

Code	Products August 2020	Best Before	Country	Co-op Price kg/litre/unit
100	Linseed	Aug-21	Aust	\$3.48
101	LSA	Jun-21	Aust&Import	\$8.88
102	Pumpkin seeds	Aug-21	Aust	\$27.61
110	Brazil Nuts	Aug-21	Bolivia	\$17.40
111	Hazelnuts	Aug-21	Aust	\$35.65
112	Pine Nuts	Jul-21	China	\$58.05
113	Almonds -flaked thin	Jul-21	Aust	\$13.08
114	Almonds- raw NP2212C	Jul-21	Aust	\$13.08
115	Almond Meal -natural	Jun-21	Aust	\$12.60
116	Cashews - raw	Dec-21	China	\$22.80
117	Macadamia Nuts 81201	Mar-22	Aust	\$43.20
118	Walnuts - regional	Jan-21	Aust	\$21.60
119	Pistachio Kernels	Apr-21	Aust	\$38.88
120	Peanuts	Aug-21	Aust	\$8.05
130	Apricots - dried	Jul-21	Aust	\$20.16
131	Currants - natural	Jul-21	Aust	\$8.02
132	Sunmuscat raisins - natural	Jul-21	Aust	\$8.82
133	Sultanas - natural	Jul-21	Aust	\$8.82
134	Dates - pitted	Nov-20	Iran	\$3.00
135	Prunes - pitted	Dec-20	California	\$8.52
136	Sultanas NSM	Dec-21	Aust	\$7.56
137	Cherries - glace	Aug-21	France	\$11.75
138	Mixed Peel	Aug-20	Aust	\$5.64
150	Peanut Butter - crunchy	Jul-21	Aust	\$7.56
200	Sugar White	Jun-22	Aust	\$1.20
201	Sugar Raw	Jan-22	Aust	\$1.20
202	Sugar Castor	Dec-21	Aust	\$1.25
203	Icing Sugar Mix	Jun-22	Aust	\$1.90
204	Sugar Brown	Mar-22	Aust	\$1.78
210	Rice M/G White	Aug-21	Aust	\$2.40
211	Rice L/G White	Feb-21	Aust	\$2.00
212	Rice Basmati	Jan-22	India	\$4.30
213	Rice Jasmine	Sep-21	Thai	\$3.00
214	Rice Arborio	Nov-20	Italy	\$4.56
220	Cocoa powder	May-21	France	\$9.12
300	Org Chickpeas	May-21	Aust	\$7.08
301	Pearl Barley	Jun-21	Aust	\$2.76
302	Yellow Split Peas	May-21	Aust	\$2.58
303	Red kidney beans	Aug-21	Canada	\$6.60
304	Du Puy french style	Jul-21	Aust	\$4.08
310	Cous Cous	Apr-21	Tunisia	\$3.60
311	Muesli	Jul-21	Aust&Import	\$4.74
312	Green Lentils	Jul-20	Canada	\$4.56
313	Rolled Oats	Apr-21	Aust	\$2.04
320	Corn flour	May-21	Aust	\$2.16
321	Baking Powder	Jun-21	Aust	\$7.32
322	Bicarb Soda	Dec-21	Aust	\$1.80
323	Flour Plain	Jun-21	Aust	\$1.78

324	Flour Self Raising	Jan-21	Aust	\$1.92
330	Chocolate Ginger	Aug-21	Aust	\$25.34
331	Choc coated pumpkin seeds	Jul-21	Aust and import	\$37.08
332	Chocolate hazelnuts	Sep-21	Aust and import	\$38.04
400	Org White Quinoa	Jul-21	Bolivia	\$9.48
401	Org Popping Corn	Nov-21	Aust	\$4.44
402	Org Black Chia Seeds	Aug-21	Bolivia	\$9.84
403	Org Sesame Seed	Jul-21	China	\$7.08
404	Org Poppy Seeds ON SPECIAL	Jun-19	Aust	\$4.00
410	Organic Figs	Apr-21	Turkey	\$16.20
411	Org Cranberries	Feb-21		\$22.80
412	Org Medjool Dates 654	Jun-21	Arizona	\$21.60
421	Org Flour Pl Unbl (Bread)	Feb-21	Aust	\$3.17
422	Org Flour Pl W/M (Bread)	May-21	Aust	\$3.26
423	Org Buckwheat Flour	Aug-21	Aust	\$5.94
424	Org Rye Flour	Nov-21	Aust	\$6.96
425	Org Spelt Flour	Oct-21	Aust	\$11.04
430	Organic Brown Rice	Nov-22	Aust	\$5.94
431	Organic Black Rice	Jun-21		\$9.06
440	Org Green Lentils	Aug-21	USA	\$8.16
441	Org Red Lentils	May-21	Canada	\$5.10
442	Org Sunflower Seed	May-21	Aust	\$11.88
450	Org Cocoa Powder	Jun-21		\$12.36
460	Organic Coconut-dessicated	Aug-21	Indonesia	\$5.94
461	Organic Coconut - shredded	Aug-21	Philippines	\$7.56
462	Org Coconut-flakes	Aug-21	Philippines	\$7.56
463	Org Coconut Flour	Jul-21	Philippines	\$4.68
470	Org Rolled Oats	Jun-21	Aust	\$4.68
471	Org Psyllium	Jul-21	Aust	\$18.74
500	Coffee 200 gm instant	Jan-21	Colombia	\$10.50
501	Coffee 200 gm instant decaf	Jan-21	Colombia	\$11.65
502	East Timor 250 gm ground coffee	Jan-21	East Timor	\$11.90
503	East Timor 250 gm beans	Jan-21	PNG	\$11.90
504	East Timor 1 kg beans	Jan-21	East Timor	\$38.30
510	Herbal teas	Jan-21	Aust	\$4.40
511	Superior blend 100 tea bags	Jan-21	Sri Lanka	\$6.45
512	Superior blend 200 gm tea	Jan-21	Sri Lanka	\$6.15
513	Org Leaf Tea	Jan-21	Sri Lanka	\$28.00
514	Premium Blend 1000 tea bags	Jan-21	Sri Lanka	\$20.90
515	Org Green Leaf Tea	Jan-21	China	\$38.10
520	Tahini 1 kg	Jun-22		\$9.60
530	Org Coconut Oil-Virgin 1Lt	Nov-21	PNG	\$10.80
600	Cinnamon - powder 100g			\$4.05
601	Coriander- powder 50g			\$3.47
602	Cumin- powder 50g			\$2.39
603	Ginger- powder 100g			\$4.59
604	Nutmeg- whole/powder 100g			\$6.63
605	Paprika Sweet- powder 100g			\$4.91
606	Tumeric - powder 100g			\$4.10
607	Cardamom- ground 100g			\$7.46

608 Peppercorn-whole black 100g			\$4.65
609 Fenugreek Seed -powder 100g			\$2.36
610 Mustard Seed- yellow 50g			\$2.64
611 Mustard Seed- black 50g			\$2.21
612 Star Anise 100g			\$5.06
613 Cardamon Pods 100g			\$8.00
614 Cumin seed 50 g			\$2.26
615 Sea Salt Flakes	Nov-21	Aust	\$14.16
616 Cinnamon Quills 50g			\$4.00
617 Curry Powder 100g			\$3.99
618 Whole Cloves 50g			\$6.25
620 Golden Syrup	M190319	Aust	\$3.51
621 Honey		Lima East	\$12.00
622 Olive Oil Cold Pressed Virgin		Benalla	\$9.60
623 Vinegar	Feb-21		\$0.89
624 Maple Syrup	Aug-21		\$12.60
625 Apple Cider Vinegar	Aug-21	Aust	\$3.00
630 EGGS		Benalla	\$5.00
640 Toilet Paper			\$1.00