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FightBack

for AUSTRALIA

Edition 76, September 2010

Australia's deadliest poisons?

Why we shouldn't
be among the
fattest people
in the Western
world!

Visit our new
website at
[fightbacknews
.com.au](http://fightbacknews.com.au)



Fat, Fatter but not quite the Fattest

The latest July 2010 statistics from the World Health Organisation have been released and Australia can tighten a notch on its collective belt - and then most of us need to go for a light jog around the block.

In world Body Mass Index (BMI) 25+ rankings Australian men and women (aged 15-100 years old) came in 41st from 197 countries in the "fat" rankings.

While this sounds like a good outcome when the third world and developing countries are removed from the figures we are third fattest in the Western world after New Zealand (15 overall) and the world record leader USA (14 overall).

However the serious problems starts with the "obese" rankings (BMI 30+) that see Australia's men shoot up the rankings to ranking form 41 to the 16th most obese in the world - or third in the Western world behind NZ (15) and the USA (5).

WHO found that in Australia 66.5% of men are over weight and 28.4% are classified as obese - that is a quarter of the average Australian male population is estimated to be more than 17kg above their maximum target weight - think of that bags of potatoes to get an ideal!

WHO also estimated around 66.5% of Australian women are overweight and 29.1% are obese - or more than 13kg above their maximum ideal weight.

So while our women fare a lot better in the obese category they are still third in the Western world.

From 41 in the world on the "fat" rankings they actually go backwards to 51 in the obese rankings.

The bad new is that number 51 on the obese table ranks Australian women third in the list of the top dozen Western countries on the 192 country table.

While it was argued in the 2008 FatBomb report that we may be the fattest people on the earth the WHO has provided with the good, and the bad, news.

While Australia's are lagging well behind the American's in BMI results we are a long way from some of our European competitors.

While more than 74% of American women and men are overweight nearly half are obese - that must be a health time bomb ticking away.

Meanwhile in the Netherlands in Italy and France 40% or less of the men and women are overweight and less than 14% are obese.

For further information go to:

<https://apps.who.int/infobase/Comparisons.aspx>

This is one table that any country would like to finish well down the order!



Lead Story?

Housing prices easing - good news for shoppers

The recent cooling in house prices in good news for shoppers as it will take the pressure of interest rates.

With Australia deemed to have the most expensive housing prices in the world (The Economist) a fall in housing prices should get the Reserve Bank to move away from further major rate rises.

Interest rates are a major concern for the many Australians looking to buy a house or pay off a mortgage.



It's what's inside that counts

Sanitarium
health & wellbeing

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

Australia to appeal ruling on NZ APPLE imports

The Federal Government will appeal against a decision by the World Trade Organisation (WTO) to overturn a 90-year ban on New Zealand apples being imported to Australia.

Australia has long argued that by importing New Zealand apples Australian growers risked the introduction of fire blight, European canker and apple curling midge.

The Australian market could be worth up to \$100 million to New Zealand apple growers.



NZ has tried and failed to access the Australian market in 1986, 1989, and 1995.

COSTCO says OPTIONS AVAILABLE

Costco has announced it has more than a few prospects for development, amid claims that finding appropriate land space has proved to be a formidable challenge for the giant discount chain.

Finding fitting sites for its 14,000 square metre establishments has been a troublesome task for Costco due to Australia's urban sprawl and zoning laws.

The Australian general manager of the US chain store, Patrick Noone, said that while existing sites are unsuitably small, there are still plenty of options for Costco development.

The US discount chain store is predicted to spark a grocery price war.

Australia's second Costco store is currently under construction in Sydney's west.

Costco Australia is set to open up to six new stores in the next three years, if directions from the company's head office are acted on.



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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Small town says NO to WOOLWORTHS

Retail chain Woolworths is being challenged to an 'opinion poll tie breaker' by Mullumbimby, the small town on the NSW Far North Coast which is fighting plans for a new big-box supermarket.

After taking its 'no' campaign to the Woolworths top brass earlier this week, the Mullumbimby forum is rejecting claims by a Woolworths spokeswoman that a 'silent majority' in the town supports a store.

"Given Woolworths stated commitment to communities, we invite Woolworths to join us and share the costs of conducting a professional opinion poll of the Mullumbimby community," said the forum in a statement.

"We propose that if a majority of the community supports the Woolworths store we will cease our campaign of opposition, but if a majority is opposed then Woolworths will drop its store plan."

Woolworths is also being asked to explain a statement by its director of corporate and public affairs, Andrew Hall, that Mullumbimby has been nominated for 'major growth' by the NSW Government - a claim at

odds with the region's official development masterplan.

However, the forum found there is no mention of 'major growth' in regard to Mullumbimby, and planning maps in the regional strategy don't show any 'proposed future urban release areas' for the town.

Also, of the 51,000 additional new dwellings forecast to be required by 2031 across six local government areas on the Far North Coast, only 2600 have been allocated to the Byron Shire. This is only 19.86 per cent growth over 25 years for Byron, of which Mullumbimby is just a small part, compared to an average of 53.73 per cent for the region.



That's a first!

The ACT Government has announced a package of site releases for new supermarkets in Dickson, Kingston, Casey and Amaroo. The Government announcement includes measures to specifically advantage local supermarket owner Supabarn and specifically discriminate against Woolworths.

contains magnesium*

★ Studies have shown that Magnesium helps recovery from muscle cramping

staminade

AUSTRALIA'S BEST SPORTS FUEL

IGA LAUNCHES NEW CAMPAIGN “How The Locals Like it”

Independent grocery network IGA recently launched an advertising campaign emphasising the local individualism of each of its 1000 independent stores.

“Supermarkets are increasingly tapping into the ‘local’ trend, driven by consumers’ desire to support and feel part of their community,” according to Datamonitor’s consumer markets analyst.

Datamonitor’s April/May 2009 Consumer Survey found that over 26 per cent of Australians are buying food and drinks produced locally to where they live either ‘all the time’ or ‘most of the time’.

Meanwhile, 56 per cent of respondents stated that knowing where their groceries come from has become ‘more’ or ‘significantly more’ important to them compared to two years ago.

Strategies such as offering locally sourced products or promoting regionalised stores can go a long way towards creating goodwill among discerning consumers.

Expect to see other retailers follow suit with more prominent product labels and in-store displays promoting local sourcing, strategic partnerships with local growers, and perhaps the revival of the ‘Australian Made and Owned’ symbol.



Shhh...

What's my healthy home secret?

...*Bosisto's Eucalyptus Oil and Spray!*

With so many uses, it keeps my home clean and family healthy – without using harsh chemicals.

- ✓ Kill 99.99% germs naturally
- ✓ Remove sticky labels
- ✓ Clean and deodorise
- ✓ Freshen laundry

...and much more!

For your **FREE** Handy Hints Call 1800 655 841 or visit www.fgb.com.au

Bosisto's

Available in the Medicinal Aisle 

IGA Signature - That's how the locals like it!

Increased popularity and sales of Private Label or Store Brand products shows how we are all looking for more value after the GFC and have found that many products are just as good in quality as the major brands. The extra benefit may also be that these products can be made in Australia or if imports are the only way for a product, then it may be managed by a local importing company which gives more back to our community than from sales of the big multinational brands.

IGA stores offer two kinds of private label ranges – the new IGA Signature premium range, and the family favourite, Black & Gold economy range.

IGA Signature offers quality and value, with an extra benefit of contributing 2 cents to the IGA Community Chest fund for every single product sold. The funds are then re-invested into the local community through our Local Heroes, your IGA retailers, so the local support from sales of these products makes a significant difference in your community when you choose to buy them. Many IGA Signature products also contribute to Special Olympics, as our suppliers go the extra mile to assist them in their quest to help these special Australians enjoy a better life through participation in sports activities.

It is always difficult to source Australian made across the full range of Private label products but IGA Signature buyers try hard to do so and will select an Australian supplier where possible, as long as the quality is good enough for the brand and they can meet our competitive demands in this marketplace.

Our products have to reinforce the promise from IGA stores and our range is another opportunity where we can support local manufacturers because we can even range some products by state, sourcing from a local supplier in each case.

The IGA Signature range crosses most

categories in the supermarket and we have clear labelling for Australian made products so that you can make an educated choice when selecting between brands on shelf. There are over 750 different products available with approximately 140 more to come in the next few months to complete the range.

And don't forget the famous Black & Gold brand which has been available to Australians for over 25 years, offering Value you can Trust. This range has grown to over 1000 products available across the IGA supermarket and is a dependable generic range for those seeking an economical choice.

PRIVATE LABELS ACCOUNT FOR QUARTER OF GROCERY MARKET

According to IBISWorld, private labels account for nearly one quarter of Australia's \$70 billion grocery market with the current 23 per cent share set to climb above 30 per cent in the next five years.

Australia's liquor market will be the next one in which private labels make their presence felt, with retail powerhouses Coles and Woolworths behind their forecast rapid rise.

IBISWorld says that private labels account for 20 per cent of annual grocery sales for Australian giants Coles and Woolworths, with the country's discount supermarkets, including price-conscious Aldi which has opened more than 200 outlets in the past nine years, having three per cent of the domestic market.

IBISWorld said that in dairy private label milk sales rose from 25 per cent of supermarket milk sales in 1999 to a massive 52 per cent last year.

Staples such as eggs, flour and sugar, have also enjoyed solid private label growth to the extent where more than one quarter of all purchases of these items are of private labels.

Other products that have made headway in the private label arena include bread, cereals and pet food.

Categories formerly under a branded label stranglehold – confectionery is a prime example – are also doing well.

Private labels are very popular with Australia's low-income families, accounting more than 30 per cent of their grocery bill. Retailers are converting young single people (five per cent), couples without children (five per cent) and high-income families (15 per cent) to private labels, predominantly through in-store promotional campaigns.

In addition what has happened in their supermarkets for several years is now happening in their liquor stores.

IBISWorld forecasts private labels will account for more than 10 per cent of the Australian wine market by 2013 and sales of private label beers in this country will double over the next three years.

Private labels account for more than one third of the huge American grocery market, while in the UK, private labels make up more than half of its grocery market and almost 30 per cent of its liquor market.

Coles and Woolworths control 45 per cent of Australia's liquor retailing market – a figure that will increase as they open 270 more big-box stores in coming years - SOURCE IBISWorld.

A delicious hot pudding in less than 3 minutes.



Big Sister puddings are light and moist, as good as home-made, but so easy and convenient.

The self-saucing puddings heat in your microwave in 2-3 minutes, the plum pudding in less than 2, and they're fresh as the day they were sealed in the can. Find them at the desserts aisle at your supermarket.



Everybody loves their Big Sister

Big Sister is an Australian owned family company. Enquiries: 1800 814 444

Available Now



FOCUS - Glenn Cooper

Name: Glenn Cooper

Position: Chairman and Marketing Director

Organisation: Coopers Brewery

Staff Numbers: In excess of 160

Annual turnover: Sales exceeded last year's sales of above \$160 million

How would you describe yourself as an Australian?

I'm a sports lover who enjoys good weather, good times and socialising over a good beer.

One of my favourite pastimes is relaxing with friends at the beach and fishing for some of South Australia's great seafood.

Which Australian do you admire most and why?

Dick Smith. He was one of the first Australians to really push the need to support local industry.

Dick was also prepared to put his money where his mouth is by backing local ventures and explaining the link between local product and local jobs.

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

San Remo pasta, Haigh's chocolates and of course, Coopers beer – all good South Australian products known to the world.

Where do you get your inspiration from?

Australian sporting successes overseas and Australian documentaries about our country.

Australians have always fought above their weight when it comes to international sport. It shows how dedication and persistence when combined with a little talent can get you to the top in any field.

Many of the documentaries I've seen about Australia show that we are absolutely unique in the world and have a lifestyle to be proud of.

What is your career highlight?

Receiving the honour of a Member of the Order of Australia from the Prime Minister in 2005 was certainly a personal highlight.

From a business point of view, being part of the successful defence against the hostile takeover bid by Lion Nathan for Coopers in 2005 was also a moment I won't forget.

The success Coopers has enjoyed over the past 10 years is another highlight for me.

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

Absolutely, although I'm not advocating protectionism. However, Australia should be better protected from the dumping of goods by overseas countries to ensure our producers can compete on a level playing field.



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

It's a global trend, but should be watched carefully within Australia. It's worth noting that Coopers is now Australia's only remaining fully Australian-owned major brewer. The loss of iconic Australian brands is always a matter of regret.

Should Woolworths and Coles be restricted in size?

Woolworth and Coles should be compelled to ensure at least 30% of the products it sells are fully Australian-made. I don't believe it's healthy for two companies to control 80% of food sales in Australia. This is not the situation in other developed countries and they have laws to ensure that what has happened in Australia cannot occur.

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

Get on board with an identifiable logo such as the Australian-made, Australian-grown green kangaroo logo. Also, get some good advice and look to provide quality produce. High-quality goods will always find a niche against lower-quality and cheaper imported goods.

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

I would look to break down the supermarket domination and give preference to Australian-grown goods. Buying Australian means keeping the jobs and the profits in Australia.

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

It's our country and we have work laws so that people have the opportunity for a good life. This can sometimes make us uncompetitive against some imported goods. We should buy Australian and protect our way life.

Anything else you would like our readers to know about you?

I recently became the Deputy Chairman of Australian-made, Australian-grown. I believe "Australianism" is a great principle and should be empowered all over the world.

Bosisto's

Bosisto's have released two new products to the market - Bosisto's Eucalyptus Spray and Bosisto's Eucalyptus Oil.

Bosisto's Eucalyptus Spray kills 99.99% of germs and bacteria with the pure, natural power of Eucalyptus Oil. - a natural germ-killer, disinfectant and degreasing agent with literally hundreds of uses to help cut down on harmful chemicals in the home.

Spray around the home or office to remove odours and help keep the air hygienic, while enjoying the long-lasting aroma of the Australian bush with no harmful chemicals to irritate sensitive noses.

A quick wipe over with Bosisto's Spray on telephone handsets, kitchen surfaces, remotes, even toys, will eradicate germs so you can breathe easy.

A natural solvent, antibacterial and odour-neutraliser Bosisto's Eucalyptus Spray can help lift dirt, grease and grime from carpets leaving them dry and ready for use.

In fact it can replace up to 5 of your regular toxic household cleaners.

Available in the medicinal aisle of supermarkets and in pharmacies. For a free handy hints pack visit www.fgb.com.au or phone tollfree 1800 655 841.

HEALTH WATCH! GLUTEN FREE FOODS

Quality Australian made health products are in more demand as the health conscious consumer is becoming more informed.

Coeliac disease (pronounced seel-ee-ak) which is Gluten intolerance is a widespread health issue in society that has only just recently been diagnosed.

A gluten-free diet is a diet completely free of ingredients derived from gluten containing cereals : wheat, spelt, barley, rye, Malts and in the form of a flavouring, stabilizing or thickening agent. Until quite recently Coeliac sufferers had a very boring diet because they had to cut all those grains from their food.

Some symptoms of Gluten intolerance are tiredness, stress, bloating, migraines and anaemia.

According to The Coeliac Society the long term consequences of coeliac disease are related to poor nutrition and malabsorption of nutrients.

Untreated coeliac disease can lead to a range of chronic poor health.

Fortunately, timely diagnosis of coeliac disease and treatment with a Gluten Free diet can prevent or reverse many of these problems.

an Australian Owned small business in Victoria, VM Supplies, is continuously developing new Gluten Free products under their Nature's Blend® range of FUNctional FOODS.

Some products in their range are not only gluten free but also have added benefits of Omega Nutrients which help promote heart health, brain development in children and eye health.

VM Supplies has for many years marketed an Australian Made, Natural range of ³Healthy People Healthy Pets² Gluten Free Pet Treats.

For further information on Nature's Blend® Putting the FUN in FUNctional FOODS www.naturesblend.com.au

Check the Australian Made Australian Owned Guide for a full range of Natures Blend products available in many IGA and Foodland supermarkets including - OMEGAHONEY® and OMEGASMART® OMEGA PEANUT BUTTER®

FightBack AUSTRALIAN OWNED Brands Guide



The world's biggest exporters and importers of food

GENEVA, April 18 (Reuters) - The following lists the biggest exporters and importers of food in 2006, according to the World Trade Organisation (WTO) statistics.

Country	value	share in world exports / imports
	US\$ billion	percent
EXPORTERS		
1. European Union	79.64	10.2
2. United States	69.21	9.2
3. Brazil	34.34	4.5
4. China	27.86	3.7
5. Canada	27.10	3.6
6. Argentina	20.74	2.7
7. Australia	17.94	2.4
8. Thailand	14.71	1.9
9. Mexico	13.69	1.8
10. Indonesia	11.95	1.6
11. India	11.21	1.5
12. Malaysia	11.18	1.5
13. New Zealand	10.93	1.4
14. Chile	8.56	1.1
15. Russia	8.39	1.1
IMPORTERS		
1. European Union	96.19	12.0
2. United States	80.28	10.0
3. Japan	52.17	6.5
4. China	22.92	2.9
5. Russia	21.78	2.7
6. Canada	20.03	2.5
7. Mexico	15.00	1.9
8. South Korea	13.04	1.6
9. Hong Kong (total)	9.47	1.2
10. Saudi Arabia	8.55	1.1
11. United Arab Emirates	8.27	1.0
12. Switzerland	7.37	0.9
13. Malaysia	6.84	0.9
14. Taiwan	6.66	0.8
15. Australia	6.2	0.8

Austech



“We stand behind our fresh food.”

Local Heroes IGA

Asian Noodles & Foods: **Buderim Ginger**, **Crafty Chef**, **Nutrisoy** Tofu - Tempeh - Desserts - Prepared Meals, **Soyco** Tofu - Plain - Pre-Cooked - Marinated, **Taings** Steamed Buns, **Taings** Noodles - Hokkein - Thin Hokkien - Singapore - Thai - Udon - Egg - Rice - Shanghai Noodles, **Taings** Rice Lasagne Sheets, **Homai** range, **Hong Kong Gold** Dim Sims, **Hong Kong Chef** Spring Rolls, **Marathon** Dim Sims - Hamburgers - Mini Bites - Spring Rolls - Puffy Dogs Range, **IGA** Party Spring Rolls, **The Curry Makers**, **Taylor's**

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

Baby Products: **Herron** Baby Gel

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**

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

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

Beans, Legumes & Seeds: **Hoyt's** Foods range, **Sanitarium** Lentils & Soup Mix,

McKenzie's Soups - Lentils & Beans, **JC's** Quality Products

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

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: **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**

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

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

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**, **Vili'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 Spaghetti, **Goulburn Valley** Fruit, **SPC** Fruit, **Ardmona** Fruit, **IGA** Signature Pineapple - Beetroot

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

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

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

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**

Coffee: **Grinders** Coffee

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, **Taylor's**, **Jensen's Choice**, **Spring Gully** Worcestershire Sauce - Chilli sauce, **Melrose** Australian Tahini - Organic Mayonnaise - Dijonnaise - Worcestershire Sauce - Balsamic vinegar, **Melrose** Nut Spreads

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

Cottage Cheese: **Bulla**, **Blue Cow**

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**

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

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

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

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

Dried Fruit / Nuts: **Angus Park**, **Hole-sum** Nuts & Dried Fruits, **Mildura**, **Sunbeam**, **Verity** - **Dessert Maid** - **JCG** - **Excella** Prune Products and Dried Fruit, **Big Sister** Cherries, **JC's** Quality Dried Fruit- Nut - Seed Products,

Drake's 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**

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**

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

Gargles / Mouthwashes: **Anti Plaq**, **Oral Care** Tartar Control - Mint Fresh - Super Strength - Complete Protection Mouthwash, **Eden Organics**, **Germaseptic**, **Chloromint**, **Chloroseptic**, **Breath Pearls**

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** Yoghurt Range, **White Wings** Gluten Free Flour, **McKenzie's** 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

Gravy & Stock: **Massel**, **White Wings**

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

Handwashes / Soaps: **Bathox** Handwashes, **Dermasoft**, **Eden Organics**, **IGA** Adore Soap - Handwash, **Melrose** Organic Castile Soap

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**

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, **JC'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

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, **McKenzie's** Herbs & Spices - Curry - Grinders & Shakers, **Wards**

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 - Rango Hood - 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, **McKenzie's** Traditional Toppings.

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

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

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

Juice - Lemon or Lime: **Sunshine** Lemon Juice - Lime Juice, **Nippy's** Frozen 100% Lemon Juice, **Nippy's** Frozen 100% Lime Juice

Laundry: **Aware** Eco and **Aware** Sensitive Powders, **Aware** 4X Laundry Liquids, **Bluo**, **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**, **Vili'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 Powder

Milk Drinks: **Nippy's** Flavoured Milk, **Sanitarium** Up n Go, **FM** Flavoured Milk, **Great Ocean Road** Premium Flavoured Milk, **Sungold** Soy Drink

Organic: **Golden Hearth Bakery** Organic certified Bread, **Thomas Chipman** Corn and Potato Chips, **Mexicana** Corn Chips, **Jalna** 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

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

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

Pasta / Sauces: **Kookaburra** Pasta, **Rinoldi** Pasta, **Taings** Noodles, **Taings** Rice Lasagne Sheets, **Nanda**, **Vetta**, **San Remo** range of fresh pasta and pasta sauces, **Zafarelli**, **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, **Taylor's** Marinades & Sauces, **Jensen's** Organic Pasta Sauces, **Drake Foodmarkets** range

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

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, **Nature's Pet** ARTHRI-STIX - Dirty Dog Shampoo - Joint Formula - LIVER SNAPS - OMEGA-STIX - Sausage SNAPS - Shark Cartilage Stix - SNAP 'N' SHARE - SNAP-STIX - SNAPS Treats

Personal Insect Repellent: **IGA** Fatal Insect Spray



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Personal Wipes: **Pure & Soft** Facial Wipes

Pest Control: **Talon** Pellets - Wax Blocks

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

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

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** Natramburgers

Rice Products: **Taings** Rice Lasagne Sheets, **JC'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 Dressings: **Outback Spirit**, **Beerenberg** - Blue cheese - Caesar, Ranch - Lemon & Herb dressing, **Praise**, **Cowra Gold** Salad Dressings, **Anchor** Varietal Red, White & Balsamic Vinegars, **Cornwells** Vinegars, **IGA** Homestead Salad Dressing, **Taylor's** Salad Dressings

Salad Products: **Harvest Fresh**, **Maypole Foods**

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

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

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

Snack Foods: **Hole-sum** Corn and Potato Chips, **JC'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 Chillii** 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 Snacks Lavosh - Lavosh Thins Caramelized Onion & Sea Salt - Rosemary & Sea Salt - Dhukkah - Wholemeal & Malted Wheat Lavosh Bites - Poppy & Sesame Seed Bites - Cheese Lavosh Bites

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

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**

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**

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

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** Eden Toilet Tissue

Tomato & BBQ Sauce: **Coopers** Ale BBQ Sauce, **ETA** BBQ, **Beerenberg** Tomato Sauce, **Freedom Foods**, **Foodland**, **Rosella**, **Byron Bay Chillii'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: **Atiki**, **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

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.

Our products are manufactured locally to the highest manufacturing standards and they are proudly covered by a money back guarantee



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Editorial

By Grant Müller

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GECA - Good Environmental Choice Australia

Good Environmental Choice Australia is not for profit organisation that provides the community, industry and government with a simple way to identify environmentally preferable products. GECA certification is awarded to products that meet voluntary standards for environmental impact, social responsibility and fitness for purpose in a wide range of product categories. It provides an independent assessment of products and services based on internationally recognised methods and employing a national network of registered assessors.

The primary purpose of GECA is to manage the development of this ecolabelling program by working with industry, academia and government to develop standards across a wide range of industries and to oversee the administration of the verification and certification program. The overall aim of GECA is defined in the international standard which guides this certification scheme (ISO 14024).

"To encourage the demand for and supply of products which reduce the stress on the environment during their

entire life-cycle"

GECA is a member of the Global Ecolabelling Network that serves to coordinate and promote scientifically responsible ecolabelling worldwide in accordance with ISO 14024.



GECA aims to use the best scientific and technical minds in developing standards that are suitable for the Australian market and government policy for ecologically sustainable development. The program is internationally recognised and growing in demand and awareness throughout Australia.

By looking for and being aware of products and services that have been awarded the GECA label you will be making a better environmental choice.

For more information on the Good Environmental Choice Label for Australia go to the official GECA website: www.geca.org.au

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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.

Kid's Corner

Kid's Corner

How can you make the following equation correct without changing it at all?

$$8 + 8 = 91$$

Solve the two riddles. The answers should be anagrams of each other.

(Thing 1)

You use me when you want to cook
For friends or family.

But, whether written down or not,
It's best you stick to me.

(Thing 2)

I like to think that I'm a skill,
Not just some old technique.
People do me to their ears,
Or nose, or tongue, or cheek.

Last Month's Answers:

One Way Street: The girl was walking.

Apples: Give the basket with the last apple still in it to the fifth child.

Just In Time: The letter M occurs once in every minute, twice in every moment, yet never in a thousand years.

Ball: Throw the ball up in the air.



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
2/4 Manchester Street
Mtn End South SA 5031
Enquiries (08) 8243711
Fax (08) 8243718
Email: office@vili.com.au

VICTORIAN BAKERY & SALES
40 Chelmsford Street
Williamstown North VIC 3018
Enquiries (03) 8398711
Fax (03) 8397178
Email: melbourne@vili.com.au

NEW SOUTH WALES BAKERY & SALES
22 Sammut Street
Smithfield NSW 2158
Enquiries (02) 9696298
Fax (02) 9696234
Email: whaythey@vili.com.au

CAMBERPAH SALES & DISTRIBUTION
Unit 8, 17 Easington Street
Mical ACT 2871
Enquiries (02) 9696298
Fax (02) 62557188

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 beef, 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 'taring 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!

Health

Xmas Hamper Ad

Stir Fry Chicken with Oyster Sauce

Ingredients

450 grams Taings Hokkien Noodles
 2 tblsp vegetable oil
 250 grams prepared mixed stir fry vegetables
 150 grams diced chicken
 2 tblsp oyster sauce
 1/2 tblsp cornflour
 1/2 tblsp sugar
 2 tblsp soy sauce
 1 clove fresh garlic (crushed)



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Foods For LIFE

Method:

Loosen noodles under hot water

1. Lightly coat the meat in cornflour
2. Heat oil in wok and stir fry garlic until softened
3. Add meat and stir fry until lightly browned
4. Add mixed vegetables and stir fry for about 30 seconds
5. Add remaining ingredients
6. Add Taings Hokkien Noodles and stir fry for 1 minute or until noodles have softened

Serve immediately.



Sweet and Sour Prawns

To loosen noodles, strain under hot water.

1. Heat 1tblsp sesame oil in a wok or non-stick pan.
2. Stir fry prawns for 2 mins or until they change colour. Remove from pan.
3. Add desired selection of vegetables with 3/4 cup of chicken stock or coconut cream.
4. Stir fry until just cooked.
5. Return prawns to pan and add 450 grams Taings Hokkien Noodles and stir through.
6. Add 250ml sweet and sour sauce and heat through.
7. Garnish with coriander and serve hot.

J.L.
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