sugar Mix	contains tapioca starch	Aust	\$2.58
204	Sugar Brown	Aust	\$2.96	
210	Rice M/G White Calrose	Aust	\$2.40	
211	Rice L/G White	Aust	\$2.52	
212	Rice Basmati	India	\$4.44	
213	Rice Jasmine	Thai	\$3.30	
214	Rice Arborio	Italy	\$5.04	
220	Cocoa powder, dark	France	\$13.32	
301	Pearl Barley	Aust	\$2.76	
302	Yellow Split Peas	Aust	\$3.72	
303	Red kidney beans	Canada	\$4.68	
304	Du Puy French style	Aust	\$4.08	
310	Cous Cous	Tunisia	\$4.68	
311	Muesli	Melbourne Company	Aust Import	\$5.56
313	Rolled Oats	Aust	\$2.40	
320	Corn flour	CONTAINS GLUTEN	Aust	\$3.24
321	Baking Powder	Aust	\$10.56	
322	Bicarb Soda		\$4.20	
323	Flour Plain	Aust	\$1.54	
324	Flour Self Raising	Aust	\$1.92	
325	White bread/bakers flour - Wallaby type 55 Non-organic	Aust	\$1.54	
330	Chocolate Ginger	Aust	\$24.96	
331	Choc coated pumpkin seeds	Aust & Import	\$37.08	
332	Chocolate hazelnuts	Aust & Import	\$37.08	
333	Chocolate turmeric walnuts	Aust & Import	\$37.07	
400	Org White Quinoa	Bolivia	\$7.56	
401	Org Popping Corn	Aust	\$4.68	
402	Org Black Chia Seeds	Bolivia	\$16.68	
403	Org Sesame Seed	China	\$7.08	
404	Poppy Seeds	Aust	\$10.68	
410	Organic Figs	Turkey	\$16.80	
411	Org Cranberries		\$23.28	

412	Org Medjool Dates	Arizona	\$23.76
421	Org Flour Pl Unbl (Bread)	Aust	\$3.36
422	Org Flour Pl W/M (Bread)	Aust	\$3.46
423	Org Buckwheat Flour		\$7.08
424	Org Rye Flour	Aust	\$8.64
425	Org spelt flour	Aust	\$7.80
430	Organic Brown Rice med grain	Aust	\$5.94
431	Organic Black Rice		\$9.48
440	Org Green Lentils	USA	\$8.16
441	Red Lentils	Aust	\$3.48
442	Org Sunflower Seed kernels	Aust	\$12.04
443	Org Chick Peas	Aust	\$7.32
450	Org Cacao Powder, dark		\$12.36
451	Org Cacao nibs		\$17.88
460	Organic Coconut-desiccated/fine	Indonesia	\$9.12
461	Organic Coconut - shredded	Philippines	\$9.48
462	Org Coconut-flakes	Philippines	\$9.72
463	Org Coconut Flour	Philippines	\$4.68
470	Org Rolled Oats	Aust	\$4.68
471	Org Psyllium	Aust	\$22.62
500	Coffee 200 gm instant	Colombia	\$12.85
501	Coffee 200 gm instant decaf	Colombia	\$11.65
502	Timor-Leste 200 gm ground dark roasted stove top coffee	Timor-Leste	\$11.90
503	Timor-Leste 250 gm beans dark roast	PNG	\$11.90
504	Timor-Leste 1 kg beans dark roast )	Timor Leste	\$38.30
511	Superior blend 100 tea bags	Sri Lanka	\$6.75
512	Superior blend 200 gm tea leaf	Sri Lanka	\$6.55
513	Org Leaf Tea	Sri Lanka	\$29.70
514	Premium Blend 1000 loose tea bags	Sri Lanka	\$29.70
515	Org Green Leaf Tea	China	\$40.00
520	Tahini 1 kg		\$10.08
530	Org Coconut Oil-Virgin 1Lt	PNG	\$12.48
531	Org Coconut Oil - 414gm	PNG	\$6.60
600	Cinnamon - powder 100g		\$4.23
601	Coriander- powder 50g		\$2.10
602	Cumin- powder 50g		\$2.64
603	Ginger- powder 50gm		\$2.76
604	Nutmeg- powder 50gm		\$4.75
605	Paprika Sweet- powder 50 gm		\$3.19
606	Turmeric - powder 50gm		\$2.35
607	Mixed Spice		\$0.98
608	Peppercorn-whole black 100g		\$4.82
609	Caraway Seed		\$2.06
610	Mustard Seed- yellow 50g		\$2.55
613	Cardamom Ground org		\$8.08
614	Cumin seed 50 g		\$2.70
615	Sea Salt Flakes	Aust	\$14.76
616	Cinnamon Quills 50g		\$4.70
617	Curry Powder 50 gm		\$3.63
618	Whole Cloves 50g		\$3.13
620	Golden Syrup	Aust	\$3.51
621	Honey	Lima East	\$13.80
622	Olive Oil Cold Pressed Virgin	Benalla	\$9.60
623	Vinegar		\$1.26
624	Maple Syrup, pure		\$13.80
625	Apple Cider Vinegar	Stanley	\$4.80/L
626	White wine vinegar	Stanley	\$4.80/L
630	EGGS	Benalla	\$5.50
640	Toilet Paper		\$1.21