

**FREE  
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# **FightBack**

for AUSTRALIA

Edition 81, July 2011

Supporting Australian  
owned and made

## **PHONEY SUPERMARKET PRICE WAR**

How their hand is  
in your wallet!

**Coles and Woolies pricing  
tricks revealed**

Supa IGA Cheaper than Woolworths p.5

Buy a Marathon product and send in for a **FREE DINNER** p.7

Free sample pack of almonds P.6



# Australia's grocery industry is in turmoil.

Prices are being "cut" and the major chains are claiming it is all for the benefit of the consumer.

But how do we know this is the case? The report in this edition of FightBack cites a global research company, Morgan Stanley, that claim supermarket prices are actually going up.

While some of it is due to inflation a lot of it appears to be to compensate for the price cuts that are being offered.

The giant firm says consumers are only aware of the prices of a few dozen goods - products that they buy everyday - and the rest of what goes into our shopping baskets is a pricing mystery.

Its conclusion is that competition is so weak in Australia that the two chains can do what they like.

In this case they drop the price on a

few staple items and raise the prices on other goods to compensate.

While the report is not exhaustive it does raise many questions about the power of Coles and Woolworths and their ability to portray themselves to consumers.

This is doubly as fascinating when it comes to the Supa IGA report in this issue.

To prove they are price competitive IGA released figures showing at least two Supa IGA chains in Australia are cheaper than Woolworths on similar items.

This story has had little coverage - except for a story in a major daily that managed to twist the figures around. It is up to consumers to vote with their feet and wallets and make their own decisions.

Read the story on Page 5 and the figures on Page 21 to get the true story. We need to support Australian owned business and Australian owned producers.

Please let me know what you think: editor@fightbacknews.com.au

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# Phoney supermarket price war

## Coles and Woolies pricing tricks revealed

Australia's supermarket price cutting war between Coles and Woolworths is being offset by price rises on other categories, according to a report by Morgan Stanley Research.

"Price reductions in "high velocity" items like milk and bread have been significant, however based on our analysis, this looks to have been offset by price rises in other non-staple categories," the report states.

The report says that Coles is the "price aggressor" but is not damaging its business.

"The supermarkets have cut milk and bread prices aggressively since January, but prices in other products have actually moved higher since then to offset this. Coles has been the price aggressor in what we'd term high velocity products and Woolworths looks to have followed. So by cutting the price of high velocity products aggressively, we think that Coles is looking to improve the perceptions of its prices, rather than to actually reduce prices across the board.

"It is for this reason that we think competition in supermarkets isn't actually that high and is the reason that industry margins (profits) have risen aggressively over the past 12-18 months," the report found.

So what is happening is that chains are handing back some of the profits they have made in the form of "discounts" but are recouping their "generosity" through higher prices on other products.

The report says that although supermarkets have cut prices since January 2011 other products prices "have actually moved higher since then to off set this".

**The findings of a separate report released to FightBack into price discounting confirms that since the start of 2011 Coles raised prices on 3046 products in the year to date while dropping prices on 2211 products indicating a net 835 prices have risen.**

**The report goes on to state that Woolworths has raised 6786 prices and reduced 2688 – a 4798 product rise!**

"We think that Coles is actually trying to improve the perceptions of its prices, rather than actually reduce prices across the board.

"It is for this reason that we think industry margins have risen aggressively over the past 12-18 months," the report said.

The report examined 26 products considered to be staple.

It took prices from the on-line grocery businesses of both Coles and Woolworths.

"Our data provides clear evidence that staples prices have fallen, presumably as Coles lowered prices to improve price perceptions but this has been funded by higher "non staples" price," the report found.

The report also found non-staple products rocketed up significantly since January (see graph) while much of the discounting has occurred in home brand or private label products "to improve price perceptions".

In an ominous warning to branded products manufacturers - especially dairy farmers - the report said: "Supermarkets look to have increased the level of discounting of private label products over the last few months. So supplier profits (like GFF) will likely be squeezed, in our view."



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## IGA supermarkets match major chains with grocery prices

A major price survey by IGA has shown that its 400 plus large format SUPA IGA supermarkets across Australia are in many areas equal to similar sized Coles and Woolworths.

The survey was based on standard prices on each of the outlet's shelves and shows that IGA is very competitive with the chains, while many also provide seniors' discounts, community benefit donations, fuel discounts and superior service.

The comparison was carried out without taking into account IGA's many promotional discounts, which can cover up to 40 per cent of stock per week.

Chairman of IGA, Mr Mick Daly, said "Despite the spotlight being on the big two chains, IGA continues to power on with low prices and great service through its network of 1,375 stores across Australia.

"Our private label Signature and Black and Gold Brands continue to evolve and have very strong market share, as shoppers seek great value and quality. The Supa IGA stores are backed up by IGA and IGA Xpress stores that deliver excellent service and convenience for shoppers", he added.

Three store formats exist to accommodate grocery buyers' needs: large, full service Supa IGA's, conventional, local neighbourhood IGA supermarkets and IGA Xpress convenience stores.

The three types of IGA stores offer shopping experiences that reflect their local communities' needs, hence the campaign positioning 'How the locals like it'. Independence, value, fresh, service and local community support are core attributes shared across all of the stores in the network.

## Supa IGA price check beats Woolworths

Supa IGA prices are directly comparable with Coles and Woolworths according to the latest price check.

Ritchies IGA, a national chain with more than 50 stores, did a price check on 14 April and found its regular prices were cheaper than Coles and Woolworths.

Its "special" prices including discounts split the chains on a \$200 shop – just \$1.39 higher than Coles pricing on the day and \$1.28 cheaper than Woolworths.

The price difference amounts to less than 2% in either of the stores.

A comparison between IGA generic brand Black and Gold and Aldi products found the B&G products to be ahead with 2% (\$2.43) on a \$100 shop.

This is a tiny amount when considering IGA stores offer a full shop of more than 20,000 products compared to the limited amount of stock in the German chain that has around 1700 lines.

The price check was done following media coverage around Easter that portrayed IGA prices as being substantially higher than the chains.



cont. P21



# Shhh...

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# ABS shows equal number of Aussie adults overweight as healthy

Figures released in May by the Australian Bureau of Statistics indicate that we continuing to get fatter.

“For the first time we’re seeing the number of Australian adults who are overweight (37%) equal the number who are a healthy weight.

“We are about to reach the tipping point - where being overweight will be the norm - this will have far-reaching consequences in terms of healthcare, lost productivity and reduced quality of life,” said Jane Martin, Senior Policy Adviser, Obesity Policy Coalition.

One in four Australian adults is now obese and that the rate of obesity has been increasing over the past 12 years.

The ABS figures also indicate that obesity is more prevalent in disadvantaged and rural and regional areas of Australia, as well as in people with lower levels of education.

Ms Martin called for measures such as junk food advertising restrictions,

improved food labelling and food pricing strategies.

The Australian Greens have welcomed research by the Obesity Policy Coalition and are supporting calls for legislation to protect children from unhealthy food advertising and promotion.

Australian Greens health spokesperson, Senator Rachel Siewert says the Government and Coalition wasted an opportunity earlier this year when Greens legislation consistent with the measures being advocated by the Obesity Policy Coalition was blocked by both major parties.

“Our legislation sought to encourage healthier eating habits among children and to prohibit the broadcasting of advertisements for junk food during certain times. This included extending the advertising ban to 9.30pm, a move which has the backing of 95% of respondents to the OPC’s consumer research,” Senator Siewert said today.

“Despite 84% of consumers believing

children should be protected from unhealthy food advertising and supporting stronger restrictions, there has been a lack of action from the federal government on this important issue.

We took action and the Government and Coalition chose to block it.

“This is about the wellbeing of our community and future generations, ensuring that we have good health programs which generally improve the health of the Australian community,” Senator Siewert concluded.



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Address: \_\_\_\_\_  
Email: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Store purchased: \_\_\_\_\_

Would you like to subscribe to FightBack? Yes No  
No information received will be distributed to third parties.  
Addresses will only be used to send the sample packs.



## Made in Where?

Choice has backed FightBacks campaign for improved labeling by releasing a survey that confirms Australian shoppers are confused by Country of Origin labelling.

The survey, which was conducted on 900 members of Choice, found that 99 per cent of respondents could not accurately identify what 'Made in Australia' actually means.

The term Made in Australia, as used by the Trades Practices Act, requires half the production costs to have incurred in Australia and for the product to have been "substantially transformed" here.

The survey also showed that almost half of the respondents wanted to buy Australian products when they were available.

Furthermore, it displayed that 85 per cent of the respondents wanted a greater clarification of the country of origin and in particular disclosure of the origin of the main ingredient in the product.

"Our members tell us time and time again that they want clearer, more informative country of origin labels that detail specifically where the main ingredient comes from," Ingrid Just, Spokesperson for Choice said.

The Federal Government has made a promise to respond to the Labelling Review Panel's (headed by former Health Minister Dr Neal Blewett) recommendations by the end of 2011.

"We have an opportunity right now to create informative and easy to understand labels that help people buy Australian products," Ms Just said. "It would be an incredible blow to consumers, local producers and businesses if that opportunity was wasted."

Let's hope the Australian Government takes the initiative to further assist Australians to buy Australian products.



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## WINTER WARMERS

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## Woolworths Everyday Rewards

The Woolworths Everyday Rewards Card has been proved to be a sneaky way to monitor customers buying habits.

The cards, which are available for anyone who regularly buys at a Woolworths supermarket, 'rewards' shoppers when they make a purchase - similar to a Frequent Flyer card. Yet ultimately, the card is a devious way for the giant to make even more money.

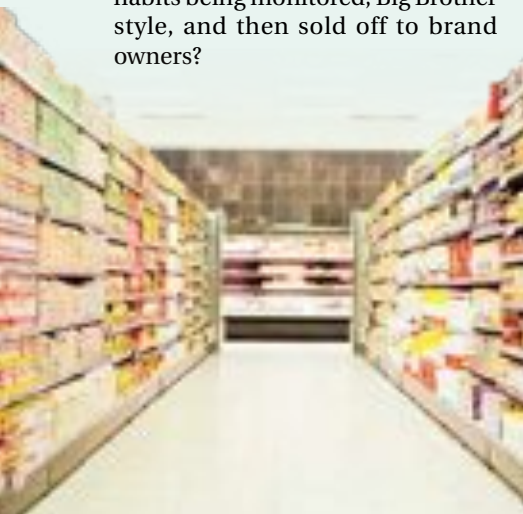
Woolworths has recently announced they are inviting brands to pay for access to never-before-revealed data collected from the 5.6 million cardholders.

Unilever marketing chief Peter Boone has said that being able to "follow" the customer into the supermarket and see how they buy in various categories is hugely valuable information to brand owners.

This means that 5.6 million shoppers are being followed around the supermarket by a marketer when they do their weekly shop.

A spokesperson for Woolworths has admitted that brand owners are being charged for the valuable information, because "it costs to pull the data from the system", yet they would not go in to detail about the charges.

How do you feel about your shopping habits being monitored, Big Brother style, and then sold off to brand owners?



## Bega hits the ASX

Our last issue of FightBack brought you news that Australia's favourite cheese - Bega - was looking to be listed in the Australian Stock Exchange.

With the approval of their shareholders, Bega could potentially be valued up to \$385 million.

Now, the financial sector is making preparations for the company to enter in to the ASX at the beginning of the new financial year in July, in to the buoyant IPO sector.

Geoff Underhill, a Bega shareholder, claims he has been advised of a

potential market value between \$8 and \$12 a share. This expectation means that many of the Bega cheese suppliers and shareholders may soon be worth millions of dollars, as some long term families hold up to three million dollars worth of shares.

"It is either going to give people the opportunity to expand their farming entity, or if they want to retire, they have something to lead a comfortable life," says Geoff.



## Fosters Takeover?

Rumours are rife with speculation that classic Aussie beer company Fosters is in talks for a takeover bid by Mexican and US brewing companies Coors and Corona.

Fosters, which distributes favourites such as VB and Cascade, is the largest brewing company in Australia with an estimated market capitalisation of \$8.3 billion. It is one of the last independent companies in what is an increasingly consolidated business environment.

While the three brewers involved are refusing to comment, banks including the Bank of America Corp and Deutsche Bank are rumoured to be helping Coors and Corona to come up with the financing for a possible bid.

Analysts have persistently suggested that an international brewer would look to acquire the group after it recently dumped its wine division Treasury, earlier in the year.

Several financial analysts have stated that while a takeover of Fosters is very attractive - being one of the biggest brewing companies in the world that isn't already in the hands of a global brewer - the deal still poses many questions.

Deutsche bank analyst Paul Van Meurs said; "The deal seems largely unusual. One is a large Mexican brewer and one is US-Canadian. To buy an asset on the other side of the world - frankly what are they going to know about the market?"

Morningstar analyst Philip Gorham agrees; "A deal with this structure just doesn't feel right."

Only time will tell what will happen to our classic beer company. Will it just be another Australian business to be taken over by foreign investors?

Real Town. Real Cheese.



## Heinz labels Australia “the worst”

Heinz, one of the worlds biggest food companies, has named Australia as having the worst food market on the globe – and they squarely blame Coles and Woolworths.

By now we are all aware of the damage being caused by the price war between the two big supermarkets, and now finally a big, powerful company is admitting the real problems being caused by the price battle,

“There is no doubt that in terms of retail environment, the Australian market is the worst market, and ultimately the public will pay the price,” says Heinz Chairman and Chief Executive Bill Johnson.

“Products will ultimately be devalued to address the price points that customers are asking us to address. So the consumer is ultimately going to be the big loser in Australia.”

This admission comes only days after Heinz closed its doors on three of its Australian manufacturing sites, leading to well over 300 job losses.

“The Australian retail environment has become very difficult due to a trade war between the two main retailers there (and) as a consequence we are reshaping the Australian business,” Mr Johnson said.

Christopher Warmoth, Heinz Vice-President has also made comment, stating; “we don’t see Coles and Woolworths going anywhere, so we’re adapting to that environment. As these things come through, Australia can be a good market for us.”

As the price war develops, it is clear who will lose in the end – the Australian consumer.



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## Life getting more expensive

The rising cost of essentials such as health care, utilities and fuel means more households are struggling to keep on top of their bills.

The cost of living on average across Australia, has risen by approximately 7.5 per cent which is more than double the original official inflation rate of 2.7 per cent. This information comes from financial group ING Direct in its Financial Wellbeing Index for the first quarter of 2011.

Costs such as these have led to large jumps in credit card debt and plummeting levels of personal savings.

The average household has around \$2205 in credit card debt, which has increased significantly from last years \$1775. At the same time, average household savings have decreased from approximately \$9238 for the average family, to \$7215, but almost a third of households have less than \$1674 in personal savings.

Due to this, struggling families are resorting to charities to cope, but

with the number increasing each year, charities are under great strain.

Gavin Dufty, the manager of policy and research at the St Vincent de Paul Society, has said that the rapidly increasing cost of living has put enormous pressure on low and middle-income earners.

"The squeeze started in 2008 and its really ramped up over the last two and half years," Gavin says. "The pace of change has been phenomenal, giving families little time to readjust their budgets."

In Sydney for example, electricity prices have risen by more than 9 per cent in a year, water prices have increased by more then 6 per cent in a year, public transport has increased by a whopping 17 per cent in the last 5 years, and health services 32 per cent.

Preliminary figures from the 2011 Community Sector Survey indicates that there is a 47 per cent increase in the number of people charities had to turn away from emergency relief services that help with such items as food and electricity vouchers.

## More rises

From the beginning of the new financial year, Aussie households will be hit with one of the biggest rises in gas, water and electricity in recent decades plus the Federal Government Flood levy which will cost between \$300 and \$750.

Furthermore, petrol prices are set to sky rocket after a few months of relatively cheaper fuel at round \$1.25 a litre. By looking at rising oil prices, the cost of petrol is set to rise to \$1.35 - \$1.40 a litre.

The Independent Pricing and Regulatory Tribunal of Australia (IPART), which sets many fee and utility prices, is very concerned for Australian families.

"We are encouraging the Government, particularly on electricity price increase, to look at ways of moderating the effects of those increases because they will be quite substantial," says IPART chief Jim Cox.

Taking in to account all of our obligatory costs, it looks like Australians will be forced to pay an extra \$3000 per year.

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PROUDLY AUSTRALIAN

## Katter vows to bust duopoly



The recently launched Australian Party vows to restrict the market size of Coles and Woolworths to provide a level playing field in the retail industry.

Headed by independent member for Kennedy, Hon Bob Katter MP, it believes the so-called 'Free market' policies of the Federal Government have "led to failure by Government to act in the best interests of Australia".

Mr Katter says these policies have directly led to a local market place bereft of competition, dominated by only two major supermarket chains.

"This dominance has now swollen to over 85%. By comparison, the largest chain in the United States, Wal-Mart, is restricted to only 20%.

"This concentrated market power has drastic effects on all levels of the economic chain. Other retailers are crushed, farm gate prices are squeezed down and with no competition, consumer prices are inflated meaning higher grocery bills," he said.

Mr Katter said something must be done to halt the erosion of our consumer markets.

The Australian Party has vowed to restore competition to the market place by implementing the following measures

1. Any individual chain's share must not exceed 22%. This will restore competition, particularly encouraging owner operators and independent retailers.
2. A Supermarket Fairness Tribunal must be established. The ACCC has consistently proven itself ineffective in preventing the gross misuse of market share that has been occurring. This tribunal would provide an effective avenue of recourse to prevent such misuse.
3. To provide fair grocery prices, fair farm gate prices and opportunity for owner operators, a competitive marketplace must exist. This cannot take place when only two players control nearly all the retail dollar.

Mr Katter said The Australian Party is committed to returning to a market place where competition delivers a fair and level playing field.

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## Ritchies donates \$64,000 to Royal Children's Hospital

Ritchies Supermarkets has made another landmark donation to a needy charity through their Community Benefit Card program.

CEO Fred Harrison presented a \$64,000 cheque to the Royal Children's Hospital during their annual Good Friday Appeal at Etihad Stadium, helping to bring the total to a whopping \$15,156,000.

"Ritchies Community Benefit Program continues to support the Royal Children's Hospital with this year's donation of \$64,000 bringing the total donated to the Good Friday Appeal to well over \$1.25 million." Community Benefit Program Manager, Judy Rebecca said

"We would love even more shoppers to come in to our stores to nominate this much loved institution so our contributions can get even bigger, and thereby help the Royal Children's Hospital continue to break new records year after year."

The Ritchies' Community Benefit Card Program donates a percentage of the money spent by customers to their nominated club, school or charity.

Around 60% of Ritchies customers use their free Community Benefit Card and since the introduction of the program, Ritchies generous customers have donated an incredible total of \$37,121,645.



Victorians lead the way with their donations to the program, with \$31,548,234 donated overall. New South Wales comes in second with \$5,549,396 and Queensland is third with \$522,177.

## New online supermarket alliance to go national

The emerging online supermarket space has been dominated by Coles and more recently, Woolworths, but bananablue in SA are providing the more competitive and viable independent online offer.

Bananablue has been growing strongly over the last twelve months, and has undertaken enhancements to its business model, and IT systems, in preparation for national expansion. A key part of that development has been to enable individual retailers to fulfill online orders from their own stores, thus providing customers with the convenience of online shopping from their own favourite local independent supermarket offering a greater range of products.

Drakes supermarkets recognizes the growth of the online sector, and has joined with bananablue to bring

online shopping to its expanding loyal customer base in South Australia and Queensland.

CRG/bananablue and Drakes have as a result formed a unique alliance in the online supermarket arena, in order to resist the online market dominance of the big two, and strengthen their own store brands.

Loyal Drakes customers will have their online orders picked and delivered from a Drakes store, and bananablue customers will continue to be serviced from Adelaide's finest stores. Any suitable independent store in any part of the nation can similarly offer an online service, using bananablue technology and systems.

This will also be of real benefit to regional stores where Coles and Woolworths have the sheer might and

capacity to eat into independents' store sales with a head office-funded online system. Now local independents will have the capacity to fight back with an online offer of their own, using bananablue systems.

Bananablue's proven and reliable systems and operations will be adopted by the Drakes group in SA, and then Queensland. Other independent operators, in all states, including larger groups, as well as regional operators, will progressively take up the bananablue systems.



# AUSTRALIAN OWNED Brands Guide

**Asian Noodles & Foods:** **Buderim Ginger, Black & Gold Dimsims, Crafty Chef, Nutrisoy Tofu** - Tempeh - Desserts - Prepared Meals, **Soyco Tofu** - Plain - Pre-Cooked - Marinated, **Taings** Steamed Buns, **Taings Noodles** - Hokkien - 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, IGA Mini Spring Rolls, IGA Signature Mini spring rolls, Marathon Dim Sims** - Hamburgers - Mini Bites - Spring Rolls - Puffy Dogs Range, **IGA Party Spring Rolls, The Curry Makers, Taylors**

**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, **Bellamy's** Milks and Formulas, Fruit snacks, Superbites, Pasta Stars, Skincare, Bottles and soothers

**Baking Needs:** **Aunty Kath's** Cookie Dough, **Black & Gold Plain Flour**, Corn flour, **Buderim Ginger, Sunny Cane** Icing Mixture, **Snowflake** Icing Sugar, **Anchor** Semolina - Coconut - Baking Powder - Imitation Vanilla Essence, **Anchor** Breadcrumbs, **Lion Pastry Mix, Fowlers Vacola, JC'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, **IGA** Signature Quick oats, Quick oats individual sachets, **Hole-Sum** Nuts and Dried Fruits, **Melrose** Golden Flaxmeal - Organic Omega-3 flax seed, **Nuts In Paradise, Orgran** All purpose rice crumbs, bulk crumbs, falafel mix, Egg replacer

**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, **OzKleen** Shower Power, Mould Power,

**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, **Orgran** crackers, Shortbread, Crispibites. classic cookies

**Bottle Water:** **Black & Gold** Spring Water, **IGA** Spring Water, **IGA** Signature Sports cap spring water, Springg 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:** **Black & Gold** Bran, Muesli, Oats, Corn Flakes, **Carman's** Fruit Muesli - Natural Bircher Muesli - Original Fruit-Free Muesli - Premium Traditional Oats, **Dick Smith** Bush Foods, **Freedom Foods, Golden Fields, IGA** Quick Oats, **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, Orgran** Amaranth puffs, multigrain O's, Cocoa O's

**Butter & Margarine:** **Black & Gold** Butter, Unsalted Butter, **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, **Orgran** chocolate cake & pancake mix,

**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, **IGA** Signature Chocolate filled croissants, Jam filled croissants, **Drake Foodmarkets** range of Doughnuts, Cakes, Mince Pies, Hot X Buns

**Canned Fruits & Vegetables:** **Black & Gold** Beetroot, **Cowra Gold, IGA** Pineapple, **IGA** Signature Beetroot slice, Sliced Mushrooms in butter sauce, sliced pineapple in natural juice, pineapple pieces in natural juice, **Windsor Farm** Sliced Mushrooms - Petite Potatoes - Asparagus Creations - Mushy Peas, **Foodland** Range of Canned Fruit & Vegetables, **IGA** Signature Pineapple - Beetroot

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

**Cheese:** **Black & Gold** Mozzarella shredded, Tasty shredded, Parmesan, **Dick Smith** Cream Cheese Spread, **Australian Farmers, Caboolture, Bega, Devondale** Block - Sliced - Cream Cheese, **Pantalica, Foodland, Gippsland, Warrnambool** Cheese, **Great Ocean Road** Cheese, **IGA** Cheese Slice, Vintage, **IGA** Signature Cheese slice, Cheese slice light, Vintage Cheese **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



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**Chocolates / Confectionery:** **Black & Gold** Bananas, Fruity frogs, Clangers, Black Cats, Wildberries, Racing Cars, Snakes, Teddy Bears, Candy Teeth, Choc Babies, **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**, **IGA Signature Extra Virgin olive oil**

**Cooking Oil - Olive:** **Black & Gold Olive Oil**, **IGA Olive Oil 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:** **Black & Gold Cream**, Thickened cream, Skimmed cream **Bulla Cream** - Sour Cream, **IGA Signature Thickened Cream 300ml & 600ml**, **Jalna Reduced Sour Cream**, **Foodland**, **Devondale Fresh** - UHT - Light Sour Cream, **IGA Thickened 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**, **OzKleen Grease Monkey**

**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, **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, **IGA Signature Sea Salt Macadamias**, **Buderim Ginger**, **Neighbours + Growers**, **Nuts In Paradise**

**Eggs:** **Drake Foodmarkets Plain & Free Range**, **Foodland**, **IGA Extra Large Caged**, Free range, Super jumbo caged, Barn laid, Caged 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, **Orgran** Toasted Corn Dippers, Deli Crackers, Wild Raspberry Fruit Filled Biscuits, Classic Choc Biscotti, Premium Shortbread Hearts

**Feminine Hygiene:** **Femisil**

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

**Frozen Vegetables:** **IGA Signature Frozen Peas**

**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** Yoghourt 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, **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, **Melinda's** Gluten-Free Goodies, **Orgran** (GFG) Gluten Substitute, Orgran GF Cereals, Orgran GF Crispbreads, Orgran GF Pasta

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

**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, **Sunso!**, **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 Sun Health Foods** Health Bars, **Orgran** high fibre crackers

**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, **Health-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 Australian Gold honey**, **IGA Signature Honey Pure Australian**, Honey Yellow Box, **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, **OzKleen**

**Household General:** **Hillmark** SteelPower - ScalexPlus - EspressoKleen - 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, OzKleen Carpet Power, Mould Power, Oven Power, Kitchen power, Grease Monkey

**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, **OzKleen** Mould Power, Oven Power, Kitchen power, Grease Monkey

**Household Wipes:** **Hillmark** SteelKleen EziWipes, **IGA** Gleen Wipes, **Selleys** BBQ Tough Wipes, **OzKleen** Power Cloth

**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**, **Weis Frozen Foods** - Bars and multipacks: passionfruit, mango, vanilla & raspberry, macadamia, coffee almond - 1 litre tubs: coffee with cream, vanilla bean, macadamia chunks, Queensland mango - Sorbets: berry, lemon, mango

**Ice Cream Toppings:** **Buderim** Ginger, **McKenzie's** Traditional Toppings.

**Iced Confections:** **Icy Fruit Sticks**, **Juicy Fruit Sticks**, **Skybomber**, **Snowboy**, **IGA Old English Toffee Ice cream**, **Light Vanilla Ice Cream**, **Rainbow Ice Cream**, **Cookies & Cream Ice cream**, **IGA Signature Boysenberry flavour**, **Old English Toffee flavour**, **Light Vanilla Low Fatm Vanilla**, **Rainbow coloured**, **Cookies and cream flavour**,

**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, **Black & Gold** Nappy

& Laundry Treatment, Laundry Soap, **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** **IGA Signature Milk elite 2L**, **Milk Whole 2L**, **Milk Whole 3L**, **Full Cream milk 3L**, **Full Cream Milk 2L**, **Lite milk 2L**, **Sungold** Milk - Fresh, Low Fat, No Fat, Lite One, O Frothy One, **IGA** Whole Milk, Lite Milk, **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:** **Black & Gold** Lunch Paper Bags, **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, Pizza Bases, **IGA** Signature Pizza Base 11 inch, Pizza base 5 inch, **Stromboli** Pasta Sauces, **Taylor's** Marinades & Sauces, **Jensen's** Organic Pasta Sauces, **Drake Foodmarkets** range, **Orgran** pasta and lasagne sheets

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

**Pet Food & Accessories:** **Black & Gold** Baked dogs biscuits, Budgie & Canary mix, Parrot, Guinea Pig & Rabbit Mix, **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, **IGA** Signature Wild Bird mix, Wild Bird & Parrot mix, Budgie & Canary mix, Cockatiel & Small Parrot mix, Clumping Cat Litter, **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

**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** Natrburgers

**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, **Hands First** Hand sanitiser

**Smallgoods:** **Black & Gold** Beef Burger, Corned beef, Frankfurters, **Farmers Selection, IGA Signature** Middle Rindless Bacon, **Shaved Honey Leg Ham, Shaved Roast Beef, Roast Chicken, Rindless Shortcut** bacon rashers, **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 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, **IGA** Signature Corn cakes, Sundried Sultanas, Sundried Mixed, Beef Jerky Strips, **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, **Orgran** Molasses Liqueurice, canned beans & spaghetti, biscuits and crackers

**Soft Drinks:** **Black & Gold** Soda Water, Mineral Water, **Buderim Ginger, Saxby's, Nippy's** Ginger Beer, **Nippy's** Sparkling Mineral Waters - Fruit Flavours, **Bundaberg** Drinks range, **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, **Orgran** tomato & vegetable cup-o-soup

**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, **Sunny Cane** Golden Syrup, **Freedom Foods, Devondale, Mountain Valley** Maple Flavoured Syrup, **Buderim Ginger, Leabrook Farm** Honey spread, **Naturals by Melrose** Nut Spreads

**Sugar:** **Black & Gold** Raw sugar, Caster sugar, **Sunny Cane** Icing Mixture - Pure Icing Sugar, **Foodland, IGA** Maple Grove Sugar - Caster Sugar

**Sweetener:** **Sugarless** - Sachets, Liquid and Tablets

**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 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** 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, **Hands First** Hand sanitiser, **Key Sun** Lipguard, **Bosisto's** Sugar-free Medicated Lozenges, **Melrose** Olbas Oil

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## IGA phone app

IGA Supermarkets have jumped into the 21st century with a brand new iPhone app, that allows users to locate nearby IGAs, create shopping lists, and even suggests recipes to try out.

An iPhone app (or application) is a software program developed specifically for the iPhone and the iPad. These app's can be directly downloaded to your phone or computer for a very small price (usually less than two dollars per app.)

The IGA App is the perfect shopping companion. The app even suggests meal ideas and automatically adds the items you need to the shopping list as you go.

No more loose bits of paper with a list scrawled on it, use the latest technology and download the IGA app today. The best thing is, its free!



## Ricegrowers reject Spanish Bid

SunRice growers have rejected a \$610 million takeover bid from Ebro – a Spanish owned food giant.

The decision comes after months of deliberation from SunRice and their shareholders.

The takeover from Ebro required support from at least 75 per cent of both A and B Class shareholders (they run on a two-class shareholder structure) but thankfully it did not attract enough support.

Ebro Chairman Antonio Hernandez Callejas said prior to the board meeting that the company would not return with a higher offer if shareholders rejected its bid. The company also encouraged a vote to takeover by offering A Class shareholders a whopping \$50,000 per share each, and B Class shareholders \$5,082 per share.

SunRice chairman Garry Lawson has admitted that its “going to to be painful for a while, but the outcome will allow the growers to remain in control of the brand, which is one of the best known in the world.”

“We will now focus on efforts on how best to underpin SunRice’s future,” Mr Lawson said, and discussed the need for the company to address its high debt – which is now around \$200 million.

“We will take action to address SunRice’s high debt and enable the company to continue to grow.”

SunRice is currently in such substantial debt due to the drought-afflicted product of previous years, however this year’s just-harvested crop and next year’s look likely to be a significant improvement.

# Supa IGA price comparison

cont.from P5

Survey completed	4/16/2011	Ritchies Retail	Coles Retail	Woolies Retail
Product	Size			
Sch Min Water	1.25	\$1.85	\$1.77	\$1.77
Twisties	20pk	\$6.49	\$5.99	\$6.59
Kleenex	8pk	\$6.59	\$6.68	\$6.68
Chum Crunchy	3kg	\$6.79	\$6.79	\$6.79
White wings plain flour	1kg	\$2.49	\$2.99	\$2.99
Huggies	Conv	\$14.99	\$14.98	\$14.98
Gillette Blue 2	6pk	\$5.19	\$6.24	\$4.20
Omo 1kg		\$10.49	\$10.00	\$10.23
Arn Tim Tam	200gm	\$3.05	\$2.89	\$2.89
Arnotts Milk Arrowroot	200gm	\$1.99	\$1.90	\$1.90
Nat confec snakes		\$2.85	\$2.79	\$2.79
Arn Vita weat	130gm	\$1.99	\$1.99	\$1.99
Nescafe Gold	100gm	\$7.40	\$6.89	\$7.45
Barilla	500gm	\$2.59	\$2.59	\$2.59
Arn Jatz	250gm	\$2.90	\$2.90	\$2.90
Doritos	185gm	\$2.99	\$2.98	\$2.98
Greens Pancake	200gm	\$2.95	\$2.99	\$2.67
Pine O Clean	2lt	\$7.80	\$7.80	\$7.80
Cad Choc	200gm	\$4.29	\$4.29	\$4.29
Bertolli Extra Virg	500ml	\$6.99	\$6.99	\$6.89
Colgate Tpaste	120gm	\$2.79	\$2.50	\$2.49
Rexona roll on		\$3.99	\$3.99	\$3.99
Pantene Cond	350ml	\$7.89	\$7.99	\$7.99
Pantene Cond Col	350ml	\$7.89	\$7.99	\$7.99
Panadol pain	24's	\$2.79	\$2.99	\$2.79
Hnz Baked Beans	420gm	\$1.63	\$1.63	\$1.63
Wonder White		\$3.99	\$3.99	\$3.99
Bundaberg white	1kg	\$1.97	\$1.96	\$2.35
Greenseas	95gm	\$1.85	\$1.79	\$1.79
Pedigree	1.2kg	\$3.39	\$3.39	\$3.39
Finish 5 in one	30pk	\$11.79	\$11.79	\$14.00
Palmolive liq		\$2.99	\$3.19	\$3.19
B/eye peas	1kg	\$4.06	\$4.59	\$4.09
Peter Original	2lt	\$5.59	\$5.59	\$5.59
Pura 2lt milk	2lt	\$3.59	\$3.69	\$3.69
Daily Orange	2lt	\$5.79	\$5.79	\$5.99
Weetbix	750gm	\$4.19	\$4.19	\$4.19
Coke	1.25lt	\$1.99	\$1.66	\$2.29
Chicken Inghams	17	\$10.18	\$10.20	\$13.60
Premium Beef Mince	500gm	\$6.49	\$6.00	\$7.16
Eggs Free range	600gm	\$4.39	\$5.99	\$6.65
Granny Smith apples	1kg	\$4.99	\$4.98	\$4.97
Comparison at Normal shelf price		\$206.89	\$208.32	\$215.18
Special discount		\$6.11	\$8.93	\$13.12
<b>After promotional discounts are included</b>		<b>\$200.78</b>	<b>\$199.39</b>	<b>\$202.06</b>
<b>Incorrect Survey retails which appear to have missed some values</b>			<b>\$194.41</b>	<b>\$197.06</b>
			-\$4.98	-\$5.00

# FightBack Q&A



## Mark Robinson

### Managing Director

#### NATURE'S BLEND

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#### FUNctional FOODS

Mark Robinson is the Managing Director of Nature's Blend, providing Complementary Medicines and FUNctional FOODS.

#### How would you describe yourself as an Australian?

Australia offers many opportunities and a lot of global products, inventions and many inspiring people have emerged from this amazing country. Like many Australians I am proud of our achievements.

#### Which Australian do you admire the most and why?

I have to say Michele Timms, Basketball Legend. Michele is not only a great athlete but a fantastic ambassador for Australia. Michele's career spans from junior basketball to the WNBL, to the Opals and the Olympics. Michele is a pioneer in her sport being the first person (male or female) to play professional basketball in America. She has created a path for other Australians such as Lauren Jackson (WNBA MVP) and Andrew Bogut to follow. Basketball is a great sport for the younger community both male and female as it promotes exercise, teaches kids responsibility, to work as a team and can be played indoors or outdoors all year round. Kids can practice in a group or by themselves just with a basketball.

Michele is an amazing person and an inspiration for kids, young people in sports and to many women to achieve their goals. She is a credit to basketball and to Australia. Way to go Timmsy!

#### List three Australian products you have in shopping basket each week?

Breakfast is the most important meal of the day so I have to say honey, peanut butter and a yeast spread. And products with the benefits of Omegas that are also Gluten Free, OmegaHoney®, OmegaSmart® Peanut Butter and OmegaMite® are top of the list.

Omega Nutrients help promote Heart Health, Brain Health and Eye Health while Gluten Free is great for Coeliacs (pronounced seel-ee-aks) who are gluten intolerant.

Having a variety of Breakfast Omega spreads to choose from each day, makes breakfast more interesting.

Eating a healthy breakfast can fuel your body and help your mind concentrate for the day ahead.

#### Where do you get your inspiration from?

My inspiration comes from our next generation, listening to them and trying to help improve their health and diet for their future while generally helping to improve our generation's (the Baby Boomers) quality of life. As a nation becoming more health conscious we are always looking at ways to help to stay healthy in a manageable, easy and fun way. As we say around the office "Putting the FUN in FUNctional FOODS"®

#### What is your company's business highlight?

Our highlight is being an Australian Company bringing healthy alternatives to the "plate", promoting Australian Made products and helping to keep Australian jobs.

#### Do you think tax advantages for buying Australian owned and made products would be of benefit to the wider community?

The benefits for Australian owned and made products is that it creates jobs for Australians and in turn helping to keep the employment levels up (creating tax payers) while health and wellness

products help to "KEEP AUSTRALIA FIT"

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

At Nature's Blend we are proud to be an Australian Owned company as Australia is known as a clean and green country which reflects onto Australian Made products.

#### Should Coles and Woolworths be restricted in size?

The health conscious consumer has the choice to shop at alternative supermarkets such as IGA, Ritchies, Foodworks, Foodland, Leo's and other independents and health food stores. If we can help promote alternative healthy products that are Australian Made and Australian Owned to the consumer through these stores it may help with competition while helping to promote a healthy Australia.

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

Quality products with a point of difference is a key factor.

#### What is the number one reason Australians should buy and support the Australian food industry?

Not only are Australian made products keeping Australians in jobs, as previously stated they have a reputation as being clean and green. If we don't make Australian made products we may lose this reputation under non-use.

#### You have three wishes to change Australia what would you ask for?

1. Australians eat healthily (Australian Made of course!)
2. Australians exercise (even if just sitting wiggle your toes or stretch your arms is a start)
3. Australians help educate young Australians as they are tomorrow's adults.

## Letters

### What will our grandchildren have?

Dear Grant,

May I start by saying a huge Thank You to Mike and Welda Rogers for starting this amazing publication - I'm not very computer savvy so can't go to the internet and research Australian products etc., so it's good to get a booklet each month and know what is Australian.

Also, congratulations on your new look FightBack. It has something for all the family - recipes, kids corner etc.

My husband and I work on the land daily, we have our radio on constantly and listen to the morning program with Leon Byner, who comes to us on Riverland Radio 5RM.

Some time ago when our politicians were thinking of bringing in beef (from mad cow infected countries) then importing fire blight apples from New Zealand, and importation of pork from various countries - Leon Byner set up a website called "Don't Sell Australia

Short" to fight against those issues, as well as selling our land and water to China, Middle East and others.

It has made some difference to our polities.

I say Thank God for Leon Byner, Senator Heffernan, Nick Xenophon and a few others - its just too ridiculous for words.

Our government seems hell bent on selling out the entire country - what will our grandchildren have? No water, no Australian grown food or products, possibly not even an Australian Government. It's scary! But people are hopefully waking up to this, and becoming more aware and vocal.

Gloria Warner

P.S. Each month I drop a couple of FightBack's to our local library who are very happy to display them.

Hi Grant ,

Recently picked up a copy of the news at Cornetts. A suggestion - the list in the

magazine is informative but not much help to time constrained shoppers. Why not register Fightback and allow those companies on your list to display it prominently on their products to allow quick identification of "fair dinkum" Australian products. It would be a big help to believers in your message.

John A.

Hope you can help me - I want to receive a free Marathon Chef Direct product to try (as advertised in your last magazine) and I have the barcode from Puffy Dogs and Spring Rolls to send in but I've looked through your magazine and I can't find any address to send this barcode to except Suite 309, 1 Princess St, Kew 3101 - is this the correct one? Thank you for your help -

Liz J.

PS Love the magazine!

*Yes Liz, you can send letters to that address, or to "FightBack news, PO Box 484 Kew, VIC 3101*

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## Pokies Anon looking for new chapters

Julia Karpathakis is a reformed pokies addict. She became obsessed with the bright lights and tempting offers of cash from the machines in 1994, and ten years later knew she had to stop.

“One day, I had had enough. I contacted parliament house to vent my anger at whoever put these stupid machines in front of us. I was surprised to find someone who actually wanted to meet with me and talk about it” Julia says.

She then met with Independent Senator and Pokies Fighter Nick Xenophon, and soon enough Pokies Anonymous was created.

Pokies Anonymous, not to be confused with Gamblers Anonymous, are a group of people who share stories of their struggles, hopes and strengths with each other, and eventually inspire each other to stop playing the pokies.

The group is a not-for-profit organisation that currently has around 40 members, inspired to become better people.

“The group encourages people to never put that first dollar in the machine and completely stay out of venues that have pokies. Some times people relapse, but that’s ok. We just encourage them to keep coming back and they will eventually stop,” Julia says.

Julia has been a loud and proud supporter of the new suggested gambling reforms, brought about by Nick Xenophon. The reforms recommend all gamblers carry a card which have been set with personal gambling limits.

“I completely support the idea of helping people who can’t help themselves. The Australian way is to help your mates. Too many people are suffering, wanting

to stop, but they just can’t. This is a way to help them.”

And to the statistics that show Coles and Woolworths are Australia’s largest pokie machine operators?

“In our group we make people aware of this and encourage them to boycott shopping at these places or any of their businesses – they’ve taken enough off us.”

Pokies Anonymous currently only runs in Adelaide, but with more support they are hoping to spread their encouragement and inspiration nation-wide. For more information, and to leave messages of support; search Pokies Anonymous on facebook, or visit [www.bbccadelaide.com](http://www.bbccadelaide.com)

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## Coles and Woolies largest pokie owners

Coles and Woolworths are Australia’s largest poker machine operators.

New gambling reforms are soon to be introduced into Australia’s pubs and clubs in a bid to decrease the amount of problem gamblers in the country, which will hit the dupoly hard.

The reforms, which are part of an agreement between Prime Minister Julia Gillard and Independent MP Andrew Wilkie to allow the formation of a minority Labor government, are aimed at dramatically reducing pokies problem gambling with a radical new plan.

A mandatory pre-commitment card will be given to each gambler upon entry, which will enable players to have the power to decide the maximum amount of money they want to lose.

According to recent research, 600,000 Australians play the pokies each week, with approximately 100,000 of those having a significant gambling problem and 200,000 others showing warning signs of developing an addiction.

Shockingly, problem gamblers make up 40 per cent of the annual \$12 billion losses on pokies, and it has been

estimated that each gambler impacts, on average, the lives of 7 others.

Clubs and hotels have struck back at the reforms with a powerful campaign, claiming it was ‘Un-Australian’ to force gamblers to have a license to punt, and suggesting that they will lose significant profit from the reforms, which will ultimately end in lost jobs.

However the argument that ‘mum and pop’ gambling venues will suffer due to the lost winnings and the expense of the new technology, is flawed, considering the statistics.

In fact, Woolworths could strengthen its grip on the poker machine sector even more if it goes ahead with a plan to join New South Wales gambling king Arthur Laundry.

If it proceeds with the joint venture, Woolworths will increase its poker machines from just over 12,100 to 13,300, and will increase its hotels from 286 nationwide, to 326.

This shockingly means that the supermarket giant would surpass Las Vegas’s top five casinos in terms of total poker machine ownership.

The top five casinos in Vegas are – The Venetian, MGM Grand, The Mirage, The Bellagio and Wynn – and in total they have 12,610 poker machines.

These statistics clearly smash the industry claims that it is the smaller-scale operators that would lose the most from the reforms, its clear that it is the duopoly that is behind this campaign to stop the reform

Independent Senator Nick Xenophon, who has strongly backed the gambling reforms, has said “the cruel irony of Woolies being Australia’s biggest pokie baron is that there are people today who won’t be able to afford to buy groceries from a Woolworths supermarket, because they’ve lost that money on a Woolworths poker machine.”

Senator Xenophon has vowed to attend the next Coles and Woolworths shareholder meetings to demand they reveal how much was being spent on the “grubby campaign of misinformation” against gambling reform.

Under the terms of Mr Wilkie’s agreement to support Prime Minister Julia Gillard, she has until May 31 to secure an agreement with the states.

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## New products

### DRY CAT FOOD 1kg

Nature's Gift has addressed two uniquely different needs confronted by cat owners, when selecting quality dry food for their pets. Depending on the age of their cat, a common question asked by pet owners is "How soft is the dry food?" and "Will it clean their teeth". These two issues need to be tackled by two very different styles of food, each with their own, unique health benefits.

For older cats or cats with gum problems, Kangaroo dry food with all natural, soft meaty pieces will entice even the most gum sensitive feline. To assist their digestion and overall condition, Nature's Gift has added Chia, an ancient superfood, high in protein, Omega 3, 6 and antioxidants. Chia is known to increase energy levels and also assist with overall cell growth and development and may also aid healing.

Where dental care is a higher priority, Chicken with Salmon dry food with all natural, crunchy pieces will deliver excellent dental and gum care. To enhance the meat based recipe, Emu Oil has been added which is high in linolenic



acid for energy and natural Omega 3 & 6 to maintain healthy skin and coat.

### WET CAT FOOD 100g

For a high protein wet cat food, Nature's Gift has added Krill Oil to enhance their already popular 100g wet food range. Krill is found in the pristine oceans of the South Pacific and therefore free from contaminants that other fish oils may contain. Krill Oil is high in natural Omega 3 & 6, which adds to the list of benefits the meat based recipe delivers. Nature's Gift wet cat food with Krill Oil will appeal to even the fussiest eaters.

## Jalna releases 1.5kg tub

FightBack favourite Jalna has just released their fantastic yoghurt in a new 1.5kg tub, which is perfect if you simply can't get enough of this Australian Made and Owned product.

The low fat (98.6% fat free) yoghurt will be available in the larger tub in a delicious variety of flavours including



Natural Vanilla Bean, and BerryFruit, which is a yummy blend of blackberry, raspberry and boysenberry.

As with all Jalna yoghourts, the new 1.5kg tubs will be 'pot set' so they don't need anything artificial to achieve the 'set' in other yoghourts, which often have thickeners like gelatine. Jalna yoghourts contain no artificial sweeteners, colours, flavours or preservatives. Plus there is no added cane sugar.

In fact, the delicious creamy yoghourts contain only all-natural products including; fresh dairy milk, aBc probiotics and real fruit puree. Plus it is all low GI and gluten free, so Jalna is naturally good for you.

So the next time you're looking for a healthy breakfast, or yummy dessert alternative, pick up one of Jalna's new 1.5kg tubs of 'pot set' yoghurt.

## Eamon goes nuts

The classic Macadamia nut is getting a facelift, more specifically, a new face! Swimmer Eamon Sullivan has signed up to be the new face of the Australian Macadamia Society.

The nut is undergoing a major brand transformation, launching our native food as the "world's finest nut."

Australia leads the world in macadamia farming, producing more than 30 per cent of the world's crop.

"Australian macadamias are grown in the rich soil and high rainfall coastal areas that are still home to the original native species. On top of this, Australian farms and processors have high production standards, with a demonstrated capacity to produce superior kernel," says Jolyon Burnett, CEO of the Australia Macadamia Society.

Olympic Swimmer Eamon Sullivan was more than happy to team up with the council as part of their new brand launch.

"As an athlete, it's important for me to eat a healthy balanced diet with loads of protein, complex carbohydrates and good fats, and a handful of macadamia nuts is my perfect daily snack" Eamon says.

Support our homegrown nut, and buy a bag of macadamia nuts today!



# New products

## NATURE'S BLEND

### OMEGAMAYO

OmegaMayo™ is a part of the Nature's Blend® Australian Made "FUNctional FOODS®" range. It is a tasty Gluten Free whole egg mayonnaise, with the extra benefits of Omega Nutrients. Omega Nutrients help promote Heart Health, Eye Health and Brain Health.

OmegaMayo's light smooth texture glides over your salad turning it into a piece of culinary art. Ideal for salads, sandwiches, wraps and seafood.

OmegaMayo compliments the Nature's Blend range which includes OmegaHoney and OmegaSmart Omega Peanut Butter.

Nature's Blend are "Putting the FUN in FUNctional FOODS"®.

### OMEGAMITE

OmegaMite® is a part of the Nature's Blend® FUNctional FOODS® range. OmegaMite is Australian Made and Australian Owned. A yeast spread

with the benefits of Omega Nutrients. Omegas help promote Heart Health, Brain Health and Eye Health.

Breakfast is the most important meal of the day and a great time way for kids and grown ups to get their Omega Nutrients. So start your day right. The Omegakids® Cinta and Bastian make it fun for kids to relate to the Omega Nutrients.

OMEGEMITE® IT'S AUSTRALIAN AS! Nature's Blend® is "Putting the FUN in FUNctional FOODS"®.

### NATURE'S BLEND FLAXSEED OIL

Nature's Blend® Australian Made FUNctional FOODS® range includes OmegaGold® Flaxseed Oil is a good source of natural Omega 3, 6 and 9 Essential Fatty Acids.

The Omega Nutrients help promote Heart Health, Eye Health and Brain Health.

Nature's Blend® OmegaGold® Flaxseed Oil can be taken by itself, in orange

juice, smoothies, milkshakes, cereal, yogurt or on salads.

Nature's Blend are "Putting the FUN in FUNctional FOODS"®.



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- SNOWBOARD
- BLANKET
- CHIMNEY
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- CHILL
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- FREEZE

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T	M	P	D	O	B	G	D	B	N	L	B	Z	J	S	B	T	T	I
Z	M	M	H	T	Z	L	C	H	I	L	L	Q	C	G	L	B	O	P
T	H	Y	M	J	I	G	C	X	N	M	S	Q	O	O	A	X	U	J
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C	H	I	M	N	E	Y	I	R	A	Y	A	S	T	U	K	X	D	K
Z	X	S	S	N	O	W	B	K	Q	U	R	T	F	X	E	E	T	C
V	J	D	D	J	N	F	E	Q	B	Z	F	O	H	I	T	Y	U	O
O	L	O	M	H	A	V	A	L	N	C	W	B	F	H	D	U	C	P
E	D	F	O	M	O	Q	O	O	I	P	H	B	W	O	H	C	K	J
V	O	G	J	Y	Z	I	P	S	G	E	S	C	R	W	Y	J	F	M
Q	S	U	E	Z	H	P	J	N	R	S	N	L	A	I	H	R	R	I
M	K	Y	L	W	S	K	I	O	W	C	H	T	A	N	X	L	E	L
T	B	V	N	X	U	I	I	W	C	A	Z	Q	K	T	L	O	E	M
G	E	S	D	D	N	O	J	B	N	X	T	X	I	E	R	J	Z	J
T	A	N	V	S	R	G	D	O	I	Z	U	I	L	R	M	L	E	C
O	N	L	N	O	M	N	O	A	P	P	Z	M	L	P	Z	J	G	Y
T	I	U	E	C	C	Y	Q	R	P	P	U	B	U	M	D	Z	F	Y
Y	E	Q	I	C	E	Z	B	D	Y	A	B	D	L	C	W	E	Y	S
F	R	W	S	E	N	K	Q	G	Q	F	L	G	I	W	O	Q	G	E

**JOKES**

- Q. What kind of dance do you do on a trampoline?  
A. Hip-hop!
- Q. Where do you find elephants?  
A. Where you left them!
- Q. What did the mayo say to the fridge?  
A. "Close the door. I'm dressing!"
- Q. Why are cats terrible storytellers?  
A. Because they only have one tail!
- Q. What kind of tooth is worth a dollar?  
A. A buck tooth

**BRAIN TEASER**

- Q. What word describes a woman who does not have all her fingers on one hand?  
A. Normal – I wouldn't be very happy if I had all my fingers (10) on one hand.
- Q. If there are 3 apples and you take away 2, how many do you have?  
A. If you take 2 apples, than you have 2 of course.
- Q. One big football fan claimed to be able to say the score before any game. How did he do it?  
A. The score before any football game should be 0:0, shouldn't it?

## Recipes (taken from taste.com.au)



### Garlic and Ginger Stir-Fried vegetables

Cooking Time

15 minutes

#### Ingredients (serves 4)

Olive oil spray

2 bunches broccolini, ends trimmed, halved

1 bunch baby bok choy, halved

2 medium (about 250g) ripe tomatoes, cut into wedges

1 garlic clove, crushed

1 tsp finely grated fresh ginger

1 tbs fish sauce

Thai-roasted pork fillet (see related recipe), to serve

#### Method

Heat a large wok over medium-high heat. Spray with the olive oil spray. Add the broccolini and bok choy and stir-fry for 4-5 minutes or until bright green and tender crisp.

Add the tomato, garlic and ginger and stir-fry for 2-3 minutes or until heated through.

Add the fish sauce, cover the wok with a lid and steam for 1-2 minutes or until vegetables are tender. Serve immediately with the Thai-roasted pork fillet.



### Avocado Salad with Ginger Dressing

#### Ingredients (serves 6)

150g sugar snap peas, trimmed

2 avocados, halved, stones removed, peeled, sliced

100g mixed green salad leaves

Ginger dressing

1 1/2 tablespoons mirin

1 1/2 tablespoons Japanese rice vinegar (see note)

1cm piece ginger, peeled, finely grated

1 teaspoon caster sugar

1 tablespoon olive oil

1 teaspoon sesame oil

1 tablespoon sesame seeds, toasted

#### Method

Make ginger dressing: Place mirin, rice vinegar, ginger, sugar, oils and sesame seeds in a bowl and whisk until well combined. Set aside for 10 minutes.

Meanwhile, bring a saucepan of salted water to the boil over high heat. Add sugar snap peas and cook for 2 to 3 minutes or until bright green and tender. Drain and refresh under cold water. Pat dry with paper towel.

Place sugar snap peas, avocado and salad leaves in a large bowl. Pour over dressing and toss gently to combine.

## Seasonal fruit and vegies

**July - mid winter - fruit** apples - bonza - braeburn - fuji - golden delicious - lady williams - pink lady - red delicious - snow - sundowner, cumquat, custard apple, grapefruit, lemons, limes, mandarin - ellendale - imperial, melons - champagne, nashi, oranges - navel, papaya, pineapple, pomelo, rhubarb, tangelo.

**July - mid winter- vegetables** asian greens - bok choy - choy sum - gai laan - wonga bok, avocados - fuerte - hass - sharwill, beetroot, broccoli, brussels sprout, cabbage, carrot, cauliflower, celeriac, celery, fennel, garlic, ginger, horseradish, jerusalem artichoke, kale, kohlrabi, leeks, okra, olives, onions, parsnip, potato, pumpkin, shallot, silverbeet, spinach, swede, sweet potato, turnip, witlof.

**August - late winter - fruit** apples - fuji - lady williams - sundowner, cumquat, custard apple, grapefruit - yellow - pink, lemons, limes, mandarins - ellendale - imperial - murcot, nashi, oranges - blood - navel, pawpaw, pineapple - smooth leaf, pomelo, rhubarb, tangelo.

**August - late winter- vegetables** asian greens - bok choy - choy sum - gai laan - wonga bok, avocados - fuerte - hass - sharwill, beetroot, broccoli, brussels sprout, cabbage, carrots, cauliflower, celeriac, celery, fennel, garlic, ginger, horseradish, jerusalem artichoke, kohlrabi, leeks, okra, olives, onions, parsnip, potato, pumpkin, shallot, silverbeet, spinach, swede, sweet potato, turnip, witlof.

## Recipes (taken from taste.com.au)



### Apple Turnovers

#### Ingredients (serves 4)

4 sheets ready-rolled puff pastry, partially thawed  
2 cups canned pie apple  
1/2 cup raw sugar  
2 tablespoons maple syrup or honey  
1 tablespoon milk  
whipped cream, to serve

#### Method

Preheat oven to 200°C. Line 2 baking trays with baking paper. Using a plate as a guide, cut two 14cm rounds from each pastry sheet.

Combine apple and 1/4 cup sugar in a bowl. Stir gently to combine. Spoon 1/4 cup of apple mixture over 1 half of each pastry round, leaving a 1cm border. Drizzle each with 1 teaspoon of maple syrup or honey. Fold pastry over filling to enclose. Using a fork, press edge to seal. Place turnovers on prepared trays.

Brush turnover tops with milk. Sprinkle with remaining sugar. Bake for 10 minutes. Swap trays around in oven. Bake for a further 10 minutes or until pastry is puffed and golden. Transfer to a wire rack. Stand for 5 minutes. Serve warm with cream.

### Pineapple, Apple and Mint Juice

Makes  
2 litres

#### Ingredients

1/4 cup caster sugar  
1 large (1.8kg) pineapple, peeled, chopped  
1/3 cup fresh mint leaves  
1.5 litres apple juice  
ice cubes, to serve

#### Method

Combine sugar and 1/2 cup water in a small saucepan over medium heat. Cook, stirring occasionally, for 5 minutes or until water comes to the boil and sugar dissolves. Remove from heat. Refrigerate until cold.

Place pineapple and 1/4 cup mint in a food processor. Process until finely chopped. Strain pineapple mixture into a 2-litre jug. Add 1 cup of the pineapple and mint pulp. Add apple juice and sugar syrup. Stir to combine. Serve with ice and remaining mint leaves.



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