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FightBack

for AUSTRALIA

Edition 75, August 2010

**Are you really
buying Australian
owned & made?**

**Dick Smith says
consumers must buy
Australian**

**Five grocery
vouchers to be
won this edition
- see p26 for
details**



What Does It All Mean?

Product of Australia: means all ingredients are from Australia and nearly all processing and manufacturing or processing is carried out in Australia.

Australian made: means at least 50% of the cost of production has been incurred in Australia.

Australian grown: means each significant ingredient has been grown in Australia and most of the production processes have occurred in Australia.

Source: Australian Made, Australian Owned



The famous Kangaroo logo does not tell you if a product is Australian owned!

The famous Kangaroo logo on the Australian Made and Australian Grown (AMAG) products does not tell you if a product is Australian Owned.

The renowned trademark (see explanation left) tells you if it is made in Australia, a product of Australia or if it is grown in Australia.

It does not tell you if a product is made by an Australian owned company - this is a critical piece of information that all consumers need to understand.

Of the top 25 selling brands in Australian supermarkets only four are Australian-owned companies - Bega, Bulla, Quilton and Sanitarium.

AMAG Chief Executive Mr Ian Harrison said the "great majority" of companies using the logo were Australian-owned family businesses but added that AMAG did "not emphasise company ownership".

AMAG has around 1600 licensees and includes a wide range of Australia made, Australian grown and Australia produced products that are owned by foreign companies.

With its 'green and gold' trademark, AMAG has been assisting shoppers with its 'Products of Australia', 'Australian made' and 'Australian grown' labels - but now wants to expand that to recognise 'Australian owned'.

Mr Harrison said that the AMAG logos are an easy way for consumers to recognise the extent to which a product is Australian, and can only appear on products that are registered and meet the strict criteria determined by the Trade Practices Act.

"The current labelling laws are under review and we believe it should be mandatory for all food products to carry a country of claim. We are hoping that the laws will be strengthened to be as clear, consistent and simple as possible to help shoppers make informed purchase decisions," he said.

See our Australian Owned Brands Guide in the centre liftout for a comprehensive list of Australian owned and made products.

AUSBUY supports Australian made labels

AUSBUY is another organisation that believes that the legislation and enforcement governing labels in Australia is inadequate.

The Ausbuy logo identifies a product as being produced by an Australian company and would welcome the support of government in making such identification mandatory to allow Australian consumers to make informed choices.

Ausbuy is concerned about the use of Australian iconography on their

packaging such as a map of Australia or the Australian flag that are often used to promote the product as Australian despite being produced by a foreign owned company.

FightBack supports Ausbuy's campaign for clear and concise labelling to allow consumers to identify the country of ownership of products.

Ausbuy Chief Executive Lynne Wilkinson recently told The Weekly Times the famous green and gold

kangaroo logo's most powerful members were now foreign companies.

She named Simplot, Nestle, Kellogg's, Kirin, Colgate Palmolive, National Foods and Kraft as big players in the Australian Made Australian Grown organisation - all are foreign owned.

Ausbuy publish the Ausbuy Guide for \$2.95.

For further information go to: <http://www.ausbuy.com.au>

LABELLING of Australian Food

Pressure has been placed on the Government this year to ensure that Australian food products are labelled correctly and identify whether a product is made, owned and fully grown in Australia.

The long overdue 'Food Labelling Review' has shed some light on the concerns of Australian food labels, with Council of Australian Governments (COAG) accepting over 6,000 submissions in May from the public this year with a full report to be prepared by the end of the year.

The panel, headed by Dr Neal Blewett, will examine the accuracy of country of origin labels allowing consumers to make informed decisions about the country of origin and health information about the food they buy.

As consumers, we are inundated with hundreds of products on our supermarket shelves which claim to be Australian, making this review vitally important for our Australian owned and made manufacturers.

With so many different types of labels such as 'Product of Australia' or 'Made in Australia', and branding with famous Aussie imagery to lure in shoppers, consumers are often unsure how 'Australian' the food they put into their shopping trolley really is.

About 80% of Australian shoppers prefer to buy Australian made and owned goods but find it difficult to identify the extent to which a product is Australian due to poor, inaccurate or misleading labels which are not effectively regulated by food and consumer authorities such as the ACCC.

With no uniform labelling system, consumers are left to rely upon manufacturers to accurately identify to what extent a product is 'Australian'.

Under the Trade Practices Act,

food can be legally described as 'Australian made' if the product is substantially transformed in Australia and at least 50 percent of the production costs are incurred on Australian soil.

However, this does not account for the foreign elements of food products, and food companies can claim 'Australian made' even though a vast proportion of produce is made and grown in foreign countries, or manufacturing is outsourced.

To add further confusion for buyers, Food labelling is inconsistently applied where the Food Standards Code requires some fresh foods such as pork and seafood to carry a country of origin label while others such as beef and chicken are exempt.

FightBack, along with many other Australian food supporters, believe there should be only one labelling system to signal that the product is 100% made and owned by an Australian company.

Supporting Australian made food is important for the development of Australia's food industry to ensure consumers are aware how 'Australian' their food really is, to promote local jobs and keep profits on Australian soil. It also encourages Australian companies to continue to provide the best and freshest food.

So next time you visit your local supermarket, look closely at the labels and ensure you buy foods that are wholly made, grown and owned in Australia.

To share your ideas on how to improve labelling on all Aussie foods, please visit: www.fightback.com.au/chat and use our FightBack guide which you will find in the centre of the newspaper.



On the outside, we may seem like just another food company. But on the inside, we're a lot more than that.

Over 100 years ago, we started making healthy, nutritious foods. We did this to give Australians a healthy choice and we've been doing it ever since. Today we're one of the few companies of our type that's still 100% Australian owned. And proud of it.

It's what we do. It's who we are, on the inside. Because after all...

"It's what's inside that counts"

To find out more go to www.sanitarium.com.au

Senator Xenophon moves to end labelling CONFUSION

In April this year, Independent Senator for South Australia, Nick Xenophon, announced he will introduce a Private Members Bill to the Senate this year which will ensure that only products that are wholly made in Australia can use the label 'Australian made'.

Senator Xenophon says misleading food labels are confusing consumers in purchasing Australian made produce and, as a result, are costing farmers their livelihood.

"If we are what we eat, we have a right to know what we are eating," Mr Xenophon said.

The move will ensure that loopholes that allow foreign produce to be labelled 'Australian made' are eliminated.

"Right now you can label a fruit juice as 'Made in Australia' even if half the juice comes from overseas as long as the box and the label are locally made," Mr Xenophon said.

Senator Xenophon says the Bill will hopefully highlight the loopholes in current labelling laws that allow inconsistent labelling on a number of prominent supermarket items.



"A company shouldn't be able to call its juice 'Daily Juice' when it is reconstituted," Mr Xenophon said.

"Our current labelling laws make it so hard for consumers to find real Australian products, it's virtually impossible to be sure you are actually buying Australian," Mr Xenophon said.

Mr Xenophon it should be illegal to call a product 'Australian made' when a significant amount of it comes from overseas, particularly as the livelihoods of Australian farmers and their businesses are put at risk.

<http://www.nickxenophon.com.au/media>

Horses for (main) courses

The man known around Perth as the Prince of Flesh is the bloke who brought horse meat for human consumption to the Australian market. Mondo Butchers says horse meat has never been sold before for domestic consumption in Australia.

Monthly trade surplus tops \$1 billion

Australia posted its largest trade surplus in 14 months as exports surged a further six per cent in May. This strong boost to the nation's income comes largely from rising commodity prices.



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Dulux debuts on ASX

SHARES in the newly listed Duluxgroup - that include brands such as Dulux, Selleys, Berger Paints and Yates - made their debut on the ASX in July.

DuluxGroup started trading at \$2.50 and now has a market capitalisation of around \$900 million, making it a very powerful Australian owned company that provides a wide range of manufactured products to the Australian market, and an opportunity for Australians to take a share in its economic fortunes.

The listing came after shareholders of Orica overwhelmingly voted in favour of a proposed demerger of DuluxGroup from Orica.

DuluxGroup supplies coatings, home improvement and garden care products in Australia and New Zealand, and is competing against foreign owned paint manufacturers.

DuluxGroup Australasia employs around 200 people in research and development and marketing. It has a market share of about 40 per cent. It owns the global Dulux paint brand in Australia, New Zealand, Papua New Guinea and Fiji.

Wattyl foreigners buy next?

In June, paint maker Wattyl accepted a \$142 million cash takeover bid from US paint giant The Valspar Corporation.

Valspar is listed on the New York Stock Exchange and is one of the world's largest paint and coating companies.

Wattyl's board unanimously recommended shareholders vote in favour of the scheme.

Wattyl distributes its paint to retail customers via home improvement centres and hardware outlets, and to trade customers through 140 company-owned stores.

In an ominous footnote, Valspar's traditional customer is US hardware giant Lowe's Companies, which has teamed up with retailer Woolworths to take on Bunnings in the \$24 billion hardware and home handyman market.

Foreign owned paint companies

Benjamin Moore & Co
 Nippon Paint
 Taubmans
 Wattyl



Nothing sweet about CSR sale

Sugar and building materials group CSR has agreed to a last-minute \$1.75 billion bid from Wilmar International for its sugar and renewable energy business – Sucrogen – and Australia loses another major iconic business.

Wilmar is one of the largest listed companies by market capitalisation on the Singapore exchange. It is a major producer of palm oil and palm oil-related products, including edible oils refining, oilseeds crushing, and specialty fats.

CSR managing director Jeremy Sutcliffe said a number of parties had shown interest in the sale. "You'd expect a lot of interest to be shown in such an iconic business".

The sale is subject to approval from the Foreign Investment Review Board.

Wilmar has been targeted by environmental activists for its link to deforestation associated with the palm oil trade.

Belinda Fletcher from Greenpeace says campaigning will continue to highlight the issue.

"We have been talking to Wilmar both directly and publicly about their role in the palm oil industry."

"We will continue to voice those concerns in Indonesia or Australia or anywhere else and we will carry on raising these issues with them as we move forward."

What we have lost

CSR's newly renamed Sucrogen owns seven sugar mills capable of producing in total 2.1Mt of raw sugar per year. The mills also produce by-products including molasses, which is used to produce ethanol and also sold as stockfeed.

Sucrogen generates electricity from cogeneration operations at each of its seven sugar mills, and is Australia's largest renewable energy generator from biomass, with a total cogeneration capacity of 171 megawatts.

Through its interest in Sugar Australia and New Zealand Sugar Company, Sucrogen is the largest sugar refiner in Australia and New Zealand, with its three sugar refineries capable of producing 970kt of sugar annually.

Sucrogen is Australia's largest producer of sugar-based ethanol, which is used as an additive in fuel and for a range of industrial purposes. Sucrogen produces fertiliser using by-products from its sugar milling and ethanol distillation processes.

The big foreign appetite for Aussie food companies

The loss of CSR's sugar and renewable energy assets has thrown the spotlight back on a growing trend towards foreign companies buying Australian food and drinks companies.

The \$1.5 billion offer by China's Bright Food Group comes just weeks after Sumitomo Chemical's offer to become a cornerstone investor in agricultural chemicals company Nufarm, which dumped a lower offer for the entire company by Chinese firm Sinochem.

Recently, Dubai-based consumer food group IFFCO bought 20 per cent stake in Australia's biggest cattle producer Australian Agricultural Company in April from Elders.

Singapore's Olam International bought Queensland Cotton Holdings in 2007. Last September, it purchased Timbercorp's almond assets for \$128 million.

Goodman Fielder sold its edible oils and fats business to US-based Cargill last year, and Philippines-based San Miguel acquired National Foods in 2005 before selling the business to Japan's Kirin in 2007. San Miguel also acquired Berri in 2005.



Mitre 10 Group appoints new head



Mark Laidlaw has been appointed as the new chief executive of the Mitre 10 Group.

Mitre 10 chairman Lance Collins said that the group's former chief executive Mark Burrowes - who was appointed Interim chief executive in February 2009 - was tasked with the leadership of the company during a period of transition for Mitre 10 and that period had now been successfully completed.

"Mark brings a wealth of experience to Mitre 10 and the Board is confident he will deliver great results to shareholders, employees and other stakeholders of the business, while meeting the challenges that the new competitive environment brings to the market," Mr Collins said.

Mr Laidlaw joined Metcash Trading Ltd in 2001 and over the last six years has been the general manager of Metcash's Victorian IGA distribution business.

Prior to joining Metcash he held senior marketing, commercial and operational positions with Mobil in Australia and overseas.

In March, 98 per cent of Mitre 10 Australia Ltd and Mitre 10 Ltd voted in favour of the acquisition of Mitre 10 Group by Metcash.

Metcash's involvement in the Mitre 10 Group will make it a stronger and better capitalised independent hardware wholesaler, capable of supporting Mitre 10 store owners to compete more effectively in the face of increased competition in the home improvement industry," Mr Reitzer said.

National Foods to close two plants

June 30, 2010

Food and beverage group National Foods is closing two plants, resulting in 280 job losses in Victoria and New South Wales. The company said it would close its Cobden site in Victoria by December and its Wetherill Park site in Sydney's south-west by March 2012.

National Foods is owned by Japanese brewer Kirin Holdings Company Ltd, and produces milk, yoghurt, juice and cheese products.

National Food brands

Big M
Fruche
Berri
Coon

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Franklins supermarkets to become IGA

Grocery wholesaler Metcash will purchase the struggling Franklins 85 supermarket chain in a deal worth \$125 million.

Metcash plans to implement a store sale program upon completion of the deal in September to sell the stores to independent IGA retailers. Metcash will operate the stores in the intervening period whilst the store sale program is completed, which could take several months.

Metcash CEO Andrew Reitzer, said the deal would significantly improve IGA's network competitive position against the national chains in Australia's largest grocery market, NSW, while growing the market share of Metcash supplied retailers in the state from 11 per cent to 17 per cent.

"Metcash expects the independent retailers who purchase the stores will lift each store's performance through the successful combination of their own retailing expertise and through utilising the strength, services and support provided by Metcash; especially our national buying power, world class supply chain and marketing and merchandising programs," said Reitzer.

"These stores will be able to take advantage of our favourable arrangements with suppliers to achieve more competitive pricing deals. Consumers and independent retailers in NSW are big winners from this deal."



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Food Labelling

Food labelling in Australia is woefully inadequate, and this results in consumers purchasing products that they would not choose to buy if a thorough compulsory labelling system existed.

The Greens are campaigning for a comprehensive mandatory labelling regime to establish truth in labelling of food products to protect consumers.

For example, some common food products that people would assume were vegetarian or vegan may contain animal products. This was revealed in "The Label to Liable" report released by voiceless in May 2007 <http://www.voiceless.org.au/>

Some emulsifiers in bread, natural flavours added to baked beans and potato chips, gelatine used in beer and some wine production, and some confectionery are foods that contain animal products without proper labelling of these contents.

Other areas of food labelling that are inadequate include organic foods, and whether or not antibiotics have been used in the production of food such as farmed seafood.

Words and labelling eggs-ample



In an example of how food labelling can be manipulated, the egg industry is trying to rewrite how a "free range" egg qualifies for the very important label.

There is currently no legal definition of what constitutes a free-range egg, and The Greens have accused the Egg Corporation of pushing to increase the number of hens per hectare from 1500 to 20,000, and still have their eggs labelled as free-range.

They are calling on the Egg Corporation to abandon their push to introduce these standards that would allow chickens kept in cramped and enclosed spaces but still labelled as 'free range'.

Free-range isn't just a marketing tool. It is an ethical approach to food production that is receiving increasing support from consumers.

For the label 'free-range' to have any meaning at all the eggs must be produced in an ethical manner.

The NSW Greens are introducing legislation that would define free-range at below 750 hens per hectare.

"Consumers are increasingly turning to ethical suppliers for poultry and the industry will have to adapt to this new demand to survive," NSW Greens MP Dr Kaye said.



Households threatened by lack of safeguards on chemicals

Chemicals banned in Europe and the USA are allowed into Australian homes by an inadequate regulatory system, according to Greens NSW MP Dr John Kaye.

Commenting on the release of a report by the consumer organisation Choice, Dr Kaye said: "Chemicals with serious impacts on human health are still freely available in Australian supermarkets in pesticides and pet products.

"The Australian Pesticides and Veterinary Medicines Authority (APVMA) is failing consumers by taking a soft approach to regulating household chemicals.

"The NSW Minister for Primary Industries should be working with his federal colleagues to throw the onus of proof of safety onto the corporation pushing the chemical.

"APVMA's hands-off safe-until-proven-dangerous approach stands in stark contrast to the level of protection offered by European regulators.



"European manufacturers and importers are required to prove their product is safe before it is released into households.

"Australian households are still able to buy and use cockroach and ant killing products containing chemicals such as chloropyrifos.

"This organophosphate has been banned for domestic use in the USA since 2000, after it was associated with unacceptable risks of neurological and behavioural development in children.

"If it cannot be proven to be absolutely safe then the product should not be given a green light," Dr Kaye said.

PROUDLY AUSTRALIAN MADE & OWNED BRANDS

What is the secret to beautiful skin?



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BATH FOAM & SHOWER GEL
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Use Bathox body washes daily in the bath or shower



SUGARLESS

BIG Taste Small Waist

SUGARLESS

Sweet As!

Katter flags fight against Woolworths generic milk supply lockout



Member for Kennedy Bob Katter has flagged a full-blown confrontation with Woolworths if the supermarket giant goes ahead with the exclusion of Nth Qld milk from its "home brand" retail product.

Mr Katter strongly urged that a public stand against Woolworths should be made if the company proceeded with the lockout and a vote to support a boycott of the supermarket was carried overwhelmingly.

"We need some sort of demonstration at Woolworths," Mr Katter told the meeting. "Woolworths aren't going to like a group of people standing out the front holding placards."

The meeting was told that the quota of "tier 1", or bottled fresh milk, recently dropped from 70 million litres a year to 55 million litres a year supplied by 67 Tableland farms. This was from a pre-deregulation figure of 120 million and 183 farms.

Woolworths will cease stocking locally-sourced generic milk from September 2010.

Cash-for-cans plan

July 6, 2010

AUSTRALIA is moving towards a national recycling system for bottles and cans within the next two to three years.

The national "cash-for-cans" scheme will not start for a year while a study assesses the benefits and costs of a national regime of paying people to return used containers for recycling.

A national scheme is expected to lead to better recycling rates, saving more energy, greenhouse emissions and litter.

The federal Environment Minister, Peter Garrett, said that a "regulatory impact statement" investigating the costs and benefits probably would be ready in 2011.

The chairman of Clean Up Australia, Ian Kiernan, said there was strong public support for a national scheme that gave people a financial incentive to recycle.



PROUDLY AUSTRALIAN MADE AND OWNED



FightBack AUSTRALIAN OWNED Brands Guide



How big can the majors grow?

by Bruce Atkinson
First published Inside Retailing

The two Australian retail goliaths dominate our annual retailer rankings - but their future growth potential must now be in question...

How far can Woolworths and Wesfarmers (Coles & Bunnings) grow given the increased pressure from regulators?

The dominance of the two retail goliaths across supermarkets, discount department stores, liquor, hardware, fuel and convenience retailing and gaming is generating increased scrutiny by governments and regulatory agencies led by the Australian Competition and Consumer Commission (ACCC).

Woolworths and Wesfarmers each account for close to 20 cents of every retail dollar spent in Australia and the

two companies have massive market power that can determine the success or failure of manufacturers and other suppliers.

Their market power also shapes the economics of the retail property industry and extends into areas such as financial services, quite apart from the direct interface with other retail competitors.

The ACCC agonised over Woolworths' takeover of hardware wholesaler, Danks Holdings, last year, ultimately allowing the deal to proceed on the basis that the retailer's proposed new home improvement chain is a greenfields venture and there were other hardware groups to which Danks independent retailers could transfer.

But the regulator is now armed with tighter regulatory power to scrutinise each independent store purchase by the major chains under a creeping acquisitions mandate

[Cont'd over page >](#)

Woolworths and Wesfarmers each account for close to 20 cents of every retail dollar spent in Australia.

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How big can the majors grow? (cont'd)

from legislators who are increasingly nervous about the political as much as the economic and social impacts of Woolworths' and Wesfarmers' dominant and very public positions in the retail marketplace.

Wesfarmers' current priorities are on the turnaround projects in former Coles Group businesses of Coles Food and Liquor, Kmart and Officeworks.

Woolworths is on the lookout for further acquisitions that will not irk the ACCC as well as expansion of its existing store networks, and is focused on the rollout of its new home improvement chain.

Effectively, Woolworths and Lowe's are aiming for an \$A3 billion plus business within five years. The chain is likely to impact more significantly on Mitre 10, Home Hardware, Retravision, Clive Peeters, Bing Lee and a large number of garden nurseries and building hardware suppliers.

The new home improvement venture is certain to ensure Woolworths remains Australia's biggest retailer for the foreseeable future and, in all probability, increasing the gap to the Wesfarmers retail portfolio unless that company makes a significant new acquisition.

***Metcash Limited, that supplies independent supermarkets including IGA, reported sales of \$11.5b in the year to 30 April 2010, making it the third largest retailer.**

Top 25 Retailers 2010			
		2010	2009
1	Woolworths food and liquor +	\$34.2b	\$32.81b
2	Coles food and liquor +	\$23.34b	\$22.51b
3	Harvey Norman	\$7.70b	\$7.53b
4	Bunnings Warehouse	\$6.24b	\$5.85b
5	Woolworths Big W	\$4.32b	\$4.27b
6	Kmart	\$3.98b	\$4.00b
7	Target	\$3.88b	\$3.78b
8	Myer	\$3.30b	\$3.25b
9	JB HI FI	\$2.47b	\$2.33b
10	Aldi *	\$2.43b	\$2.30b
11	David Jones	\$2.01b	\$1.9b
12	The Good Guys *	\$1.70b	\$1.53b
13	Dick Smith	\$1.59b	\$1.54b
14	Reece Plumbing	\$1.51b	\$1.51b
15	Officeworks	\$1.37b	\$1.31b
16	Chemist Warehouse Group #	\$1.30b	NA
17	Retail Adventures	\$1.00b	\$985m
18	Terry White Chemists *	\$1.00b	NA
19	Spotlight Group	\$979m	\$924m
20	Repc (Exego Group)	\$969m	\$947m
21	Supercheap Auto	\$889m	\$829m
22	Franklins	\$870m	\$850m
23	Just Group	\$849m	\$819m
24	Ritchie's IGA	\$820m	\$800m
25	Peregrine Corporation	\$820m	\$705m

* Excludes fuel sales
+ Industry estimates
Includes pharmacy, vitamin and cosmetic chains and internet

Sales for 2009 full financial year are published actual sales or estimated sales - Sales for 2010 are compiled on a moving annual turnover basis incorporating first half results for the current financial year

Like the late Jane McGrath, Pacific Products also believes in the importance of creating a supportive environment for people with breast cancer and like Jane, believe passionately that together with the McGrath Foundation the company can make a difference. That is why Pacific Products is proud to actively support the work of the McGrath Foundation with sponsorship of the range of products, as a means of contributing to these efforts.

Pacific Products has been in operation for more than 20 years, and is a fully owned and Australian Based company, marketing and distributing quality Personal Care, Cleaning, Household and Insecticide products both to major retailers and Commercial Distributors within the Pacific region.

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Air Fresheners: Bosisto's Eucalyptus Spray, Bosisto's Lavender Spray, Tonizone Air Fresheners, Orange Power - Orange, Lime & Lemon Myrtle, IGA Adore Air Fresheners

Bath & Shower Gels: Organic Care Shower Crème, Natures Organics SPA, Melrose Natures Herbs, Bathox Bath & Shower Gels - Lavender, Milk & Honey, Anti Stress, Arthritis, Tea Tree Oil and many more. Bathox Aromatherapy Bath & Shower Gels Honey & Chamomile. Kids Bubble Mate Bubble Bath, Sud Sational Bubble Bath, Angel Girl Body Wash Exfoliant Bead

Beans, Legumes & Seeds: Hoyt's Foods range, Sanitarium Lentils & Soup Mix, McKenzie's Soups - Lentils & Beans. JC's Quality Products

Baby Products: Herron Baby Gel

Bathroom Cleaners: Bosisto's Eucalyptus Oil, Bosisto's Eucalyptus Spray, Tonizone Shower Cleaner, Glitz, Scott's, IGA Gleen Window & Glass - Shower Cleaner, Green Choice Toilet, Bath & Shower Cleaner, Melrose Organic Eucalyptus Oil - Organic Tea Tree Oil, Orange Power Shower Bath & Tile Cleaner

Biscuits: Big Sister, Carman's, Dick Smith, Freedom Foods, Paradise, Kurrajong Kitchens - Original Lavosh Bites - Original Snacksize Lavosh - Lavosh Thins Caramelized Onion & Sea Salt - Rosemary & Sea Salt - Dhukkah - Wholemeal & Malted, Wheat Lavosh Bites - Poppy & Sesame Seed Bites - Cheese Lavosh Bites

Bread: Gold Coast Bakeries fresh Bread, Rolls, Artisan Bread, Tortillas baked 7 days fresh, Diego's Flour, Omega 3 DHA and Reduced Carb Wraps, Diego's White Corn Tortillas, Golden Hearth Bakery producer of Organic Wholegrain breads, Fruit loaves and Gluten Free products, La Famiglia, Homestyle Bakeries range of Bread, Rolls, Pocket & Specialty Breads, Drake Foodmarkets range of bread products, Foodland Bread,

Maypole Foods Crumpets, IGA Bellini Garlic & Herb Breads, Buttercup, Mollenberg, Helga's, Mighty Soft, Wonder White

Breakfast Cereals: Carman's Fruit Muesli - Natural Bircher Muesli - Original Fruit-Free Muesli - Premium Traditional Oats, Dick Smith Bush Foods, Freedom Foods, Golden Fields, Sanitarium Skippy Cornflakes, Granola Clusters, Honey Weets, Light N Tasty, Weet-Bix Crunch, Weet-Bix, Weet-Bix Fruity, Weet-Bix Hi-Bran, Weet-Bix Kids, Weet-Bix Multi-grain, Weet-Bix Organics, Sanitarium Up n Go, Up n Go Energize, Sanitarium Muesli, Sunsol, Merriram, Foodland, McKenzie's Natural Bran, IGA Cocoa Orbits Gluten Free, Nuts In Paradise

Butter & Margarine: Meadow Lea, Logicol, Gold 'n Canola, ETA, Olive Grove, Allowrie, Bega, Devondale, Dairy Soft, Sunbeam, Smart Balance Cholesterol Reducing Spread, Smart Balance Olive Cholesterol Reducing Spread, Tablelands, Vitalite Canola, Golden Bounty, Golden Pastures, Harvest Award, Devondale, Foodland Butter, Warrnambool Butter, IGA Country Grove Butter, Olive Gold, Miracle, Melrose OmegaCare spreads

Bottle Water: Nippy's Spring Water, Nuqua Traditional Spring Water, Mountain Ridge Natural Spring Water, Vaqua, Aqua Pura, Frantelle, Drake Crystal Pure Water, Drake Spring Water, Foodland Spring Water, IGA Evita Spring Water, Aqua Fresh Water, Nuts In Paradise

Bread Mixes & Flour: White Wings, Defiance Flour & Bread Mix, Laucke Flour, Laucke Wallaby Flour, Lighthouse Plain & Self Raising Flour, Lighthouse Flour - Bread & Pizza - Lighthouse Cake & Sponge - Biscuit & Pastry - Pasta & Noodle, Lighthouse Bread Mix - Crusty Vienna - Wholemeal - Ancient Grain - Light Rye, Lion Flour, McKenzie's Rice Flour - Ground Rice - Arrowroot, IGA Bakers Best Flour

Baking Needs: Aunty Kath's Cookie Dough, Buderim Ginger, CSR Caster Sugar - Brown - Dark Brown - Golden Syrup - Treacle - Pure Icing Sugar - Soft Icing Mixture - Rich Chocolate Icing Mixture - Jam Setting Sugar, Sunny Cane Icing Mixture, Snowflake Icing Sugar, Anchor Semolina - Coconut - Baking Powder - Imitation Vanilla Essence, Anchor Breadcrumbs, Lion Pastry Mix, Fowlers Vacola, J C's Fruit & Nut Products, Hoyt's Vanilla Sugar - Essences, Sanitarium range including Oat Bran, Rolled Oats, Sultanas, Raisins, Dried Apricots and Nuts, Pampas Pastry, Mountain Valley Maple Flavoured

Syrup, Ward's Gelatine - Baking Powder - Icing Sugar, McKenzie's Cream of Tartar - Coconut - Bi Carb - Citric Acid - Tartaric Acid, McKenzie's Party Bits, IGA Minute Oats, Hole-Sum Nuts and Dried Fruits, Melrose Golden Flaxmeal - Organic Omega-3 flax seed, Nuts In Paradise

Coffee: Grinders Coffee

Car Care: Star Shine Car Wash, Star Shine Car Polish, Black & Gold Engine Coolant

Cake Mixes: White Wings Cake Mix, Lion Scone Mix - Biscuit Base, Lion Cake Mixes, Laucke CWA Scone Mix, Aunty Kath's Cookie Dough

Cakes & Puddings: Big Sister Fruit Cakes and Puddings, Fowlers Vacola, George & Simpson, Nanna's, McKenzie's Puddings, Homestyle Bakery, VIII's Cakes, Foodland Cake Range, White Wings, Maypole Foods, Noble Cakes, IGA Range of Cakes - Muffins - Slices, IGA Bake House, Drake Foodmarkets range of Doughnuts, Cakes, Mince Pies, Hot X Buns

Canned Fruits & Vegetables: Cowra Gold, Windsor Farm Sliced Mushrooms - Petite Potatoes - Asparagus Creations - Mushy Peas, Foodland Range of Canned Fruit & Vegetables, Ardmona Rich and Thick Tomatoes, SPC Baked Beans and Spaghefetti, Goulburn Valley Fruit, SPC Fruit, Ardmona Fruit, IGA Signature Pineapple - Beetroot

Cheese: Dick Smith Cream Cheese Spread, Australian Farmers, Caboolture, Bega, Devondale Block - Sliced - Cream Cheese, Pantalica, Foodland, Gippsland, Warrnambool Cheese, Great Ocean Road Cheese, IGA Country Grove, IGA Country Ridge, Paris Creek Cheese P/L

Cottage Cheese: Bulla, Blue Cow

Chocolates / Confectionery: Buderim Ginger, Sweet House, Go Natural, Sun Fruits, JC's Quality Fruit - Nut - Chocolate Products, The Jolly Lolly Company, Hilliers, Newman's, Coffler, Drake Foodmarkets Party Mix, Ballantyne, IGA Fun Confectionery range, Black & Gold, Nuts In Paradise

Chicken & Turkey: Drake Foodmarkets Turkey Breast, Foodland, Ingham

Chicken & Turkey Value Added Products: Foodland, IGA Miranda Chicken Kiev - Schnitzel - Spicy Wingette - Sweet Chilli Strips, IGA Chicken Nuggets



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Cooking Oils: Crisco, Chefol, ETA, Dick Smith, Golden Fields, Sanitarium Macadamia Nut Oil, Sunshine, Foodland range of Cooking Oils, Melrose Kitchen Oils

Cooking Oil – Olive: Olive Grove, Dandaragan Select - Fruity - Robust - Delicate

Cooking Sprays: Crisco Cooking Sprays, Pro Chef, IGA Homestead

Condiments & Sauces: Beerenberg - Terriaki Grill - Plum & Shiraz - Chilli Sauce and many other, Buderim Ginger, ETA BBQ Sauce, Cornwells Sauces - Vinegars, Three Threes, Outback Spirit Sauces - Mustards & Relish, Anchor Vinegars - White - White Malt - Spiced Malt, Praise, Holbrooks Sauce, Taylors, Jensen's Choice, Spring Gully Worcestershire Sauce - Chilli sauce, Melrose Australian Tahini - Organic Mayonnaise - Dijonnaise - Worcestershire Sauce - Balsamic vinegar, Melrose Nut Spreads

Cordial: Plain & Diet - Buderim Ginger, Bickford's, Sunshine, Ultra C, Foodland, IGA Cordial - Flavours, IGA Way of Life Cordial, Anchor Treehouse Cordial

Cream: Bulla Cream - Sour Cream, Jalna Reduced Sour Cream, Foodland, Devondale Fresh - UHT - Light Sour Cream, IGA Country Grove Cream, B-d. Farm Paris Creek

Desserts: White Wings, Nanna's, Creative Gourmet Fruit, Big Sister, Lion Sago - Custard Powder, Tom Piper, McKenzie's Seed Tapioca, Maypole Foods, Noble Cakes, Whittings Cakes & Puddings

Deodorant: Australis Body Sprays, Evoke Body Sprays, Body Choice Aluminium - Free Deodorant, Cedel, Eden Organics

Dairy & Traditional Dips: Jensen's Organic Salsa Dips, Copper Pot, Chris's Greek Dips - Traditional Homestyle - Chunky Dips - Lite & Fresh, Poseidon Black Swan, Foodland, Tasmanian Pate, IGA Caville Dairy Dips

Dried Fruit / Nuts: Angus Park, Hole-sum Nuts & Dried Fruits, Mildura, Sunbeam, Verity - Dessert Maid - JCG - Excello Prune Products and Dried Fruit, Big Sister Cherries, J C 's Quality Dried Fruit- Nut - Seed Products, Drakes Aussie Salted Peanuts - Pistachio - Macadamias - Almonds, Sanitarium comprehensive range of Dried Fruit & Nuts, McKenzie's Coconut, Eltham Valley Pecans, IGA Fruit & Nut Mix, IGA Fun Sultanas - Fruit Packs, IGA Maple Grove Mixed Fruit

- Sultanas, IGA Nuts Mixed -Peanuts - Fruit & Nut Mix, IGA Fun Sultanas - Fruit Packs, IGA Maple Grove Mixed Fruit - Sultanas, Buderim Ginger, Neighbours + Growers, Nuts In Paradise

Dishwashing Liquid: Blast, Earth's Choice, Natures Organics, Now, Scott's, True Blue, So Gentle, Green Choice, IGA Swift, Hygiene Household Dishwashing Liquid

Eggs: Drake Foodmarkets Plain & Free Range, Foodland, IGA Eggs

Entertaining Friends: Kurrajong Kitchens - Original Lavosh Bites - Original Snacksize Lavosh - Lavosh Thins Caramelized Onion & Sea Salt - Rosemary & Sea Salt - Dhukkah - Wholemeal & Malted Wheat Lavosh Bites - Poppy & Sesame Seed Bites - Cheese Lavosh Bites

Feminine Hygiene: Femisil

Gargle: Anti Plaq, Oral Care Tartar Control - Mint Fresh - Super Strength - Complete Protection Mouthwash

Frozen Fruit & Dessert Products: Arriba Frozen Burritos, White Wings, Pampas, Creative Gourmet Fruit

Fruit Juices: Nippy's Fresh Fruit Juices, Nippy's Long Life Fruit Juices, Gourmet Farm Prune Juice, Pure & Natural, Drake Foodmarkets, Foodland Fruit Drink - Fruit Juice & Long Life Juice, Bickfords, Ward's Fruit Saline, IGA Fruit Juice Drink

Juice - Lemon or Lime: Sunshine Lemon Juice - Lime Juice, Nippys Frozen 100% Lemon Juice, Nippys Frozen 100% Lime Juice

Gravy & Stock: Massel, White Wings

Herbs & Spices: Hoyt's Herbs and Spices, Windsor Farm Chicken Salt - Bacon Blast Sprinkles - Salt & Vinegar Sprinkles, Hi Qual Chicken Salt, McKenzie's Herbs & Spices - Curry - Grinders and Shakers, Ward's, Spencers Herbs & Spices, Jensen's Choice, Saucesetta, Clive of India, Anchor Chicken Salt, Heath-Rite Veggie Salt

Herbs & Spices Crushed: Variety Dash - Crushed Ginger - Crushed Garlic, Jensen's Choice Organic Ginger - Garlic - Chilli, McKenzies Herbs & Spices - Curry -Grinders & Shakers, Wards

Hair Care including Shampoo & Conditioner: Organic Care, Fruits, Turning Point, Inprofile

Iced Gel - Coloured Gel - Hair Styling Shaper, Monique Hair Spray, Eden Organics, IGA Kids Shampoo & Conditioner, IGA Vita Shine Shampoo & Conditioner, Melrose Natures Herbs, Melrose Botanicals, Melrose Hemp Shampoo

Health Bars: Carman's Classic Fruit Muesli Bars - Original Fruit-Free Muesli Bars - Apricot and Almond Muesli Bars, Sunripe, IGA Active Start Muesli Bars & Fruit Bars, IGA Way of Life Fruit & Nut Bars, IGA Signature, Black & Gold

Gluten Free: Golden Hearth Bakery producer of Gluten Free Breads, Rolls, Focaccia, Garlic Bread, Pizza and Muffins. Aunty Kath's Cookie Dough, Carman's Deluxe Fruit Muesli, Thomas Chipman Corn and Potato Chips, Hole-Sum Corn and Potato Chips, Mexicana Corn Chips, Jalna Yoghourt Range, White Wings Gluten Free Flour, McKenzie Italian Style Soup Mix - Bi Carb - Ground Rice - Rice Flour - Baking Powder, IGA Cocoa Orbits, Buderim Ginger, Laucke Easy Bakers Gluten Free Bread Mix range, CSR Pure Icing Sugar - Soft Icing Mixture - Rich Chocolate Icing Mixture, Patties Gluten Free Range, Many Spring Gully products, Melrose products are Gluten free, Nuts In Paradise, Nature's Blend OmegaHoney -OmegaSmart Omega Peanut Butter -LiteSmart Peanut Butter Crunchy - LiteSmart Peanut Butter Smooth

Handwashes: Bathox Handwashes

Health / Personal Care: Bosisto's Tea Tree Oil - Tea Tree Spray - Lavender Oil -Eucalyptus Oil, Euky Bear Steam Vaporiser, Melrose Organic Eucalyptus Oil, Melrose Organic Tea Tree oil

Health Foods: Carman's Muesli, Soyco Tofu - Plain - Pre-cooked - Marinated, Nutrisoy Tofu - Tempeh - Deserts - Prepared Meals, Sunsol, Thomas Chipman Corn & Potato Chips, Hole-Sum Corn and Potato Chips, Hole-Sum Nuts and Dried Fruits, J C's Quality Fruit - Nut - Seed Products, Mexicana Corn Chips, Sanitarium Vitality Blend Range, Sanitarium Dried Fruit, Nuts and Seeds range, Sanitarium Muesli range, Eltham Valley Pecans, Laucke WaferGrains with Bio-Fort Selenium, Melrose Nut Spreads - Flaxseed Oil, Nuts In Paradise, Nature's Blend OmegaHoney - OmegaSmart Omega Peanut Butter - LiteSmart Peanut Butter Crunchy - Smooth

Home Brewers Kits & Accessories: Coopers

Honey: Beerenberg, Beechworth Honey, R Stephens Tasmanian Honey - Golden Bee - Golden Nectar - Real Leatherwood



Honey, Capilano, Barnes, Allowrie, Heather, Smith's, Bee Vital, Leabrook Farm, Sanitarium, Wescobee, Superbee, Foodland Blue Gum, Blue Hills Honey, IGA Buzz Bee Honey, Nature's Blend OmegaHoney

Household Chemicals: Gelimac Bore Stain Remover, White Knight, Oomph Degreaser - Glue Remover, Pascoes Janitorial Cleaning Chemicals, Mechanix Caustic Soda - Distilled Water - Coolant, Orange Power Sticky Spot & Goo Dissolver, Hillmark BBQ Stainless Steel Cleaner & Protector - BBQ Enamel & Steel Cleaner - BBQ Grill & Hotplate Grease & Fat Remover, Harpers Borax, IGA Gleen BBQ & Oven Cleaner, IGA Gleen Carpet Stain Cleaner, Solvit Citrus Clean, Grime Goblin, Tuff Degreaser Cleaner

Household General: Hillmark SteelPower - ScalexPlus - ExpressoKleen - Cooktop Scraper - Cerapol - Ceraseal - Rangehood - FilterKleen - Stainless Steel BBQKleen - Oven & BBQ Kleen - Selleys Rapid Mould Killer - Oven Plus Heavy Duty Gel - Oven Clean - Sugar Soap, Sugar Soap Disinfectant for Floors - Leather Clean - BBQ Tough Clean - BBQ Exterior Clean & Shine- BBQ Area & Furniture - Stone Benchtop Clean - Absorb It, Super Cloth - Super Cloth Twin Pack - Wash Up Wiz - Grout Stain Whitener, Earth Choice Floor - Surface Cleaner - Toilet Cleaner - Cream Cleanser, Hygiene Household Disinfectant, Orange Power Spray & Mop Floor Cleaner

Household Spray Cleaners: Orange Power Furniture Polish & Restorer, Tonizone Furniture Polish Spray & Trigger - Stainless Steel Polish - Chewing Gum Remover - Surface Spray Disinfectant, McLintocks Vanilla Fridge Wipe, Orange Power - Shower - Carpet - Floor & Multi-Purpose, Hillmark SteelKleen, Glitz, Scotts, Selleys Super Kleen, Oomph, Tonizone Shower Cleaner, Tonizone Carnauba Wax Furniture Polish, IGA Gleen Window & Glass - Shower Cleaner - Mould Killer - Kitchen Cleaner - Cream Cleanser, Earth Choice Multi-purpose - Shower Cleaner - Window Cleaner, Bosisto's Eucalyptus Spray

Household Wipes: Hillmark SteelKleen EziWipes, IGA Gleen Wipes, Selleys BBQ Tough Wipes

Ice Cream: Bulla Ice Cream, Dairy Bell Ice Cream, Golden North, Gelati Italia, Bulla Frozen Yogurt, Sanitarium So Good Soy Ice Cream, Foodland Ice Cream, Drake Foodmarkets

Ice Cream Toppings: Buderim Ginger,

McKenzies Traditional Toppings.

Iced Confections: Icy Fruit Sticks, Juicy Fruit Sticks, Skybomber, Snowboy.

Insecticides & Candles: Hovex, Tonizone POW Fly & Insect Spray, Tonizone POW

Personal Insect Repellent: IGA Fatal Insect Spray.

Jam: Buderim Ginger, Beerenberg, Jamsetta, Young Maid, Prue Sobers, IXL range of Jams & Spreads, Outback Spirit Spreads.

Laundry: Aware Eco and Aware Sensitive Powders, Aware 4X Laundry Liquids, Blu, Euca Laundry Powder, Tonizone Pre-Wash Sprays - Liquid Laundry Starch - Ironing Spray - Spray Starch, So Gentle Laundry Liquid - Fabric Softener - Wool Wash, IGA Swift Ironing Spray - Laundry Liquid - Laundry & Nappy Soaker - Laundry Powder - Multi-Purpose Stain Remover - Prewash - Rinse Aid, IGA Adore Fabric Softener - Wool Wash, Tonizone Shower Cleaner, IGA Gleen Window & Glass - Shower Cleaner - Mould Killer - Kitchen Cleaner - Cream Cleanser, Silver Star Starch, White Tulip, Bosisto's EucoFresh Laundry Powder - Prewash Stain Remover - Allergen Laundry Liquid - Dust Mite Wash. Long Life Fabric Care, Earth Choice Laundry Powders - Wool Wash - Fabric Softener, Activ 750ml concentrate, Hillmark ScalexPlus

Meal Starters or Bases: The Curry Makers

Meat Pies, Pasties & Sausage Rolls: Patties Pies, Four 'N Twenty, Herbert Adams, Villi's Range of Pies, Pasties, Sausage Rolls, Homestyle Bakeries, Foodland, Maypole Foods Pies, Pasties, Sausage Rolls, Party Pies, IGA Party Pies - Sausage Rolls - Pies.

Mexican Foods: Byron Bay Chilli Corn Chips & Salsa, Mexicana Corn Chips, Diego's range of Authentic Mexican Style Tortillas.

Milk: Liddell's Lactose Free, Dutch Jug, Diploma, Drake Full Cream & Reduced Fat Milk, Foodland, Devondale Sungold Milk - Fresh, Low Fat, No Fat, Lite One, O Frothy One, IGA Country Grove, B-d. Farm Paris Creek

Milk Shake Mixes / Milk Powders: Aktavite, Dick Smith OzeChoc, Devondale Skim Milk, Bickfords, Saunders Malt Extract, IGA Skim Milk r.

Milk Drinks: Nippy's Flavoured Milk,

Sanitarium Up n Go, FM Flavoured Milk, Great Ocean Road Premium Flavoured Milk, Sungold Soy Drink

Mouthwashes: Eden Organics, Germaseptic, Chloromint, Chloroseptic, Breath Pearls, Anti Plaq, Oral Care

Organic: Golden Hearth Bakery Organic certified Bread, Thomas Chipman Corn and Potato Chips, Mexicana Corn Chips, Jarna Bio Dynamic Yoghourt Range, Sanitarium Organic Dried Fruit & Nut range, B-d. Farm Paris Creek, Jensen's Choice Pasta Sauces - Salsa Dips, Sanitarium Weetbix Organic, Melrose - Flaxseed, Kitchen Oils - True Blue Teatree Oil - Worcestershire Sauce - Balsamic vinegar

Paper Products: IGA Gleen Paper Towels, IGA Toilet Tissue, IGA Facial Tissues, IGA Eden Toilet, Safe - Bouquets - Encore Toilet Tissue, Facial Tissue and Paper Towels

Pizza: Maypole Foods, IGA Bellini Pizza, IGA Bellini Pizza Bases

Pain Relievers: Herron Paracetamol, Herron Blue - Ibuprofen, OsteoEze - Glucosamine, Paralgin Paracetamol

Pet Food & Accessories: Nature's Gift Australia canned dog food, Nature's Gift Australia dry dog food, Nature's Gift Australia dog treats, Ecopet, Pet Munchies, IGA Degree Dog Food - Canned - Dried - Treats, IGA Degree Cat Food - Canned - Dried - Treats, IGA Cat Litter, IGA Bird Mix The Show 'em How Much You Love 'em Company Melrose Omega Pet, Our Dog Shampoo & Conditioner, Our Dog Spray

Pest Control: Talon Pellets - Wax Blocks

Pickled Vegetables: Three Threes Beerenberg, Aristocrat range of Mustard Pickles - Chutney - Pickled Vegetables, Rosella Mustard Pickles & Fruit Chutney, Spring Gully Range, Gardener, Old Country Onions - Mustard Pickles, Pickle King, Blue Banner Pickled Onions, Sandhurst Foods, Foodland Condiment Range, Anchor Onions & Gherkins, Hoyt's range of Pickled Vegetables including Olives - Sun Dried Tomatoes, - Gherkins - Pickled Onions, IGA Homestead Pickled Onions - Mustard Pickle - Gherkins

Pasta / Sauces: Kookaburra Pasta, Rinoldi Pasta, Taings Noodles, Taings Rice Lasagne Sheets, Nanda, Vetta, Tan Remo range of fresh pasta and pasta sauces, Zafarelli,

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Fantastic Noodles, Byron Bay Chilli, Beerenberg, Orgran, Jensen's Choice Pasta Sauces, IGA Bellini Pasta - Pasta with Sauce - Pasta Sauces, IGA Pasta Sauces, Stromboli Pasta Sauces, Taylors Marinades & Sauces, Jensens Organic Pasta Sauces, Drake Foodmarkets range

Prepared Meals: Crafty Chef, Foodland, Sanitarium, Sunrice, Homai Finger Food, Hong Kong Gold & Chef, Marathon Dim Sims - Hamburgers - Mini Bites - Spring Rolls - Puffy Dogs range, Uncle Harry's Natraburgers

Personal Wipes: Pure & Soft Facial Wipes

Peanut Butter: Dick Smith, Sanitarium Health Foods, Foodland, IGA., Nature's Blend OmegaSmart Omega Peanut Butter - LifeSmart Peanut Butter Crunchy - Smooth

Rice Products: Taings Rice Lasagne Sheets, J C's Quality Products - Rice Crackers, Yummy Snack Foods - Rice Crackers, McKenzie's Rice flour - Ground Rice, Tom Piper Rice Cream, Parsons Rice Cream, IGA Salero Rice Crackers, SunRice

Salad Products: Harvest Fresh, Maypole Foods

Salad Dressings: Outback Spirit, Beerenberg - Blue cheese - Caesar, Ranch - Lemon & Herb dressing

Salt: G Fresh range, McKenzie's Salt, Health-Rite Veggie Salt - Sea Salt - No-Salt

Seafood Products: Aquatas Smoked Salmon, Tassal Pure Tasmania, Tasmanian Smokehouse, Sandy Bay Seafood Crumbed Calamari - Crumbed Whitting

Snack Foods: Hole-sum Corn and Potato Chips, J C's Quality Products - Fruit - Nuts - Rice Crackers, Hole-Sum Nuts and Dried Fruits, Sunripe School Straps - Go Fruits - Fruit & Crumble, Windsor Farm Fruit Straps - Go Fruits - Fruit & Crumble, Byron Bay Chilli Corn Chips & Salsa, Sanitarium Vitality Blend range - Mini Delights, Go Natural, Mexicana Corn Chips, Mexicana Concho's, Drake Aussie Salted Peanuts, Hoyt's Popping Corn, Thomas Chipman Corn - Potato - Beetroot Chips, Ward's Popping Corn, IGA Way of Life Chips 'No Salt', IGA Vibes Thin Cut Chips, IGA Snack a Pack Pop Corn, Nuts In Paradise., Kurrajong Kitchens - Original Lavosh Bites - Original Snacksize Lavosh - Lavosh Thins Caramelized Onion & Sea Salt - Rosemary & Sea Salt - Dhukkah - Wholemeal & Malted Wheat Lavosh Bites - Poppy & Sesame Seed

Bites - Cheese Lavosh Bites

Smallgoods: Farmers Selection, Gerns Continental Smallgoods, Foodland, Primo Smallgoods, Black & Gold Leg Ham, IGA Deli Gourmet - Leg Ham - Roast Beef - Roast Chicken - Frankfurts - Cocktail, Gerns Continental Smallgoods, Foodland

Soap: Derasoft, Eden Organics, IGA Adore Soap - Handwash, Melrose Organic Castile Soap

Soup: McKenzie's Soup Ingredients - Starters, Rosella, Mrs Crocketts fresh soups, Foodland range

Soy Products: Sanitarium So Good Milk & Iced Cream, Sanitarium Organics Milk, Sanitarium Flavoured Soy Milks, So Natural, Australia's Own, Vita Life, Sanitarium Veggie Delights, Soyco Tofu - Plain - Pre - cooked - Marinated, Nutrisoy Tofu - Tempeh - deserts - prepared meals, IGA Country Grove Soy Milk, Nuts In Paradise

Soft Drinks: Buderim Ginger, Saxby's Nippy's Ginger Beer, Nippy's Sparkling Mineral Waters - Fruit Flavours, Bundaberg Drinks range, P & N Classic Hits, L A Ice Cola, Foodland, Bickfords, Espirit, Applemaid Sparkling, IGA Softdrinks - Cans & Bottles

Sports Drinks: Staminade, Upper E, Raw Energy, Ward's Fruit Saline

Spreads: Dick Smith, Sanitarium Peanut Butter, Mighty Mite, Temptation Choc Duo, Temptation Fairy Dust, CSR Golden Syrup - Golden Syrup Squeeze - Treacle, Sunny Cane Golden Syrup, Freedom Foods, Devondale, Mountain Valley Maple Flavoured Syrup, Buderim Ginger, Leabrook Farm Honey spread, Naturals by Melrose Nut Spreads

Sugar: CSR White - Raw - Caster - Raw Caster - Brown - Dark Brown - Jam Setting - Demerara - Coffee Sugar Crystals - Sugar Cubes - Brewing Sugar - SMART - Sugar Australia Graded White, Sunny Cane Icing Mixture - Pure Icing Sugar, Foodland, IGA Maple Grove Sugar - Caster Sugar

Sweetener: Sugarless - Sachets, Liquid and Tablets, CSR SMART.

Salad Dressing: Praise, Cowra Gold Salad Dressings, Anchor Varietal Red, White & Balsamic Vinegars, Cornwells Vinegars, IGA Homestead Salad Dressing, Taylors Salad Dressings

Skin Care: Natures Organics Natural Skincare, Eden Organics, Bosisto's Tea Tree Oil -Tea Tree Spray

Sun Care: Key Sun Suncare - Zinc, Sports Zinc, Cancer Council, Le Tan, Great Bloc

Tea: Madura Tea Estates - Premium Blend - English Breakfast - Earl Grey - Pure Assam - Green Tea - Green Tea with Jasmine - Green Tea with Papaya Leaf - Green Tea with Lemon - Green Tea with Mint - Camomile Calmer - Peppermint Cooler, Daintree Tea, Planet Organic Tea, Foodland, Espirit Iced Tea, IGA Tea Bags, IGA Court Yard Tea Bags

Tissues: ABC Tissue, Pockets, Safe, Bouquets, Elite, Puresoft, Softesse, IGA Facial Tissues, IGA Eden Toilet Tissue

Toilet Tissue: Autumn Soft, Safe - Bouquets - Encore Toilet Tissue, Bouquets for Kids, Earthwise, Elite, Naturale, Quilton, Softly, IGA Gleen Paper Towels, IGA Toilet Tissue, IGA Facial Tissues, IGA Eden Toilet Tissue

Tomato & BBQ Sauce: Coopers Ale BBQ Sauce, ETA BBQ, Beerenberg Tomato Sauce, Freedom Foods, Foodland, Rosella, Byron Bay Chilli's Jack Thompson BBQ Sauce, Spring Gully Homestyle sauce

Toothbrushes & Toothpaste: Cedel, Eden Organics, Wisdom Toothbrushes, 5 Star and Value, Little Miss and Mr Men

Vitamins & Supplements: Herron Vita-Mini's, Herron, Herron Osteoeze, Blackmores, Completely Natural Herbal Medicine Range, Dr Macleod's Formula, Cottage Vitamins range, Melrose Omega 18/12 Fish Oil - Vegetarian Glucosamine - Vitamin C powders, Melrose Clean Green supplements, Nature's Blend OmegaSmart Omega Peanut Butter - OmegaHoney

Yoghurt: Attiki, Bulla, B-d Farm Paris Creek, Chris's Greek Style Yogurt, Jalna Natural Yoghurt - BioDynamic - Flavoured - Vitalize, Margaret River

Yoghurt - Drinking: Bulla Drinking Yogurt, Jalna Yoghurt On The Go, Jalna Vitalize

A - Z Health Care Brands: Senna Tabs, Goanna Heat Rubs, Cottons, Eucanol, Dick Smith Eucalyptus Throat Lozenges and Chest Rub, Bosisto's, McKenzie's Saline, Completely Natural Herbal Medicine Range, Key Sun Lipguard, Bosisto's Sugar-free Medicated Lozenges, Melrose Olbas Oil

Chains continue push to crush independents

Report says new retail development will damage Warburton highway communities.

An independent consultant has slammed a huge new supermarket development proposed for the tiny community of Seville in the Dandenong Ranges.

The report by MacroPlan Australia says a new retail development proposed by Lascorp will damage the "string of pearls", or series of self-sufficient villages (including Wandin, Seville, Woori Yallock, Yarra Junction and Warburton) that currently give the Warburton highway its character and charm.

The report also says the new supermarket will increase car pollution, take away local jobs and reduce income to local food producers stocked by the current IGA supermarket.

Seville IGA supermarket owner Barry

Entwistle last year completed a \$5 million expansion to cater for the community, and his investment will be in ruins if the new supermarket is approved.

The third generation owner says, "There simply isn't enough room for two supermarkets in a community of some 2000 households which has hardly grown in 25 years."

The report says the demand for retail space hasn't grown, and the population is forecast to reduce along the highway, so a new retail development was not warranted. Government figures show the population along the Warburton Highway has hardly grown in 25 years and is forecast to fall over the next 15 years.

The Lascorp proposal includes a chain supermarket with 17 additional retail shops, a car park, a service station and a medical centre. It would double the size of existing



Seville retail space and be larger than supermarket based centres in more populous nearby suburbs.

The report also criticised the sustainability of the new supermarket development because chain supermarkets stock less local produce, require a larger catchment area meaning customers drive further, and have inferior energy saving policies.

It concludes that many stores along the Warburton Highway will be forced to close after an artificial regional shopping centre is created at Seville.

For further details, go to www.saveseville.com.au



Something unique from Beerenberg

Introducing new Worcestershire Chutney. Hand-made entirely on our farm in the Adelaide Hills, gluten-free and vegetarian, the flavour is truly wonderful.

We have taken the classic Worcestershire sauce and created a rich and spicy chutney that is perfect to dollop on your steak sandwich, or to enjoy with your Sunday morning big breakfast.

We don't know of any other Worcestershire Chutney in Australian supermarkets. This is something unique - and definitely won't drip from your sandwich like your average Worcestershire sauce!

Available in all good independent supermarkets, Woolworths nationally and Coles in SA.



About Beerenberg

Beerenberg farm dates back to 1839, when the Paech family settled at Hahndorf three years after the state of South Australia was proclaimed.

The Paechs settled at a property at Paechtown, near Hahndorf. Six generations of the Paech family have lived and worked on this farm, now known as Beerenberg. In the early 1970s, Grant Paech made the first batch of strawberry jam on his kitchen stove. Now Beerenberg produces more than 50 home-style products using the freshest farm produce, exporting to 24 countries. The range includes jams, marmalades, chutneys, sauces and marinades, pickles, dressings, dessert toppings and olive oil.

Beerenberg Pty Ltd is owned and managed by Grant and Carol Paech, the founders, with their three children, Anthony, Robert and Sally.

www.beerenberg.com.au



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While our competition is moving manufacturing overseas and taking away Australian jobs, Dick Smith's products are manufactured in Australia from local ingredients, keeping Australians employed, paying Australian taxes and with profits staying locally, which are reinvested in Australia's future. You'll love the taste and you'll be supporting Australian farms and jobs.

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Matthew Flinders takes flight 200 years later



Epsilon Research is selling a magnificent coffee table book "If Matthew Flinders had Wings" to raise \$1 million for Alzheimer's Research.

The 280-page book is the culmination of two circumnavigations of Australia by prominent businessman Richard Buxton – by air and sea - that retraces the steps of cartographer Matthew Flinders.

Flinders was the first man to map Australia's entire coastline (1801-1803), and he is credited with naming the continent. The book follows in his wake as closely as possible and documents a land substantially unchanged from his journey more than 200 years ago.

Buxton adopted the Alzheimer's cause when he saw the impact it had on his own family and on elderly Australians living in his luxury retirement chain Rylands.

"When I saw the devastating effects of Alzheimer's on my mother and our most senior citizens I decided to dedicate myself to raising funds for dementia research," Buxton said.

It can be ordered at www.epsilonresearch.com.au or call 03 9644 7000.

Facts about dementia:

234,640 people have dementia in Australia, with the number expected to be 731,030 by 2050 unless there is a medical breakthrough.

There are over 1,100 new cases of dementia every week in Australia.

Over one million Australians are involved in caring for a family member or friend with dementia.

By 2016 dementia will be the largest cause of disability burden in Australia.

For more information, advice and support contact Alzheimer's Australia Vic via the National Dementia Helpline on 1800 100 500 or www.alzheimers.org.au

contains magnesium*

★ Studies have shown that Magnesium helps recovery from muscle cramping

staminade

AUSTRALIA'S BEST SPORTS FUEL

Editorial

By Grant Müller

Welcome to the new and updated FightBack.

Regular readers may be surprised by the new look of this publication that I hope will attract a raft of new readers to our cause.

As the new owner of FightBack, I promise to continue to bring you the truth about what is happening to Australian business, by exposing the dominance of Coles and Woolworths in our daily lives, and the effects the loss of Australian owned and made products are having on our economy.

I will also continue to support good government policy and expose policy that will hurt our national interest.

For 11 years Mike Rogers fought to expose the effects of the multi-nationals that are taking increasingly more businesses from Australian ownership - much of it never to return - and the devastating loss of jobs and investment that result.

I would like to thank Mike for his tireless commitment to building the platform for us to go forward into the next decade.

The new look FightBack will maintain the Australian Owned Brands Guide in the centre, as it is one of the few free resources available to shoppers who want to buy Australian owned and made products.

The guide will be supplemented by a new and expanded website that will allow readers to download the latest edition of the publication if they miss a copy in their local IGA supermarket.

It will also have a searchable database of goods that producers and shoppers can feel free to update with new products to ensure the widest spread of information.

Dialogue is also critical and I encourage you to send in your stories about your experiences in Australia's free market economic experiment. Together we can build FightBack into a publication that will be a voice that will be heard in Canberra and beyond.

I urge you to tell your friends about FightBack and get them to subscribe via the internet if they don't have an IGA store handy - every person that signs up for a copy to be delivered via email is one more vote for the cause.

Together we can FightBack for Australia.

Publisher Details

FightBack
Managing Editor - Grant Müller
Suite 309/1 Princess St Kew 3101
Ph: 03 9855 1806
editor@fightbacknews.com.au
www.fightbacknews.com.au

Disclaimer: FightBack Newspapers and the enclosed Australian Owned Brands Guide are continually being researched and updated. Consumers are advised that they should always check the labels prior to purchase as "country of origin" can change without notice. Whilst every endeavour is made to make this newspaper and its enclosed shopping guide as accurate as possible at the date of publication, no responsibility will be taken for any omissions. The Australian Owned Brands Guide is a publication of Impact FightBack Pty Ltd, Suite 309/1 Princess St, Kew 3101. This publication or any part thereof may not be used, copied, or transmitted without the express permission of the editor. Copyright 2010.



J.C.
Quality Foods

Supplying quality foods for your local grocer.

PROUDLY SUPPORTING AUSSIE NUTS
FOR THE BEST NUTS, DRIED FRUIT, CONFECTIONERY
AND SNACK FOODS.

Green Issues

- Solar Panels

Converting your home to solar power is a great way to help the environment and reduce greenhouse gas emissions.

Installing solar panels is like having a mini power station on your roof that provides a clean and green way to generate electricity throughout your household, while reducing the cost of your energy bill.

Although solar power cannot generate electricity all of the time, it does have the capacity to generate electricity during peak demand hours when electricity is most expensive.

Since July 2009, more than 41,000 homes across Australia have installed solar photovoltaic (PV) panels. The panels, which are typically mounted on the side of your roof with the best sun exposure, capture the energy from the sun and convert this into zero emission electricity.

The system is connected to the main

electricity grid that powers your home, meaning:

- Any electricity that your system generates above what you use is fed back into the grid offsetting your power bills
- When you require more electricity than you are producing, your system imports it from the grid automatically
- You only pay for the electricity you use that is over and above what your solar energy system produces.

A range of schemes have been established to make solar paneling a cost effective method of providing electricity throughout your home.

The Federal Government has committed to the Renewable Energy Target (RET) to ensure 20 per cent of Australia's electricity supply comes from renewable energy sources, such as solar paneling, by 2020.

The RET scheme requires you to register your solar panel system where you receive 'solar credits'- a discount or payment to reimburse you for the system costs.

The credits only apply to the first 1.5kW of system capacity. So if your system is larger than 1.5kW, you will receive credits for every one megawatt hour of electricity generated by your solar PV system.

Numerous Australian states have introduced a feed-in tariff system in November 2009. The tariffs allow you to sell the energy you generate through your solar panels back to your power company.

Each state has its own rate per kilowatt of energy your solar system produces.

The tariffs reward you for using 'green' energy and are a great way to reduce your energy bill.



Vili invites you to 'Taste the Difference'
 Try one of my new products from the Vili's range...



Vili's
 Cocktail range of Pies, Pasties, Sausage Rolls and Quiche.

VILIS

SOUTH AUSTRALIAN BAKERY & SALES
 2-14 Manchester Street
 Mid East South SA 5031
 Enquiries (08) 8243711
 Fax (08) 8243716
 Email: info@vils.com.au

VICTORIAN BAKERY & SALES
 40 Chelmsford Street
 Williamstown North VIC 3089
 Enquiries (03) 8399711
 Fax (03) 8397793
 Email: info@vils.com.au

NEW SOUTH WALES BAKERY & SALES
 22 Sarnac Street
 Smithfield NSW 2158
 Enquiries (02) 9696298
 Fax (02) 9696294
 Email: info@vils.com.au

CAMBERRA SALES & DISTRIBUTION
 One B, 17 Ewington Street
 Melb ACT 2601
 Enquiries (02) 9996298
 Fax (02) 6257788

Vili has taken the traditional pie, pasty, and sausage roll and created a range of delicious hand made products with the crust of light flaky pastry, 100% Australian flour, and the freshest ingredients including vegetables especially grown for Vili's.

Although continental cakes and yeast products are still a very key part of their business, it's the pies that have taken place as their premium-selling product.

It is through 'innovation' of new flavours, drawn from Europe, Asia and Aussie's own 'Bush Tucker' and 'going to be different' that has set them apart from the rest.

Vili trains his own staff and is a hands on type of employer, and works alongside his workers. It is not a business, which can be run from an office.

He encourages pride in the business, and the employees are proud to be part of a successful team. Vili's Cocktail range of Pies, Pasties, and Sausage Rolls and Quiches are sought after across Australia. For many years the corporate and hospitality boxes at major stadiums have ordered Vili's hand made products for their guests.

Now you can purchase Vili's Cocktail range for that tasty 'Quick & Easy Meal' when friends drop in, or pack them in the kid's school lunches, they're great for supper during the footy replays too!

Available in a range of flavours, so when they ask say:
 'I buy Vili's you can Taste the Difference'.

Try a **Vili's?**
 or two!

Kid's Corner

AUSSIE ANIMALS Find-a-word

Knock Knock
Who's there!
B-4!
B-4 who?
B-4 I freeze to death, please
open this door!

Mr A: Hello Mr B. I have been
considering getting a dog.
Mr B: Really, Mr A what sort of
dog did you have in mind?
Mr A: A labrador is a beautiful
dog.
Mr B: Oooh, you must careful. A
lot of people that buy those dogs
go blind!

Knock Knock
Who's there!
Canoe!
Canoe who?
Canoe come out and play with
me?

k	u	o	o	k	k	m	h	s	k	p	o	t	b	e
o	a	g	a	r	r	u	b	a	k	o	o	k	i	i
a	e	n	a	n	n	a	o	g	d	u	o	s	l	o
l	i	i	g	t	y	c	h	o	r	d	m	h	b	p
a	p	d	s	a	n	p	w	s	p	a	a	e	y	g
s	g	m	g	c	r	o	c	o	d	i	l	e	r	p
r	a	m	u	s	s	o	p	l	a	t	y	p	u	s
n	m	o	c	a	s	s	o	w	a	r	y	y	s	u



- koala
- kangaroo
- platypus
- emu
- sheep
- crocodile
- possum
- magpie
- bilby
- cassowary
- dingo
- goanna
- hunter
- kookaburra
- shark



Following the reburial of 200 lost Australian soldiers in Fromelles last month here is a poem from a young Australian that sums up WWI.

Anzac Day Poem

By Martin Müller, 13
Kew, Melbourne

He's coming home a hero
Or not coming home at all
He's going with a duty
And standing brave and tall
He said his last goodbyes
As people raise their beers
Little does he know
These will be his last cheers
Hiding in a bunker
Shedding tears of dread
Listening to the gunfire
Just metres from his head
Through the dirt and fire
He could just make out a fellow
With a look of madness in his eye
His teeth awfully yellow
The man stared back at him



His eyes so still and wild
As he charged at him their bodies
touched
His scent so horribly vile
He pulled a knife and lunged at him
His movement swift as a hawk
As it plunged so deeply into his skin
Away and away the man walked
He knew it was the end
As Turkish men stepped over him
He knew this was his fate
And everything went dim
His body was lost under the fields
Buried deeply in dirt
His body still quietly weeping
The last teardrops on his shirt

FightBack welcomes poems or 100 word short stories. send to editor@fightbacknews.com.au

One-Way Street

A girl who was just learning to drive went down a one-way street in the wrong direction, but didn't break the law. How come?

Apples

A basket contains 5 apples. Do you know how to divide them among 5 kids so that each one has an apple and one apple stays in the basket?

Just in Time

What occurs once in every minute, twice in every moment, yet never in a thousand years?

Ball

How can you throw a ball as hard as you can and have it come back to you, even if it doesn't hit anything, there is nothing attached to it, and no one else catches or throws it?

Answers next issue!



Deliciously Refreshing

The 97% fat free treat made with fresh creamy yogurt and real fruit. In family sized tubs, on a stick or in a cup, Bulla Fruit'n Yogurt has something for everyone.

Bulla, proudly Australian made and owned.

CHRISTMAS CLUB

The IGA Christmas Club offers you an exciting and flexible way to save for Christmas! Unlike other Christmas hamper companies, you're not forced to choose from a limited range in a brochure. Instead you are able to choose from our entire range at any participating IGA store!



It's an easy and manageable way of saving and you'll be amazed how quickly the savings will mount up. The IGA Christmas Club gives you more choice and great value everyday!

Join the IGA Christmas Club today, its free and easy!

- Freedom and choice to spend your saved funds on anything from IGA – more choice, great value
- Opportunity to see the freshness, value and quality of the products before you buy
- Your saved funds can be used over a 12 month period – save for Christmas, Back to School or the family holiday – the food you want, when you want!

Don't let hamper companies hamper your Christmas choice – join today and have a stress free Christmas in 2010!

Pop in store or register online – Christmas has never been EASIER!

Community Chest DONATIONS

Over the past 7 years IGA Community Chest program has distributed \$42 million to local community groups, not-for-profit organisations, charities and other worthy causes.

This money has assisted over 7,000 worthwhile causes via your local IGA store.

When you purchase a product with the IGA Community Chest logo printed on the label a percentage is automatically credited to that store's IGA Community Chest account (some exclusions apply).

During IGA Community Chest catalogue promotion weeks, all products in the catalogue bearing the special IGA Community Chest logo contribute to the Chest.

Throughout the year, extra fundraising activities are conducted by stores and regions plus a variety of store and promotional activities that are communicated throughout the year.

If you would like to be a beneficiary, approach your local IGA store directly. Prepare a pitch and it may include;

- An overview of your organisation and/or the individual that you'd like supported

- What support are you looking for - monies, donations of goods, providing team jumpers, holding regular fundraising at the store, group registrations at the store, etc.

- How the donation will be used and your timing. Is there anything you can offer in return to IGA? Don't forget to include your contact details.

When is the best time to approach IGA Community Chest? Any time is a good time, as in most states IGA Community Chest beneficiary cheques are distributed throughout the year.

WIN PRIZES!



As the new owner of FightBack I am keen to understand who you are and what is important to you.

As publisher, I would like to know who is reading the publication so I know my audience better.

This will allow me to provide more inclusive articles and represent your interests to government, and also give FightBack a stronger and more effective voice.

On offer are five \$100 food vouchers to be spent at your local IGA store.

Each person can only enter once and you are free to provide anonymously.

Go to www.fightbacknews.com.au and follow the links.

Focus on Australians Dick Smith

How would you describe yourself as an Australian?

I have won the lottery of a lifetime by being born in Australia. I have been able to exploit the advantages of living in Australia. As an Australian, I have been given the freedom to say it how it is, to adventure around, start a business and do it well.

Which Australian do you admire most?

Sir Weary Dunlop was very inspirational. I also admire all of the Prime Ministers that have been in office during my time. We are lucky to have had PMs who are not corrupt and have led this country very well. Without such strong leadership, I don't think I would have been able to start my business ventures.

List three Australian products you have in your shopping basket each week:

Dick Smith Peanut Butter: I like to eat

company. I am also very proud of Dick Smith Foods.

Do you believe there should be tax advantages to buy Australian owned and made products?

I don't believe there should be tax advantages for Australian owned and made food. It will open our food industry to foreign investors who could take advantage of it and may prevent our products from being sold overseas.

What do you think of the increasing foreign ownership of Australian brands and businesses?

It will become catastrophic if more Australian businesses succumb to foreign ownership. The profits will be going overseas and it has huge implications for business in terms of capital gains. We risk 'renting-out' our food industry to foreign enterprise if we are not careful.

Should Woolworths and Coles be restricted in size?

People are becoming too fearful of the duopoly of Woolworths and Coles and must remember they are Australian companies. I think we should be more concerned with



most of the profits are not brought back to Australia. Businesses should only put Australian made and owned claims on products if it is true.

If you could change one thing about Australia's food industry, what would you change first?

The government should invest more into the marketing of Australian made and owned products. The difficulty is that politicians do not want to offend multinational companies. I think it is too difficult to create and

As consumers, we must take action and be responsible for our own purchases and buy Australian made and owned products whenever we can.

it from the jar with my fingers! It's the only peanut butter that is made using Australian peanuts.

Dick Smith Bush Breakfast Cereal: I have it for breakfast every morning.

Milk: it just tastes great!

Where do you get your inspiration from?

I think it's genetic. I was hopeless in school and came from a simple, working-class family where my mother always encouraged me to go for it. I believe my passion was ingrained from birth.

What is your career highlight?

I have had many but the most significant was starting Dick Smith Electronics. It is proudly Australian owned and I have since sold it to Woolworths, an Australian owned

foreign owned supermarket giants such as Walmart and Aldi. If we allow these two major foreign supermarkets to take over Woolies and Coles we could risk losing Australian ownership all together.

We cannot blame Woolworths and Coles for their strength in the market. As consumers, we must take action and be responsible for our own purchases and buy Australian made and owned products whenever we can.

What advice would you give to other business people who are thinking of promoting and manufacturing Australian produce?

I encourage them to use Australian made and owned as their major selling point. Consumers are becoming increasingly suspicious of companies who claim to be Australian where

enforce one uniform labelling system that identifies whether a product is Australian made and owned. The government should back industry supporters, such as FightBack, and make consumers aware that Australian made and owned is a better option.

What is the number one reason why consumers should buy and support the Australian food industry?

Health. There is so much pollution (overseas) and we need to recognise how clean and natural our environment is compared to the rest of the world. For some reason, we continue to import water from France which has nuclear reactors. I have always believed that businesses should do what they are best at and Australia has the best and freshest food – all Australian consumers should get behind our food industry.

FOOD LABELLING – CHEMICALS

Food labels carry information so consumers can make choices about the packaged food they buy and consume. For any shopper committed to the best healthy lifestyle and eating habits for themselves and their families, it is fundamental that they understand this information. Of course, some of the healthiest foods are unlabelled – such as fresh fruit and vegetables, nuts, pulses, fish and fresh meats – as there is no need to provide details.

In Australia, product labelling is controlled by a bi-national authority, Food Standards Australia New Zealand (FSANZ). There is currently an extensive review being carried out on food labelling law and policy, including the labelling and use of additives, with a final report due later in 2010.

A nutrition information panel must be listed on all packaged foods with details of how much energy (kilojoules), protein, total fat, saturated fat, carbohydrate, sugar and sodium (salt) is in the product. There is also a list of ingredients, listed from the highest to lowest weight, use-by or best-by dates, storage information and finally, details of food additives.

Food additives can be the most baffling of information on a label. Additives can be a combination of numerical and chemical information, spelt out in full or represented by a number, and it can be a veritable maze to negotiate to assess whether a product is best for you or not. In the case of allergens, if they affect a certain family member, it is critical that additives are clearly labelled for the consumer.

According to the Victorian Government health website www.betterhealth.vic.gov.au, food additives are chemicals added to foods to keep them fresh or to enhance their colour, flavour or

texture. Additives are also listed in order of weight. Vitamins and minerals are also listed under food additives.

Types of food additives are:

- anti-caking agents, to stop ingredients 'caking' or becoming lumpy
- antioxidants, to prevent foods from becoming rancid or oxidising
- artificial sweeteners
- emulsifiers, to stop fats clotting
- food acids, to maintain the right acid level
- colours, to enhance or add colour
- flavours
- flavour enhancers
- mineral salts, to enhance texture
- preservatives, to stop microbial activity spoiling the food
- thickeners
- stabilisers, to maintain uniformity of food dispersion
- flour treatment, which improves baking quality
- glazing agent, which improves appearance and can protect food
- propellants, to help propel food from a container.

To provide assistance to consumers, FSANZ has produced a publication 'Choosing the Right Stuff, the official shoppers' guide to food additives and labels, kilojoules and fat content.'

The book includes a full list of food additives by name and number. It is available for \$14.95 from major booksellers; you can also look at it, and a shorter pocket guide, under 'Publications' at www.foodstandards.gov.au

The labelling of additives assist people who are sensitive to them to avoid them.

According to FANZ, adverse reactions occur only in a small proportion of the population, and adverse reactions can also occur in response to natural food without additives.

The Victorian Government's website www.betterhealth.vic.gov.au lists some common additives and their names/codes that may cause problems for some people:

flavour enhancers:
monosodium glutamate (MSG) 621

food colourings:
tartrazine 102; yellow 2G107; sunset yellow FCF110; cochineal 120.

preservatives:
benzoates 210, 211, 212, 213; nitrates 249, 250, 251, 252; sulphites 220, 221, 222, 223, 224, 228.

If you think yourself or another family member may have a food additive sensitivity, the site advises you to seek professional diagnosis from a doctor or dietician: "Diagnosing sensitivity to food additives needs professional help, since all of the symptoms of sensitivity can also be caused by other disorders."

Useful contact details:
FANZ, Canberra +61 2 6271 2222
www.foodstandards.gov.au
www.betterhealth.vic.gov.au



Prosciutto, tomato & olive flan

Preparation time: 10 minutes
(plus cooling time)

Cooking time: 35 minutes

Serves 4

Ingredients

1 sheet Pampas puff pastry, thawed
100g fresh ricotta
75g soft goats' cheese, crumbled
1½ tablespoons basil pesto
4 thin slices prosciutto (approximately 60g),
torn into large pieces
125g cherry tomatoes, halved
12 pitted black olives
olive oil, to drizzle
sea salt flakes
cracked black pepper
fresh basil leaves, to serve



FightBack is printed on plantation grown papers that conform to:

ISO 14001 - http://www.iso.org/iso/iso_catalogue/management_standards.htm - committed to promoting sustainable forest management, PEFC is the certification system of choice for small forest owners.

EMAS - EMAS - the Eco-Management and Audit Scheme, is a voluntary initiative designed to improve companies' environmental performance.

PEFC - A The Programme for the Endorsement of Forest Certification (PEFC) is an international non-profit, non-governmental organisation dedicated to promoting Sustainable Forest Management (SFM) through independent third-party certification.

FSC - Forest Stewardship Council (FSC) - FSC has been recognised as an international organisation that provides a system for different stakeholders interested in forest issues to work towards responsible forest management. You can get more information about FSC on the website: <http://www.fscaustralia.org/>

Foods For LIFE

Method:

1. Preheat oven to 200°C. Line a large baking tray with baking paper. Place pastry sheet on lined tray and cover with another sheet of baking paper. Place another baking tray on top. Bake 5 minutes, then remove from oven and remove top baking tray and paper. Allow to cool for 10 minutes. Meanwhile, place ricotta and goats' cheese in a bowl and beat with a wooden spoon to combine.

2. Spread the pastry square with pesto, leaving a 1.5 cm border. Dollop with ricotta mixture, then top with prosciutto, tomatoes (cut side up) and olives.

Drizzle with a little olive oil. Sprinkle with salt and pepper. Bake 25 minutes or until pastry is crisp and golden brown. Serve garnished with basil leaves.

Serve with salad of mixed lettuce.

Tip: If you prefer, use sun-dried tomato pesto in place of basil pesto.

Per serve:

Energy: 1224kj (293 Cal)

Protein: 11g

Total fat: 18.7g

KEEN PHOTOGRAPHER?



We are starting a new Image of Australia section. If you are a keen photographer and would like to see your Australian-themed shots published, then send a small file (less than 1 meg) to editor@fightbacknews.com.au for consideration. No fees are paid for published photos. All photos will receive attribution. Photos must be original.

Melting Moments

Preparation time: 35 minutes

Cooking time: 15 minutes

Makes: 16

Ingredients

200g butter, softened

$\frac{3}{4}$ cup (120g) pure icing sugar, plus extra for dusting

1 cup (150g) White Wings plain flour

1 cup (150g) White Wings cornflour

$\frac{1}{2}$ teaspoon baking powder

Butter cream

75g butter, softened

$\frac{2}{3}$ cup (110g) pure icing sugar, sifted

$\frac{1}{2}$ teaspoon vanilla extract

Method:

1. Preheat oven to 160°C. Line 2 baking trays with non-stick baking paper.

2. Using an electric mixer, beat butter and sifted icing sugar until light and creamy.

3. Sift flour, cornflour and baking powder together. Stir into creamed mixture. Roll tablespoonfuls of dough into balls and place on prepared trays about 3cm

apart. Press each biscuit lightly with a floured fork.

4. Bake 15 -20 minutes or until firm. Cool on wire rack, then sandwich together with butter cream or raspberry jam. Dust with a little icing sugar.

5. To make butter cream: using an electric mixer, beat all ingredients together until light and creamy.



Nanna's Premium Tarts - a delectable range of open-top tarts suitable for any occasion, any time of the day.

Perfect with a cup of tea or as a sweet treat after lunch or dinner.

No heating required and only 30 mins thawing - ideal for keeping in the freezer for unexpected visitors.

Made in the Nanna's tradition with our beautiful sweet shortcrust pastry.



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OWNED**

Sungold

**COUNTRY
FRESH**



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AND SUPPORT
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