

Additive-Free PANTRY

• Tanya Winfield •



Over 1000
products

The product brand names to purchase when looking for additive-free foods

• ADDITIVE-FREE •

SHOPPING GUIDE

+ QUICK SNACKS GUIDE

ABOUT THE AUTHOR



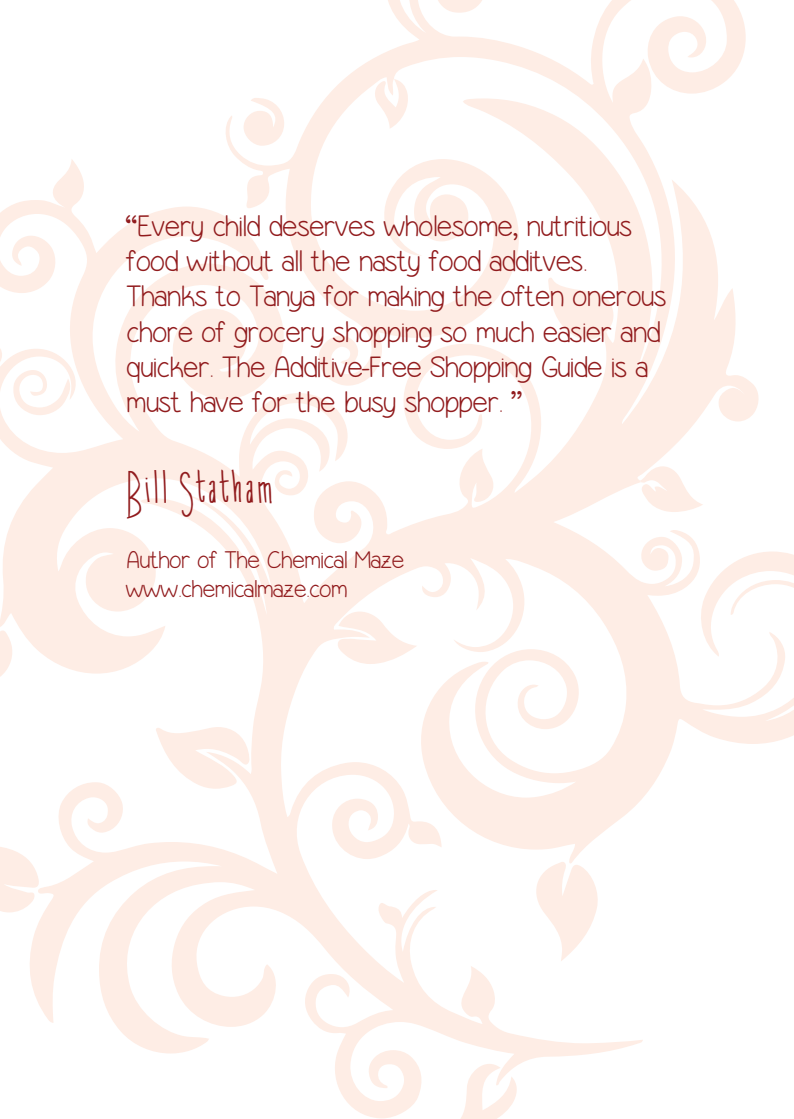
Tanya Winfield is a mother of three who created Additive Free Pantry to help parents understand the chemical minefield that can be consumed by children and adults on a daily basis.

Kelsea, Kade and Fletcher are the three reasons behind Tanya business. All of her children have benefitted from eating additive-free, whether it be minimising behavioural problems, decreasing health issues or purely eating more wholesome foods.

Fletcher, Tanya's youngest child, has been known to have some behavioural issues when eating foods full of additives. Interestingly, teachers and friends of Fletch are surprised to think he would misbehave. He is smart, funny and loving but can throw a temper tantrum at the flick of a switch. To this day, Tanya watches Fletcher's food intake because if she lets a colourful treat slip through, her son becomes very irritable, in turn disrupting the household.

Tanya's eldest son, Kade was diagnosed with asthma at the age of 2 ½ years old. Since eating additive free for 6 years he has not been to the hospital, taken a preventative or needed to use a nebuliser for his asthma.

Kelsea, Tanya's daughter suffered from intense acne in her teenage years. Removing processed foods and eating wholesome foods free from chemicals, helped Kelsea improve her acne prone skin. Aware of the reasoning behind her bad skin, Kelsea decided to continue the additive-free journey when she recently moved out of home. She has used her mother's recipes from over the years to continue her additive-free journey with ease and simplicity.



“Every child deserves wholesome, nutritious food without all the nasty food additives. Thanks to Tanya for making the often onerous chore of grocery shopping so much easier and quicker. The Additive-Free Shopping Guide is a must have for the busy shopper.”

Bill Statham

Author of The Chemical Maze
www.chemicalmaze.com



· DEDICATION ·

For Kelsea, Kade & Fletcher,

The three most perfect reasons I get to
be called - Mum

TW x

Because our children are worth it!



Additive Free Shopping Guide 4th Edition was created to make the transition into living an additive free lifestyle a whole lot easier. The hours & hours that I spend reading labels and researching to compile this booklet means more time for you to enjoy life with your own family.

If it is in this booklet, there are no harmful food additives that are dangerous to my children. If it would harm them, then it doesn't make it in...simple. The product brand names within this booklet are all free from harmful food additives such as colours, flavours, preservatives and carcinogens at the time of printing.

A number of categories do not list in this booklet. When purchasing the following items in your local supermarket, take note that these should read as one-ingredient products:

- Rice
- Coffee
- Eggs
- Frozen Vegetables
- Cold Pressed Oils

Listing them all makes for a very thick booklet. Please be mindful when making these purchases.

Flavours, colours and preservatives have no place in these foods. Rice is just rice, coffee is just coffee and oil (not crappy vegetable oil) is just oil, while pasta is just wheat, water and maybe egg. Always buy block cheese. There should be no numbers in a good block cheese.

Please be aware that companies may change their ingredient listing without needing to display any changes on the front of the package. It is suggested that you do check the ingredient listing every so often of any products you buy.

I am passionate about many things, though food additives are at the top for me when it comes to food choices. I too, am concerned about sustainable palm oil, BPA, soy, Australian made, GMO, organic, sugar intake and the like.

Because our (children are worth it!



Please note this is an Additive Free Shopping Guide. It is up to you to make the choices that are most important to you. Many mums use my Guide and decide from there if they will purchase the named product, given their family needs and requirements such as gluten, dairy, egg or nut free. Remember this is only a Guide, because in this world YOU get to decide what is most important to you and your family ☺

All items are alphabetised. You will find supermarket sections such as Aldi, Coles and Woolworths. The products in these sections are generic to those specific supermarkets. The General section is a listing of product brand names that can be found in **any** supermarket.

This edition sees the introduction of **Quick Snack Guide** which is a quick reference to store bought snacks that can be used for school, traveling and holidays. Lunchbox snacks are the most sort after and requested by parents who want to make quick and effective changes that will benefit their family immediately. They are all pre-packaged, some are certified organic and some may contain nuts.

There is no layout as to where in the store you will find these products as every supermarket layout can differ. If there is a product that has not made it into this edition it can be for a number of reasons:

- It was not available to me at the time of research
- It is not free from harmful food additives
- The company may not have given me the requested information by the printing deadline

Finally, a big congratulations to you on making a move in the direction of living a life free of harmful food additives. It takes a dedicated and committed person to make changes that will last a lifetime...

...because our children are worth it!

Tanya. x

QUICK SNACKS



ALDI

- Apple, Puree Unsweetened - Sweet Valley
- Crackers, French Twists Cheese - Damora
- Crackers, French Twists Onion & Chive - Damora
- Crackers, French Twists Salted - Damora
- Crackers, Seaweed Rice - Damora
- Crackers, Vita Grain Sea Salt & Cracked Pepper - Damora
- Cranberries - Sweet Vine
- Crisp Bread, Crispetts - Damora
- Fruit Salad, Diced 4 Pack - Sweet Valley
- Raisins, Sun Dried - Just Organic
- Rice & Corn Cakes - Damora
- Rice Cakes - Damora
- Rice Cakes, Dark Chocolate - Damora
- Sultanas - Sweet Vine
- Sultanas, Seeds & Sultanas - Wholefoods Oh So Natural
- Two Fruits, In Juice - Sweet Valley

COLES

- Apple, Puree - Coles

QUICK SNACKS



- Chips, Ancient Grains - Coles Simply
- Chips, Corn - Coles Simply
- Chips, Corn Original - Coles Smart Buy
- Chips, Crinkle Cut Plain - Coles Smart Buy
- Chips, Gluten Free - Coles Simply
- Chips, Mixed Root Vegetable - Coles Simply
- Chips, Original Crinkle Cut - Coles
- Chips, Original Thin Cut - Coles Smart Buy
- Crackers, Cracked Pepper Water - Coles
- Crackers, Original Water - Coles
- Fruit Salad in Syrup 4 Pkt- Coles
- Mandarin, Segments 4 Pkt - Coles
- Peaches, Diced in Syrup 4 Pkt - Coles
- Pears, Diced in Syrup 4 Pkt- Coles
- Pineapple, Pieces in Syrup 4 Pkt - Coles
- Popcorn, Salty - Coles Organic
- Popcorn, Sweet & Salty - Coles Organic
- Rice Cakes, Thick - Coles
- Sultanas - Coles Organic
- Sultanas, 6 Pkt - Coles Organic
- Two Fruits - Coles



WOOLWORTHS

- Apricots, Dried Turkish - Macro Organic
- Biscuits, Golden Choc Filled - Woolworths Free From Gluten
- Biscuits, Gingernut - Woolworths Free From Gluten
- Chips, Beetroot Organic - Macro
- Chips, Corn Original - Macro Organic
- Chips, Corn Toasted - Homebrand
- Chips, Original - Woolworths Free From Gluten
- Chips, Sea Salt Deli Style - Select
- Chips, Sea Salt - Macro Organic
- Chips, Sweet Potato - Macro Organic
- Corn Cakes, Thin - Macro Organic
- Cracker, Original Wafer - Macro Organic
- Cracker, Pepper Wafer - Macro Organic
- Cracker, Water Traditional - Homebrand
- Figs, Dried Turkish - Macro Organic
- Peaches, In Juice 4pkt - Macro Organic
- Pear, Dried Natural - Macro
- Pears, In Juice 4pkt - Macro Organic
- Pretzels, Twists - Select

QUICK SNACKS

Raisins, Thompson - Macro Organic
Raw Food Bar, Chocolate - Macro
Raw Food Bar, Chocolate & Mint - Macro
Rice Cakes, Thick - Macro Organic
Snackbite, Apricot, Almond & Quinoa - Macro
Snackbite, Cashew, Cranberry & Amaranth - Macro
Snackbite, Dates, Pecan & Spirulina - Macro
Snack Pot, Quinoa Original - Macro
Snack Pot, Quinoa Tomato & Basil - Macro
Sultanas - Macro Organic
Sultanas, 6 Pkt - Mini Macro Organic

GENERAL

Apple, Freeze Dried Crisps - Brothers All Natural
Apple, Freeze Dried Crisps - Sous Simple
Apple, Puree 2 Pkt - Spiral Foods Organic
Apple & Apricot, Puree 2 Pkt - Spiral Foods Organic
Apple & Blackcurrant, Puree 2 Pkt - Spiral Foods Organic
Apple & Cinnamon, Puree 2 Pkt - Spiral Foods Organic
Banana, Freeze Dried Crisps - Sous Simple

QUICK SNACKS

- 
- Biscuits, Arrowroot - Arnott's
 - Biscuits, Digestive Original - Red Tractor Foods
 - Biscuits, Milk Coffee - Arnott's
 - Biscuits, Oat Cakes Original Grain - Red Tractor Foods
 - Biscuits, Wafers Gluten Free Chocolate - Eskal
 - Cereal Bites, Gluten Free Original - Kez's Free
 - Cereal Snacks, Gluten Free Original - Kez's Free
 - Chia, Banana - Chia Pod
 - Chia, Vanilla Bean - Chia Pod
 - Chips - Aussie Fries
 - Chips - French Fries
 - Chips, Bean & Rice Sea Salt - Beanfields
 - Chips, Blue Maize Tortilla - R W Garcia Organic
 - Chips, Corn Original - CC's
 - Chips, Corn Original - Dorito's
 - Chips, Flaxseed with Soya Tortilla - R W Garcia Organic
 - Chips, Lentil Sea Salt - Simply 7
 - Chips, Plain - Smith
 - Chips, Plain Crinkle - Smiths
 - Chips, Popped Lightly Salted - Vege Chips
 - Chips, Salted Original - Kettle

• QUICK SNACKS •



Chips, Sea Salt - Red Rock Deli

Chips, Sea Salt Potato Grills - Piranha

Chips, Sweet Potato, Beetroot & White Sweet Potato
- Kettle

Chips, Vege Natural - Ajita's

Chips, Veggie Tortilla - R W Garcia Organic

Chips, Wholegrain Original - Grain Waves

Cookie Mix, Cinnamon Raisin - Wholeberry Folk

Corn Cakes, Multigrain Squares - Sun Rice

Corn Thins, Sesame Organic - Real Foods

Corn, Puffed - Abundant Earth

Cracker, Lovash - Karrajong

Cracker, Original Vita-Weat - Arnott's

Cracker, Rice Multigrain Vita-Weat - Arnott's

Cracker, Rice Organic - Artisse

Cracker, Rice Plain Vita-Weat - Arnott's

Cracker, Rice Plain - Sakata

Cracker, Rice Wholegrain - Sakata

Crackers, Brown Rice Wholegrain Tamari Seaweed - Eat Rite

Crackers, Caramelised Onion - Tuckers Natural Gourmet

Crackers, Gourmet Country Blend - Rocca's Deli

QUICK SNACKS

- 
- Crackers, Gourmet Original - Rocca's Deli
 - Crackers, Rosemary & Rock Salt - Tucker's Natural
 - Crackers, Tamari Seaweed - Eat Rite
 - Craisins - Ocean Spray
 - Crisp Bread, Cruskit Corn - Arnott's
 - Crisp Bread, Cruskit Light - Arnott's
 - Crisp Bread, Cruskit Original - Arnott's
 - Crisp Bread, Essential Fibre Gluten Free - Orgran
 - Crisp Bread, Multi-Grain - Ryvita
 - Crisp Bread, Original Rye - Ryvita
 - Crisp Bread, Rosemary & Sea Salt - Clear Mountain
 - Crisp Bread, Rye - Arnott's
 - Cupcake Mix, Banana Split - Wholeberry Folk
 - Cupcake Mix, Blueberry Frost - Wholeberry Folk
 - Cupcake Mix, Strawberry Milkshake - Wholeberry Folk
 - Flats, Almond & Cinnamon - Fine Fettle
 - Flats, Berry & Almond - Fine Fettle
 - Flats, Carrot & Pepita - Fine Fettle
 - Flats, Pear & Hazelnut - Fine Fettle
 - Flats, Tomato & Basil - Fine Fettle
 - Flats, Zucchini & Almond - Fine Fettle

QUICK SNACKS

- 
- Frooshie, Banana & Apple - Whole Kids
Frooshie, Banana Apple & Beetroot - Whole Kids
Frooshie, Banana Strawberry & Apple - Whole Kids
Frooshie, Mango Banana & Carrot - Whole Kids
Fruit Bars, 100% True Apricot & Apple - Sun Valley
Fruit Bars, 100% True Tropical - Sun Valley
Fruit Straps, 10pkt All Varieties - Fruit Wise
Fruit Strap, 100% Natural Apricot - Annie's
Fruit Strap, 100% Natural Berry Fruit - Annie's
Goji Berries - Fruit For Life
Greek Toasts, Artisan Collection Sundried Tomato - Always Fresh
Greek Toasts, Artisan Collection Kalamata Olive - Always Fresh
Juice Popper, 6 pkt Apple & Pear - Cawston Press
Juice Popper, 6 pkt Apple & Mango - Cawston Press
Juice Popper, Banana & Guava Super Smoothy - Filla
Juice Popper, Passionfruit Pineapple & Mango Super Smoothy - Filla
Juice Popper, Sumo Mandarin - Filla
Juice, Popper Pouch Apple - Sunraysia Organic
Juice, Popper Pouch Apple & Blackcurrant - Sunraysia Organic
Juice, Popper Pouch Orange - Sunraysia Organic
Juice, Popper Pouch Tropical - Sunraysia Organic

QUICK SNACKS



Muesli Bars, Oats & Honey - Nature Valley
Nut Clusters, Cashew Crunch - Mrs May's
Nut Clusters, Pumpkin Crunch - Mrs May's
Nuts Clusters, Almond Crunch - Mrs May's
Pineapple, Freeze Dried Crisps - Sous Simple
Raisins - Fresh For Life
Raisins - Sunbeam
Raisins, Organic - Sanitarium
Rice & Corn Squares - Sun Rice
Rice Cakes Natural - Pure Harvest
Rice Cakes, Organic - Pure Harvest
Rice Squares, Multigrain - Sun Rice
Snackie Bites, Chia Rice & Rainbow Veggies - Rowie's Cakes
Snack Bar, Cacao & Coconut - Emma & Tom's
Snack Bar, Cacao & Orange - Emma & Tom's
Snack Bar, Cherry & Goji - Emma & Tom's
Snacks, Roasted Broad beans - Partner Foods
Snacks, Roasted Chick Peas - Partner Foods
Sultanas - Absolute Organic
Sultanas, Jumbo - Sunbeam
Sultanas, Natural - Sunbeam

QUICK SNACKS

Sultanas, Organic - Sanitarium

Sultanas, Sundried Organic - Clyne Foods

Snacks, Quinoa Crackers With Green Tomato Salsa
- Tiny Dippers

Snacks, Quinoa Crackers With Tomato Salsa - Tiny Dippers

Snacks, Quinoa Crackers With Corn Dip - Tiny Dippers

Soma Bite, Goji Chia - Soma Organics

Sultanas & Apricots 6 Pkt - Whole Kids Organic

Sultanas, 6 Pkt - Whole Kids Organic

Yoghurt, Power Pack Honey - Five AM

Snacks, Quinoa Crackers With Corn Dip - Tiny Dippers

Soma Bite, Goji Chia - Soma Organics

Sultanas & Apricots 6 Pkt - Whole Kids Organic

Sultanas, 6 Pkt - Whole Kids Organic

Yoghurt, Power Pack Honey - Five AM





- Apple, Australian Pie Filling - Sweet Valley
- Apple, Puree Unsweetened - Sweet Valley
- Apple & Blackberry, Pie Filling - Sweet Valley
- Apricot, Halves - Sweet Valley
- Baby Food, Apple - Mamia Organic
- Baby Food, Apple, Banana & Blueberry - Mamia
- Baby Food, Apple & Mango - Mamia Organic
- Baby Food, Apple, Pear & Cinnamon - Mamia
- Baby Food, Apple, Pumpkin & Sweetcorn - Mamia
- Baby Food, Apple, Sweet Potato & Carrot - Mamia
- Baby Food, Beef & Vegetables - Mamia
- Baby Food, Pear & Banana - Mamia Organic
- Baby Food, Pear, Banana & Mango - Mamia
- Beetroot, Sliced - New Season
- Berries, Frozen Mixed - Sweet Haven
- Berry Cocktail - Sweet Vine
- Blueberries, Frozen - Sweet Haven
- Bread, Continental Light Rye Vienna - Bakers Life
- Bread, Continental Pane Di Casa - Bakers Life
- Bread, Light Rye - Bakehouse
- Bread, Mixed Grain - Bakehouse



- Bread, Soy & Linseed - Bakehouse
- Bread, White - Bakehouse
- Bread, Wholemeal - Bakehouse
- Butter, Block Salted - Beautifully Butterfully
- Butter, Block Salted - Just Organic
- Butter, Block Unsalted - Beautifully Butterfully
- Butter, Traditional 12 pkt Portions - Ballantyne
- Cannellini Beans - New Season
- Cheese, Block Australian Tasty - Westacre
- Cheese, Block Australian Vintage - Westacre
- Cheese, Block Colby - Westacre
- Cheese, Block Light - Westacre
- Cheese, Block Tasty - Westacre
- Cheese, Block Tasty - Cowbelle
- Cheese, Bocconcini - Emporium
- Cheese, Feta Danish Style - Emporium
- Chick Peas - New Season
- Chilli Flakes - Stonemill
- Chips, Sea Salt Deli Style - Blackstone
- Chocolate, Block Dark Fair-Trade - Just Organic
- Chocolate, Block Milk Fair-Trade - Just Organic



- Chocolate, Buttons - Munchers
- Chocolate, Buttons Peanut - Munchers
- Coffee, Ground Fair -Trade Just Organic
- Cornflakes, Gluten Free - Has No
- Corn Kernels, Whole - New Season
- Crackers, French Twists Cheese - Damora
- Crackers, French Twists Onion & Chive - Damora
- Crackers, French Twists Salted - Damora
- Crackers, Seaweed Rice - Damora
- Crackers, Vita Grain Sea Salt & Cracked Pepper - Damora
- Cranberries - Sweet Vine
- Cranberries, Twin Tubs - Great Lakes
- Cream, Double - Farmdale
- Cream, Sour - Farmdale
- Cream, Sour Light - Farmdale
- Crisp Bread, Crispetts - Damora
- Curry Paste, Green - Asia Specialities
- Curry Paste, Massaman - Asia Specialities
- Curry Paste, Red - Asia Specialities
- Curry Paste, Yellow - Asia Specialities
- Dates, Medjool Natural Delights - Bard Valley



- Dates, Pitted - Sweet Vine
- Fish, Frozen Skinless Hoki Fillets - Ocean Royale
- Fish, Frozen Skinned & Boned Basa Fillets - The Fishmonger
- Fish, Frozen Skin On Hoki Fillets - Ocean Royale
- Flour, Corn - White Mill
- Flour, Plain Gluten Free - Has No
- Fruit Salad, Diced 4 Pack - Sweet Valley
- Fruit Salad, Tinned in Tropical Juice - Ardmona
- Halloumi - Pitta's
- Honey - Just Organic
- Honey, Mixed Blossom - Bramwells
- Honey, Pure Australian - Bramwells
- Ice Cream Cones, Cornet - Belmont Biscuit Co
- Ice Cream Cones, Cup - Belmont Biscuit Co
- Ice Cream Cones, Waffle - Belmont Biscuit Co
- Jam, Apricot - Grandessa
- Jam, Raspberry - Grandessa
- Jam, Strawberry - Grandessa
- Jam, Strawberry - Overture
- Juice, Fresh Apple & mango - Del Rivo
- Juice, Fresh Australian Orange - Country Orchard



Juice, Fresh Fruitism Blackberry Combo
- Country Orchard

Juice, Fresh Fruitism Orange Combo - Country Orchard

Juice, Fresh Fruitism Raspberry Combo - Country Orchard

Juice, Fresh Orange - Del Rivo

Juice, Shelf Pineapple - Westcliff

Lentils - New Season

Maple Syrup, 100% Pure Canadian - Brookdale

Maple Syrup, Pure Canadian with Blueberry - Brookdale

Mayonnaise - Colway

Meat, Mince - Just Organic

Milk, Cultured Butter - Farmdale

Milk, Fresh Full Cream - Farmdale

Milk, Fresh Full Cream - Just Organic

Milk, Fresh Light - Farmdale

Milk, Fresh Skim - Farmdale

Milk, Rice Supreme Long Life - Inner Goodness

Milk, Soy Long Life - Just Organic

Muesli, Cranberry & Almond - Just Organics

Muesli, Toasted Clusters - Just Organic

Muesli, Toasted - Just Organic



Mustard, Original English

- Colmans of Norwich

Mustard, Wholegrain - World Wide

Nuts, Almond Meal - White Mill

Nuts, Almond Slivered - White Mill

Nuts, Almonds - Wholefoods Oh So Natural

Nuts, Almonds Flaked - White Mill

Nuts, Cashews - Wholefoods Oh So Natural

Nuts, Natural Almonds - Forresters

Nuts, Natural Californian Walnuts- Forresters

Nuts, Natural Macadamia Kernels - Forresters

Nuts, Natural Mixed - Forresters

Nuts, Nut & Fruit Mix - Wholefoods Oh So Natural

Nuts, Pecans - White Mill

Nuts, Roasted & Salted Cashews - Forresters

Nuts, Roasted & Salted Pistachios - Forresters

Nuts, Walnuts - White Mill

Oats, Quick - Golden Vale

Oats, Rolled - Golden Vale

Oil, Olive Extra Virgin - Casa Barellia

Oregano - Stonemill



- Oysters, Smoked - Ocean Rise
- Pasta, Chilli Penne Gluten Free - Has No
- Pasta, Wholemeal Penne Gluten Free - Has No
- Pasta Sauce, Tomato Passata - Remano
- Peaches, Sliced - Sweet Valley
- Pear, Sliced - Sweet Valley
- Pepitas - Wholefoods Oh So Natural
- Pineapple, Chunks - Sweet Valley
- Pineapple, Sliced - Sweet Valley
- Prawns, Frozen Raw Peeled - The Fishmonger
- Raisins, Sun Dried - Just Organic
- Raspberries, Frozen - Sweet Haven
- Rice & Corn Cakes - Damora
- Rice Cakes - Damora
- Rice Cakes, Dark Chocolate - Damora
- Salmon, Pink - Ocean Rise
- Salmon, Red - Ocean Rise
- Salmon, Red Premium - Ocean Rise
- Salmon, Smoked - Almore Seafoods
- Smoothie, Shelf Orange & Mango - Westcliff
- Sugar, Brown - Merryfield



Sugar, Raw - Merryfield

Sultanas, Seeds & Sultanas - Wholefoods Oh So Natural

Sultanas - Sweet Vine

Sunflower Seeds - Wholefoods Oh So Natural

Tea, Camomile - Diplomat

Tea, Earl Grey - Diplomat

Tea, English Breakfast - Diplomat

Tea, Green - Diplomat

Tea, Intense - Diplomat

Tea, Peppermint - Diplomat

Tea, Rounds - Diplomat

Tea, Tagged - Diplomat

Tea, Yorkshire - Taylors of Harrogate

Tomato Paste - Remano

Tomato Paste - Just Organic

Tomato Paste, Twin Tub - Remano

Tomatoes Sun Dried - Deli Originals

Tomatoes, Diced & Peeled - Carloni

Tomatoes, Diced Roma - Carloni

Tomatoes, Italian Roma Diced - Just Organic

Tomatoes, Whole Peeled - Carloni



Tuna, White Pole Caught - Ocean Rise

Tuna, Yellowfin Slices in Spring Water - Ocean Rise

Two Fruits, In Juice - Sweet Valley

Yoghurt, Creamy Pot Set Greek - Margaret River Dairy Co

Yoghurt, Natural - Brooklea

Yoghurt, Natural Greek Style - Lyttos

Yoghurt, Vanilla Bean - Just Organic

Yoghurt, 99% Fat Free Pot Set Greek - Margaret River Dairy Co



- 4 Bean Mix - Coles Organic
- Agave Nectar, Dark - Coles Organic
- Agave Nectar, Light - Coles Organic
- Apple, Puree - Coles
- Apple Sauce - Coles
- Artichoke, Marinated Hearts - Coles
- Baked Beans - Coles Organic
- Beetroot, Sliced - Coles Smart Buy
- Berries, Mixed Fresh Frozen - Coles
- Blackberries, Fresh Frozen - Coles
- Blueberries - Coles
- Blueberries, Fresh Frozen - Coles
- Burghal, Fine Grit - Coles
- Butter beans - Coles
- Butter, Block Australian - Coles
- Butter, Block Australian Salt Reduced - Coles
- Butter, Spreadable Dairy Blend - Coles
- Butter, Spreadable Dairy Blend Salt Reduced - Coles
- Capers, Baby - Coles
- Cereal, Rice Bran - Coles
- Cherries, Pitted Black - Coles

COLES



Chia Seeds, Black - Coles

Chick Peas - Coles

Chick Peas - Coles Organic

Chips, Ancient Grains - Coles Simply

Chips, Corn - Coles Simply

Chips, Corn Original - Coles Smart Buy

Chips, Crinkle Cut Plain - Coles Smart Buy

Chips, Gluten Free - Coles Simply

Chips, Mixed Root Vegetable - Coles Simply

Chips, Original Crinkle Cut - Coles

Chips, Original Thin Cut - Coles Smart Buy

Corn Kernels - Coles

Crackers, Cracked Pepper Water - Coles

Crackers, Original Water - Coles

Cranberry Sauce - Coles

Cream, Double - Coles

Cream, Sour - Coles

Cream, Sour Lite - Coles

Dates, Pitted - Coles

Fetta, Danish - Coles

Fibre Mix - Coles



- Flour, Brown Rice - Coles
- Flour, Buckwheat - Coles Organic
- Flour, Plain Wholemeal - Coles
- Flour, Potato - Coles
- Flour, Rye - Coles Organic
- Flour, Wholemeal Spelt - Coles Organic
- Fruit Salad in Syrup - Coles
- Honey - Coles Organic
- Honey - Coles Smart Buy
- Honey, Pure Australian - Coles
- Ice Cream Cones, Waffle - Coles
- Jam, All Varieties - Coles
- Jam, All varieties - Coles Smart Buy
- Jam, Blood Orange Marmalade - Coles Finest
- Jam, Strawberry - Coles Finest
- Jam, Raspberry - Coles Finest
- Jam, Triple Citrus Marmalade - Coles Finest
- Juice, Fresh Apple & Mango - Coles Finest
- Juice, Fresh Cloudy Apple - Coles
- Juice, Fresh Cloudy Apple Pineapple & Guava - Coles
- Juice, Fresh Orange - Coles Finest



Juice, Shelf Tomato - Coles
Lentils - Coles
Linseed - Coles
Lychees, Pitted - Coles
Mandarin, Segments - Coles
Mango, Fresh Frozen - Coles
Mango, Slices - Coles
Meat, BBQ Chops - Cleavers Organic
Meat, Beef Mince - Cleavers Organic
Meat, Beef Stir-Fry - Cleavers Organic
Meat, Chicken Free Range Breast - Lilydale
Meat, Chicken Free Range Drumsticks - Lilydale
Meat, Chicken Free Range Mince - Lilydale
Meat, Chicken Free Range Stir-Fry - Lilydale
Meat, Chicken Free Range Thigh - Lilydale
Meat, Chicken Free Range Whole - Lilydale
Meat, Lamb Cutlets - Cleavers Organic
Meat, Loin Chops - Cleavers Organic
Meat, Porterhouse - Cleavers Organic
Meat, Scotch Fillet - Cleavers Organic
Milk, Fresh Full Cream - Coles Organic



- Milk, Fresh Lite - Coles Organic
- Milk, Long Life Full Cream - Coles
- Milk, Long Life Full Cream - Coles Organic
- Milk, Long Life Full Cream - Coles Smart Buy
- Milk, Long Life Lite - Coles
- Milk, Long Life Lite - Coles Organic
- Milk, Long Life Skim - Coles
- Milk, Long Life Skim - Coles Smart Buy
- Millet Meal - Coles Organic
- Mixed Berries - Coles
- Muesli, Natural - Coles Organic
- Mustard, Dijon - Coles
- Nuts, Almonds Natural 5 Pack - Coles
- Nuts, Dry Roasted Peanuts - Coles
- Nuts, Pistachios - Coles
- Nuts, Pistachios Salted - Coles
- Nuts, Raw Nut Deluxe - Coles
- Oat Bran - Coles Smart Buy
- Oats, Instant - Coles Organic
- Oats, Instant Rolled - Coles Organic
- Oats, Rolled Wholegrain - Coles



- Oats, Traditional Rolled - Coles Organic
- Oats, Wholegrain Quick - Coles
- Oats, Wholegrain Rolled - Coles
- Olives, Pitted Kalamata - Coles
- Olives, Whole Kalamata - Coles
- Passionfruit Pulp - Coles
- Pasta Sauce, Italian Passata Tomato Puree - Coles
- Peaches, Diced in Syrup - Coles
- Peaches, Sliced - Coles
- Peaches, Sliced - Coles Smart Buy
- Peanut Butter, Crunchy - Coles Smart Buy
- Peanut Butter, Crunchy - Coles
- Peanut Butter, Smooth - Coles Smart Buy
- Peanut Butter, Smooth - Coles
- Peanut Butter, Super Crunchy - Coles
- Pears, Diced in Syrup - Coles
- Pepitas - Coles
- Peppers, Mixed Chargrilled - Coles
- Pineapple, Pieces - Coles Smart Buy
- Pineapple, Pieces in Syrup - Coles
- Pineapple, Sliced - Coles Smart Buy



- Pineapple, Sticks Fresh Frozen - Coles
- Plums, Whole - Coles
- Polenta - Coles
- Polenta - Coles
- Popcorn, Salty - Coles Organic
- Popcorn, Sweet & Salty - Coles Organic
- Psyllium Husks - Coles
- Pumpkin Seeds, Salted - Coles
- Quinoa Flakes - Coles Organic
- Quinoa, White - Coles Organic
- Raspberries - Coles
- Raspberries, Fresh Frozen - Coles
- Rice Cakes, Thick - Coles
- Salmon, Pink - Coles
- Salmon, Pink - Coles Smart Buy
- Salmon, Red - Coles
- Salt, Rock Coarse - Coles
- Sea Salt, Fine - Coles
- Seasoning, Caribbean Kick - Coles Grill
- Seasoning, Harissa Heat - Coles Grill
- Seasoning, Mexican Fiesta - Coles Grill



Seasoning, Outback Bite - Coles Grill
Semolina, Coarse Grit - Coles
Sesame Seeds - Coles
Sesame Seeds - Coles Organic
Spaghetti - Coles Organic
Strawberries, Sliced Fresh Frozen - Coles
Sugar, Caster - Coles
Sugar, Icing Soft Mixture - Coles
Sugar, Raw - Coles Organic
Sultanas - Coles Organic
Sultanas, 6 Pack - Coles Organic
Sunflower Seeds - Coles Organic
Sweet Chilli Sauce - Coles
Tea, Camomile - Coles
Tea, Green - Coles
Tea, Lemon Myrtle - Coles
Tea, White - Coles
Tomato Paste - Coles
Tomato Paste - Coles Smart Buy
Tomato Sauce - Coles Organic
Tomatoes, Diced - Coles Organic

COLES

- Tomatoes, Diced - Coles Smart Buy
- Tomatoes, Italian Crushed - Coles
- Tomatoes, Italian Crushed Mixed Herbs - Coles
- Tomatoes, Italian Dices - Coles
- Tomatoes, Italian Whole Peeled - Coles
- Tomatoes, Sun Dried Strips - Coles
- Tomatoes, Whole Peeled - Coles Organic
- Tuna, Chunks in Spring Water - Coles
- Tuna, Chunks, in Brine - Coles
- Tuna, in Brine - Coles
- Tuna, In Spring Water - Coles
- Two Fruits - Coles
- Wheat Bran - Coles
- Wheat Germ, Raw - Coles





- 5 Bean Mix - Select
- 5 Bean Mix, No Added Salt - Select
- Apple, Sliced - Select
- Apple Cider Vinegar - Macro Organic
- Apple Sauce - Macro Organic
- Apple Sauce, No Added Sugar - Select
- Apricots, Dried Turkish - Macro Organic
- Baked Beans, In Tomato Sauce - Macro Organic
- BBQ Sauce - Macro Organic
- Beetroot, Sliced - Homebrand
- Biscuits, Gingernut - Woolworths Free From Gluten
- Biscuits, Golden Choc Filled - Woolworths Free From Gluten
- Bran, Natural - Homebrand
- Bran, Oat - Homebrand
- Butter Beans - Select
- Butter, Block - Homebrand
- Butter, Block - Macro Organic
- Butter, Block Creamy Tasmanian - Select
- Butter, Block Creamy Tasmanian Salt Reduced - Select
- Cannellini Beans - Select
- Chia Seed, White - Macro



Chick Peas - Homebrand

Chick Peas - Select

Chick Peas, No Added Salt - Select

Chicken, Breast Free Range - Macro

Chicken, Breast - Macro Organic

Chicken, Drumsticks Free Range - Macro

Chicken, Lovely Legs Free Range - Macro

Chicken, Thighs Free Range - Macro

Chicken, Whole Free Range - Macro

Chicken, Whole - Macro Organic

Chips, Beetroot Organic - Macro

Chips, Corn Original - Macro Organic

Chips, Corn Toasted - Homebrand

Chips, Frozen Chunky Steakhouse - Select

Chips, Frozen Crinkle Cut - Homebrand

Chips, Frozen Straight Cut - Homebrand

Chips, Original - Woolworths Free From Gluten

Chips, Sea Salt Deli Style - Select

Chips, Sea Salt - Macro Organic

Chips, Sweet Potato - Macro Organic

Coconut Cream - Macro Organic



Coconut Water, 100% Pure - Macro Organic

Corn Cakes, Thin - Macro Organic

Cornflakes - Woolworths Free From Gluten

Cornflour - Homebrand

Cornflour - Macro Organic

Couscous - Macro Organic

Couscous, Whole Wheat - Macro Organic

Cracked Wheat - Macro

Cracker, Original Wafer - Macro Organic

Cracker, Pepper Wafer - Macro Organic

Cracker, Water Traditional - Homebrand

Cranberry Sauce - Select

Cream, Sour - Select

Cream, Sour Light - Select

Dates, Pitted - Macro

Dressing, Balsamic - Macro Organic

Dressing, Italian - Macro Organic

Drink, Mineral Water - Homebrand

Figs, Dried Turkish - Macro Organic

Flour, Plain - Macro Organic

Flour, Plain Wholemeal - Homebrand



Flour, Self Raising - Macro Organic
Flour, Spelt White - Macro Organic
Flour, Spelt Wholemeal - Macro Organic
Golden Syrup - Select
Grain, Spelt Rolled - Macro
Honey - Macro Organic
Honey, Creamed - Select
Honey, Ligurian Bee - Woolworths Gold
Honey, Leatherwood - Woolworths Gold
Honey, Orange Blossom - Woolworths Gold
Honey, TA 20+ Jarrah - Woolworths Gold
Juice, Shelf Vegetable - Select
Juice, Tomato - Homebrand
Kidney Beans, Red - Macro Organic
Lentils, No Added Salt - Select
Lentils, Packet French Green - Macro
Lentils, Packet Green - Macro
LSA - Macro
Mango, Slices in Syrup - Homebrand
Maple Syrup - Macro Organic
Marinade, Honey Soy & Garlic- Macro Organic



Mayonnaise, Creamy - Woolworths Gold
Mayonnaise, Curry - Woolworths Gold
Meat, Schnitzel Beef - Macro Organic
Meat, Beef Sausage - Macro Organic
Meat, Beef Stir Fry - Macro Organic
Meat, Chicken Free Range Stir Fry - Macro
Meat, Lamb Sausage - Macro Organic
Meat, Loin Chop - Macro Organic
Meat, Mince - Macro Organic
Meat, Rump - Macro Organic
Meat, Sausage Beef Chipolata - Mini Macro Organic
Meat, Scotch Fillet - Macro Organic
Milk, Almond Long Life - Macro Organic
Milk, Fresh Full Cream - Macro Organic
Milk, Fresh Low Fat - Macro Organic
Milk, Full Cream Long Life - Homebrand
Milk, Lactose Free Long Life Full Cream - Macro
Milk, Lactose Free Long Life Light - Macro
Milk, Light Long Life - Homebrand
Milk, Long Life Full Cream - Select
Milk, Long Life Semi Skim - Select



- Milk, Long Life Skim - Select
- Milk, Rice Long Life - Homebrand
- Milk, Rice Long Life - Macro Organic
- Milk, Skim Long Life - Homebrand
- Muesli, Fruity - Macro Organic
- Muesli, Raw With Coconut - Macro Organic
- Muesli, Toasted - Macro
- Mussels, Smoked - Homebrand
- Mustard, Dijon - Macro Organic
- Mustard, Hot English - Homebrand
- Mustard, Wholegrain - Homebrand
- Mustard, Wholegrain - Macro Organic
- Nibble Mix, Tamari - Macro
- Nut Spread, Almond - Macro
- Nut Spread, Brazil Almond & Cashew - Macro
- Nut Spread, Cashew - Macro
- Nuts, Almond Dry Roasted - Macro
- Nuts, Almond Meal - Macro
- Nuts, Almond Tamari - Macro
- Nuts, Biodynamic Almonds - Macro Organic
- Nuts, Brazil - Macro Organic



- Nuts, Cashews Dry Roasted - Macro
- Nuts, Cashews Salted Dry Roasted - Macro
- Nuts, Gentle Fibre - Macro
- Nuts, Macadamias - Macro
- Nuts, Natural Almond Meal - Macro
- Nuts, Natural Tamari Almonds - Macro
- Nuts, Pecans - Macro
- Nuts, Pine - Macro
- Nuts, Pistachio - Macro
- Nuts, Pistachio Raw Kernels - Macro
- Nuts, Raw Cashews - Macro Organic
- Nuts, Raw Mixed - Macro
- Nuts, Walnuts - Macro
- Oat Bran - Macro Organic
- Oats, Quick - Homebrand
- Oats, Quick - Macro Organic
- Oats, Rolled - Homebrand
- Oats, Rolled - Select
- Oats, Traditional Rolled - Macro Organic
- Oats, Unstabilised Rolled - Macro Organic
- Olives, Whole Greek Kalamata - Macro Organic



- Oysters, Smoked - Homebrand
- Passata - Macro Organic
- Pasta Sauce, Arrabiata - Macro Organic
- Pasta Sauce, Bolognaise - Macro Organic
- Pasta Sauce, Tomato & Basil - Macro Organic
- Pasta Sauce, Tomato & Chilli - Macro Organic
- Pasta Sauce, Tomato, Garlic & Basil - Macro Organic
- Peach, Halves - Homebrand
- Peaches, In Juice 4pkt - Macro Organic
- Peaches, Sliced Fruit Juice - Select
- Peaches, Sliced in Syrup - Homebrand
- Peanut Butter, Crunchy - Macro Organic
- Peanut Butter, Smooth - Macro Organic
- Pear, Dried Natural - Macro
- Pear, Halves - Homebrand
- Pears, In Juice 4pkt - Macro Organic
- Pearled Barley - Macro
- Pineapple Slices Natural Juice - Select
- Pineapple, Pieces - Homebrand
- Pizza Dough Mix, Gluten Free - Macro
- Polenta - Macro



- Porridge, Five Grain - Macro
- Pretzels, Twists - Select
- Psyllium Husks - Macro
- Psyllium Husks - Macro Organic
- Quinoa, Black - Macro
- Quinoa, Red - Macro
- Quinoa, White - Macro
- Quinoa Flakes - Macro Organic
- Raisins, Thompson - Macro Organic
- Raw Food Bar, Chocolate - Macro
- Raw Food Bar, Chocolate & Mint - Macro
- Relish, Cherry Tomato & Chilli - Woolworths Gold
- Relish, Sundried Tomato & Red Pepper - Woolworths Gold
- Rice Cakes, Thick - Macro Organic
- Salad Dressing, Robust Provencal Herbs - Woolworths Gold
- Salmon, Pink - Select
- Salmon, Pink Wild Caught - Select
- Salmon, Red - Homebrand
- Salmon, Red - Homebrand
- Salmon, Red Wild Caught - Select
- Sardines, Spring Water - Homebrand



Semolina - Macro

Snackbite, Apricot, Almond & Quinoa - Macro

Snackbite, Cashew, Cranberry & Amaranth - Macro

Snackbite, Dates, Pecan & Spirulina - Macro

Snack Pot, Quinoa Original - Macro

Snack Pot, Quinoa Tomato & Basil - Macro

Sugar, Raw - Homebrand

Sugar, Raw - Macro Organic

Sultanas - Macro Organic

Sultanas, 6 Pkt - Mini Macro Organic

Sunflower Seeds - Macro Organic

Taco Shells - Select

Tahini, Hulled - Macro Organic

Tahini, Unhulled - Macro Organic

Tomato Chutney - Macro Organic

Tomato Paste - Homebrand

Tomato Paste - Macro Organic

Tomato Paste - Select

Tomato Sauce - Macro Organic

Tomatoes, Diced - Homebrand

Tomatoes, Diced No Added Salt - Select



- Tomatoes, Italian Diced - Macro Organic
- Tomatoes, Italian Diced - Select
- Tomatoes, Italian Roma - Homebrand
- Tomatoes, Sundried - Select
- Tomatoes, Whole Peeled Italian - Select
- Tuna, Chunks Brine - Homebrand
- Tuna, Chunks Brine - Select
- Tuna, Chunks Spring Water - Homebrand
- Tuna, Chunks Spring Water - Select
- Tuna, Flaked Thai Red Curry - Homebrand
- Tuna, Lemon & Cracked Pepper - Select
- Tuna, Spring Water - Select
- Tuna, Yellow Fin Slices Lemon Cracked Pepper - Select
- Vegetarian Burger Patties, Chickpea - Macro
- Vegetarian Burger Patties, Mild Curry - Macro
- Vegetarian Burger Patties, Moroccan - Macro
- Yoghurt, Greek Style - Select
- Yoghurt, Greek Style - Marco Organic

• GENERAL •

- 
- Aioli, Whole Egg - Paul Newman's
Antipasti, Grilled Peppers - Jamie Oliver
Antipasti, Sun Dried Tomato - Jamie Oliver
Apple & Apricot, Puree 2 Pkt - Spiral Foods Organic
Apple & Blackcurrant, Puree 2 Pkt - Spiral Foods Organic
Apple & Cinnamon, Puree 2 Pkt - Spiral Foods Organic
Apple, Freeze Dried Crisps - Sous Simple
Apple, Sliced Pie Fruit - Ardmona
Apples, Freeze Dried Crisps - Brothers All Natural
Apple, Puree 2 Pkt - Spiral Foods Organic
Apple Sauce - 333
Apricot, Halves - Goulbourn Valley
Apricot, Sliced Pie Fruit - Ardmona
Baby Food, 100% Apples - Heinz
Baby Food, 3 Vegetables & Chicken - Heinz
Baby Food, Apple & Blueberry Muesli - Heinz
Baby Food, Apple & Mango - Rafferty's Garden
Baby Food, Apple Banana & Peach - Rafferty's Garden
Baby Food, Apple Berry Blush - Heinz Organic
Baby Food, Apple Pear & Cinnamon - Rafferty's Garden
Baby Food, Apples & Mango - Heinz

• GENERAL •

Baby Food, Banana Pear & Mango

- Rafferty's Garden

Baby Food, Bangers Mash & Veggie Puree

- Rafferty's Garden

Baby Food, Beetroot & Veggie Puree - Rafferty's Garden

Baby Food, Blueberries Banana & Apple - Rafferty's Garden

Baby Food, Carrot Apple & Sweet Corn - Rafferty's Garden

Baby Food, Fruit Muesli - Organic Bubs

Baby Food, Golden Vegetables & Chicken - Heinz

Baby Food, Mango & Banana - Organic Bubs

Baby Food, Mango Peach & Banana - Organic Bubs

Baby Food, Orchard Apple - Organic Bubs

Baby Food, Pasta Bolognese - Organic Bubs

Baby Food, Pear & Apricot - Rafferty's Garden

Baby Food, Pear & Banana - Heinz

Baby Food, Pear & Superberries - Rafferty's Garden

Baby Food, Pear & White Grape - Organic Bubs

Baby Food, Pear Rice Cereal - Only Organic

Baby Food, Peas & Zucchini - Heinz

Baby Food, Pumpkin Apple & Sweet Corn - Rafferty's Garden

Baby Food, Pumpkin Potato & Beef - Organic Bubs




GENERAL



Baby Food, Pumpkin Potato & Beef - Heinz
Baby Food, Raspberry Apple & Rosehip - Organic Bubs
Baby Food, Spinach Apple & Broccoli - Rafferty's Garden
Baby Food, Super Vegetable Rice Congee - Organic Bubs
Baby Food, Sweet Potato Apricot & Apple - Rafferty's Garden
Baking Powder - McKenzie's
Banana, Freeze Dried Crisps - Sous Simple
Bean Mix - Annalisa
Beetroot, Slices - Edgell
Berries, Frozen Mixed - Nannas
Bi Carb Soda - McKenzie's
Biscuits, Arrowroot - Arnott's
Biscuits, Digestive Original - Red Tractor Foods
Biscuits, Milk Coffee - Arnott's
Biscuits, Oat Cakes Original Grain - Red Tractor Foods
Biscuits, Wafers Gluten Free Chocolate - Eskal
Blueberries, Frozen - Nannas
Borlotti Beans - Annalisa
Bread, All Varieties - Abbott's Village Bakery
Bread, All Varieties - Burgen
Bread, All Varieties - Mountain Bread

• GENERAL •

- 
- Bread, Lebanese Wholemeal - Khobz
- Bread, Pita Wholemeal - Khobz
- Bread, Wraps Corn - Sorj
- Bread, Wraps Gluten Free - Old Time Bakery Organic
- Bread, Wraps Rye - Sorj
- Bread, Wraps Wholemeal - Sorj
- Breadcrumbs, Gluten Free - Glutino
- Breadcrumbs, Multigrain Crumbs with Quinoa - Orgran
- Broad Beans, Roasted - Partner Foods
- Brown Flax Seeds, Breakfast Booster - Nature First Premium
- Bruschetta Topping, Green Olive & Fennel - Jamie Oliver
- Bruschetta Topping, Tomato & Red Onion - Jamie Oliver
- Butter Beans - Annalisa
- Butter Beans - Russo
- Butter, Block All Varieties - Allowrie
- Butter, Block Salted - Westgold
- Butter, Block Unsalted - Westgold
- Butter, Spreadable - Harmonie
- Butter, Spreadable - Lurpak
- Butter, Spreadable - Mainland
- Butter, Spreadable No Salt - Lurpak

• GENERAL •



Butter, Spreadable No Salt - Mainland
Butter, Spreadable Soft - Devondale
Butter, Spreadable Soft Salt Reduced - Devondale
Cannellini Beans - BioNature Organic
Caramel, Top n Fill - Nestle
Carob Powder - Planet Organic
Cereal, Cornflakes Gluten Free - Freelificious
Cereal, Cornflakes with Blueberries - Norganic Organic
Cereal, Gluten Free Original - Kez's Free
Cereal, Gluten Free With Fruit - Kez's Free
Cereal, Grainfull Flakes Gluten Free - Freelificious
Cereal, Rice Puffs - Freedom
Cereal, Rice Puffs Gluten Free - Freedom
Cereal Bites, Gluten Free Original - Kez's Free
Cereal Snacks, Gluten Free Original - Kez's Free
Cheese, Bocconcini - La Casa Del Fresh Grande
Cheese, Bocconcini - Tamar Valley Fresh Italian Style
Cheese, Bocconcini Fresh - South Cape Fine Foods
Cheese, Fetta - Dodoni
Cheese, Fetta - Hillwood Tasmanian Ultimate
Cheese, Fetta - Lemnos

GENERAL



Cheese, Fetta Fat Reduced
- South Cape Fine Foods

Cheese, Fetta Goat - South Cape Fine Foods

Cheese, Mascarpone - Pantalica

Cheese, Mascarpone Fresh - South Cape Fine Foods

Cheese, Parmesan - MilLel

Cheese, Parmesan Extra Sharp - Perfect Italiano

Cheese, Parmesan Grated Fresh - Pantalica

Cheese, Ricotta Smooth - Pantalica Cheese Co

Cheese, Ricotta Smooth Light - Pantalica Cheese Co

Chia, Banana - Chia Pod

Chia, Vanilla Bean - Chia Pod

Chia Seeds, Breakfast Booster - Nature First Premium

Chick Peas - Annalisa

Chick Peas - Edgell

Chick Peas - Russo

Chick Peas - BioNature Organic

Chick Peas, Roasted - Partner Foods

Chips - Aussie Fries

Chips - French Fries

Chips, Bean & Rice Sea Salt - Beanfields

GENERAL

Chips, Blue Maize Tortilla

- R W Garcia Organic

Chips, Corn Original - CC's

Chips, Corn Original - Dorito's

Chips, Flaxseed with Soya Tortilla - R W Garcia Organic

Chips, Lentil Sea Salt - Simply 7

Chips, Plain - Smiths

Chips, Plain Crinkle - Smiths

Chips, Popped Lightly Salted - Vege Chips

Chips, Salted Original - Kettle

Chips, Sea Salt - Red Rock Deli

Chips, Sea Salt Potato Grills - Piranha

Chips, Sweet Potato, Beetroot & White Sweet Potato - Kettle

Chips, Vege Natural - Ajita's

Chips, Veggie Tortilla - R W Garcia Organic

Chips, Wholegrain Original - Grain waves

Choc Bits, Dark - Nestle

Choc Bits, Milk - Nestle

Chocolate, Dark 85% Organic - Green's & Black

Chocolate, Milk Organic - Green's & Black

Chocolate, Snicker's - Mars



• GENERAL •



Chocolate, Twix - Mars
Chocolate, White Melts - Nestle
Chutney, Tomato - Beerenberg
Coconut Cream, Premium - Ayam
Coconut Milk, Long Life Coco Quench - Pure Harvest Organic
Coconut Milk, Premium - Ayam
Coconut Milk, Premium - TCC
Coconut Paste, 5 Pkt - Spiral Organic
Coconut, Sweet Spread - Spiral Organic
Coconut Water - C Organic
Coconut Water - Coconut Collective Organic
Coconut Water - King
Coconut Water - Natural Raw C
Coconut Water, Straight Up - Coco Bella
Cookie Mix, Cinnamon Raisin - Wholeberry Folk
Corn Cakes, Multigrain Squares - Sun Rice
Corn Thins, Sesame - Real Foods Organic
Corn, Puffed - Abundant Earth
Cornflakes - Norganic Organic
Cracker, Lovash - Karrajong
Cracker, Original - Arnott's Vita-Weat

• GENERAL •

- 
- Cracker, Rice Multigrain - Arnott's Vita-Weat
Cracker, Rice - Artisse Organic
Cracker, Rice Plain - Arnott's Vita-Weat
Cracker, Rice Plain - Sakata
Cracker, Rice Wholegrain - Sakata
Crackers, Brown Rice Wholegrain Tamari Seaweed - Eat Rite
Crackers, Caramelised Onion - Tuckers Natural Gourmet
Crackers, Gourmet Country Blend - Rocca's Deli
Crackers, Gourmet Original - Rocca's Deli
Crackers, Rosemary & Rock Salt - Tucker's Natural
Crackers, Tamari Seaweed - Eat Rite
Craisins - Ocean Spray
Cranberry Sauce - Ocean Spray
Cranberry Sauce, Jellied - Ocean Spray
Cream of Tartar - McKenzie's
Cream, Fresh - Pura Meadowvale
Cream, Fresh Pure - Pura
Cream, Fresh Pure Double - Gippsland
Cream, Pure Double - Gippsland Dairy
Cream, Sour - Dairy Farmers
Cream, Sour - Jalna

GENERAL



Cream, Sour - Pura
Cream, Sour Lite - Dairy Farmers
Cream, Sour Lite - Pura
Cream, Thickened - A2
Creamed Corn - Edgell
Crisp Bread, Cruskit Corn - Arnott's
Crisp Bread, Cruskit Light - Arnott's
Crisp Bread, Cruskit Original - Arnott's
Crisp Bread, Essential Fibre Gluten Free - Orgran
Crisp Bread, Multi-Grain - Ryvita
Crisp Bread, Original Rye - Ryvita
Crisp Bread, Rosemary & Sea Salt - Clear Mountain
Crisp Bread, Rye - Arnott's
Cupcake Mix, Banana Split - Wholeberry Folk
Cupcake Mix, Blueberry Frost - Wholeberry Folk
Cupcake Mix, Strawberry Milkshake - Wholeberry Folk
Curry Paste, Green - Valcom
Curry Paste, Massaman - Valcom
Curry Paste, Red - Valcom
Dates, Pitted - Trident
Dressing, Basil & Garlic - Red Kelly's Tasmania

• GENERAL •

- 
- Dressing, Lemon Myrtle - Red Kelly's Tasmania
Dressing, Traditional - Red Kelly's Tasmania
Drinking Chocolate - Macro Organic
Falafel, Gluten Free - NSM The Original
Fibre Cleanse, Breakfast Booster - Nature First Premium
Flats, Almond & Cinnamon - Fine Fettle
Flats, Berry & Almond - Fine Fettle
Flats, Carrot & Pepita - Fine Fettle
Flats, Pear & Hazelnut - Fine Fettle
Flats, Tomato & Basil - Fine Fettle
Flats, Zucchini & Almond - Fine Fettle
Flour, Rice - McKenzie's
Flour, Unbleached Bakers - Wallaby
Flour, Wholemeal Plain - White Wings
Freekeh, Roasted Cracked Wholegrain - Goodness Superfoods
Freekeh, Roasted Wholegrain - Goodness Superfoods
Free Nut Butter, Crunchy - Eskal
Free Nut Butter, Smooth - Eskal
Frooshie, Banana & Apple - Whole Kids
Frooshie, Banana Apple & Beetroot - Whole Kids
Frooshie, Banana Strawberry & Apple - Whole Kids

GENERAL

Frooshie, Mango Banana & Carrot

- Whole Kids

Fruit Bars, 100% True Apricot & Apple - Sun Valley

Fruit Bars, 100% True Tropical - Sun Valley

Fruit Strap, 100% Natural Apricot - Annie's

Fruit Strap, 100% Natural Berry Fruit - Annie's

Fruit Straps, 10pkt All Varieties - Fruit Wise

Ghee - Allowrie

Goji Berries - Fruit For Life

Granola, Golden Banana Crunch - Red Tractor Foods

Granola, Honey Nut Crumble - Red Tractor Foods

Greek Toasts, Artisan Collection Kalamata Olive - Always Fresh

Greek Toasts, Artisan Collection Sundried Tomato - Always Fresh

Herbs, Mixed Original - Herbamare Organic

Honey Manuka - Bee Product Active

Honey, Magnificent Australian Grown - Dick Smith

Honey, Manuka - Bee Vital

Horseradish - Mayer's

Ice Tea, Green Tea Berry & Pomegranate - Stolen Recipe

Ice Tea, Peppermint Tea Lemon & Lime - Stolen Recipe

Jalapenos - Old El Paso



• GENERAL •

- 
- Jam, All Varieties - Anathoth
 - Jam, All Varieties - Bonne Maman
 - Jam, All Varieties - St Dalfour
 - Jam, Fig - Glen Ewin
 - Juice, Fresh All Varieties - Nudie
 - Juice, Fresh All Varieties - Preshafruit
 - Juice, Fresh All Varieties - Reboot Your Life
 - Juice, Fresh Apple & Black Currant - Juicy Isle Organic
 - Juice, Fresh Apple & Elderflower - Cawston Press
 - Juice, Fresh Apple & Ginger - Cawston Press
 - Juice, Fresh Apple & Mango - Original Juice Co
 - Juice, Fresh Apple & Rhubarb - Cawston Press
 - Juice, Fresh Apple - Berri Australian
 - Juice, Fresh Apple - Earth Juice Organic
 - Juice, Fresh Apple - Juicy Isle Organic
 - Juice, Fresh Breakfast - Berri Australian
 - Juice, Fresh Breakfast - Original Juice Co
 - Juice, Fresh Brilliant Beetroot - Cawston Press
 - Juice, Fresh Orange - Berri Australian
 - Juice, Fresh Orange - Original Juice Co
 - Juice, Fresh Orange Pulp Free- Berri Australian

GENERAL

Juice, Fresh 100% Pomegranate
- Pom Wonderful

Juice, Fresh Sparkling Apple - Phoenix Organic

Juice, Fresh Supafruit - Boost

Juice, Shelf Apple - Pure Harvest Organic

Juice, Shelf Apple & Boysenberry - Pure Harvest Organic

Juice, Shelf Apple & Cranberry - Rosie

Juice, Shelf Apple & Pear - Pure Harvest Organic

Juice, Shelf Apple & Pear With Ginger - Pure Harvest Organic

Juice, Shelf Apple & Strawberry - Pure Harvest Organic

Juice, Shelf Beetroot & Apple - Sunraysia

Juice, Shelf Blueberry - Sunraysia

Juice, Shelf 100% Carrot - Harvey Fresh

Juice, Shelf Carrot, Orange & Apple - Sunraysia Organic

Juice, Shelf Cranberry Classic - Ocean Spray

Juice, Shelf Mixed Vegetables & Apple - Sunraysia Organic

Juice, Shelf Orange - Pure Harvest Organic

Juice, Shelf Pomegranate - Bickfords

Juice, Shelf Pomegranate - Sunraysia Organic

Juice, Shelf Prune - Sunraysia

Juice, Shelf Tomato - Berri



• GENERAL •



Juice Popper, 6 pkt Apple & Mango
- Cawston Press

Juice Popper, 6 pkt Apple & Pear - Cawston Press

Juice Popper, Banana & Guava Super Smoothy - Filla

Juice Popper, Passionfruit Pineapple & Mango Super Smoothy - Filla

Juice Popper, Sumo Mandarin - Filla

Juice Popper Pouch, Apple - Sunraysia Organic

Juice Popper Pouch, Apple & Blackcurrant - Sunraysia Organic

Juice Popper Pouch, Orange - Sunraysia Organic

Juice Popper Pouch, Tropical - Sunraysia Organic

Kamut, Puffed Organic - Abundant Earth

Lentils - Russo

Lentils, Organic - BioNature

LSA Mix, Breakfast Booster - Nature First Premium

Mango, Frozen - Nannas

Mango Slices - Great Lakes

Mango, Sliced - Admiral

Maple Syrup, 100% Pure - Queens

Maple Syrup, Organic - Queen

Marinade/Sauce, All Varieties - Alana's Pantry


Marinade/Sauce, All Varieties - The Spice Tailor

GENERAL

Meat, Kangaroo Fillet - Macro
Meat, Kangaroo Mince - Macro
Meat, Kangaroo Steak - Macro
Milk, Almond Long Life Organic - Australia's Own
Milk, Fresh Full Cream - A2
Milk, Fresh Full Cream - Norco
Milk, Fresh Full Cream - Pura
Milk, Fresh Full Cream Pure Organic - Pauls
Milk, Fresh Light - A2
Milk, Fresh Light - Norco
Milk, Fresh Low Fat Pure Organic - Pauls
Milk, Fresh Skim - Norco
Milk, Fresh Skim - Pura
Milk, Full Cream Long Life - Browns
Milk, Full Cream Long Life - Devondale
Milk, Goats Long Life - Living Planet
Milk, Long Life Full Cream - A2
Milk, Long Life Light - A2
Milk, Oat Long Life Organic - Pure Harvest
Milk, Oat Long Life Original - Vitasoy
Milk, Rice Long Life Organic - Australia's Own



GENERAL

- 
- Milk, Rice Long Life Protein Rich Original - Vitasoy
 - Milk, Semi Skim Long Life - Devondale
 - Milk, Skim Long Life - Browns
 - Milk, Skim Long Life - Devondale
 - Milk, Soy Long Life - Pure Harvest Organic
 - Milk, Soy Unsweetened Malt Free - Pure Harvest Organic
 - Millet, Puffed - Abundant Earth
 - Mixed Herbs, Organic Herbamare - A.Vogel
 - Mixed Herbs, Organic Trocomare - A.Vogel
 - Molasses - Blue Label
 - Molasses, Australia's Finest - Beerenberg
 - Molasses, Pure & Natural - Capilano
 - Muesli Bars, Oats & Honey - Nature Valley
 - Muesli, 3 Ancient Grains Super - Freedom
 - Muesli, Bircher Natural - Carman's
 - Muesli, Classic Fruit - Carman's
 - Muesli, Gluten Free With Cranberries - Food for Health
 - Muesli, Liver Cleansing Fruit Free - Food for Health
 - Muesli, Monster Free & Lo - Healthfood Co
 - Muesli, Organic - Pure Harvest

GENERAL



Muesli, Original Fruit Free - Carman's
Muesli, Wholegrain Gluten Free Goji Antiox - Morlife
Mussels, Smoked - Always Fresh
Mustard, Dijon - Masterfoods Jar Only
Mustard, Dijon - Temeraive
Noodles, Long Life - Chang's
Noodles, Ramen Organic - Hakubaku
Noodles, Soba Organic - Hakubaku
Noodles, Somen Organic - Hakubaku
Noodles, Udon Organic - Hakubaku
Nori Sheets - Obento
Nut Butter, Dark Chocolate Super Spread - Mayver's
Nut Butter, Original Super Spread - Mayver's
Nut & Seed Butter, Energy - Mayver's
Nut & Seed Butter, Immune - Mayver's
Nut & Seed Butter, Omega 3 - Mayver's
Nutmeat - Vegie Delights
Nuts Clusters, Almond Crunch - Mrs May's
Nut Clusters, Cashew Crunch - Mrs May's
Nut Clusters, Pumpkin Crunch - Mrs May's
Nut Spread, 100% Almond - Naturals

GENERAL

Nut Spread, 100% Almond, Brazil & Cashew
- Naturals

Nut Spread, 100% Cashew - Naturals

Nuts, NZ Manuka Honey Cashews - The Gourmet Nut Co

Nuts, Pistachios Roasted Unsalted - Wonderful

Nuts, 5 Pkt Almonds & Raisins - Freshlife

Nuts, 6 Pkt Dry Roasted Almonds Snacks to Go - Earth's Bounty

Nuts, 6 Pkt Dry Roasted Cashews Snacks to Go - Earth's Bounty

Nuts, 6 Pkt Natural Almonds Snacks to Go - Earth's Bounty

Nuts, 6 Pkt Natural Cashews Snacks to Go - Earth's Bounty

Nuts, 6 Pkt Protein Mix Snacks to Go - Earth's Bounty

Oat Bran - Lowan

Oats, 4 Brains Apple Berry - Red Tractor Foods

Oats, 4 Energy Banana Honey - Red Tractor Foods

Oats, Original - Quaker

Oats, Quick Barley & Oats - Goodness Superfoods

Oats, Quicoats Berry Delight - Freedom

Oats, Traditional - Quaker

Oats, Traditional - Uncle Toby's

Oats, Traditional Barley & Oats - Goodness Superfoods

Oil, Sesame Pure - Yeo's



GENERAL

Oysters, Smoked - Always Fresh

Passata - Val Verde

Passionfruit in Syrup - Admiral

Pasta, All Varieties Gluten Free - San Remo

Pasta, Gluten Free Lasagne Mini Sheets - Orgran

Pasta, Gluten Free Penne Multigrain with Quinoa - Orgran

Pasta, Gluten free Rice Penne - BuonTempo

Pasta, Gluten free Rice Spirals - BuonTempo

Pasta Sauce, Basil & Garlic - Jensen's Organic

Pasta Sauce, Bolognese - Jensen's Organic

Pasta Sauce, Mushroom - Jensen's Organic

Pasta Sauce, Red Onion & Rosemary - Jamie Oliver

Pasta Sauce, Tomato & Basil - Jamie Oliver

Pasta Sauce, Tomato & Chilli - Jamie Oliver

Pasta Sauce, Tomato, Aubergine & Olive - Jamie Oliver

Pasta Sauce, Tomato, Ricotta & Basil - Jamie Oliver

Pastry, Puff Butter - Pampas

Peaches, Sliced in Fruit Juice - Goulbourn Valley

Peaches, Sliced in Mango Puree - Goulbourn Valley

Peaches, Sliced in Mango Puree - SPC

Peanut Butter, Crunchy - Mayver's



• GENERAL •

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- Peanut Butter, Natural Crunchy
- Sanitarium
- Peanut Butter, Natural Smooth - Sanitarium
- Peanut Butter, Smooth - Mayver's
- Pear, Sliced - Goulbourn Valley
- Pears, Sliced in Mango Puree - SPC
- Pesto, Italian Herb - Jamie Oliver
- Pickles, Farmstyle - Anathoth
- Pickles, Zucchini - Anathoth
- Pineapple, Freeze Dried Crisps - Sous Simple
- Pineapple, Pieces - Golden Circle
- Pineapple, Sliced - Golden Circle
- Pizza Bases, Singles - IGA Signature
- Popcorn, Caramel Originals - Tom Clark's
- Porridge, Sachets Fruit & Seed - Carman's
- Porridge, Sachets Honey Roasted Nut - Carman's
- Prunes - Verity
- Psyllium Husks, Breakfast Booster - Nature First Premium
- Raisins - Fresh For Life
- Raisins - Sunbeam
- Raisins, Organic - Sanitarium

Raspberries, Frozen - Nannas
Relish, Tomato - Anathoth
Relish, Tomato - Jill's Cuisine
Relish, Tomato - Masterfoods
Rice & Corn Squares - Sun Rice
Rice Cakes Natural - Pure Harvest
Rice Cakes, Organic - Pure Harvest
Rice Crumbs, All Purpose - Organ
Rice Flakes - Lowan
Rice Malt Syrup, Organic - Pure Harvest
Rice Paper, Vietnamese Style - Pandaroo
Rice Squares, Multigrain - Sun Rice
Rice Wine Vinegar - Obento
Rice, Puffed - Abundant Earth
Salmon, Pink - Ally
Salmon, Pink - John West
Salmon, Pink - Paramount
Salmon, Red - John West
Salmon, Red - Paramount
Salmon, Smoked Atlantic- Superior Gold
Salmon, Smoked Sliced Tasmanian - Tassal



• GENERAL •

Salsa, Medium Chunky - Mission

Salsa, Mild Chunky - Mission

Sardines, Springwater - Brunswick

Sardines, Springwater - John West

Seasoning, African Grill - Table of Plenty

Seasoning, Australian Herbs - Outback Spirit

Seasoning, Australian Herbs & Lemon Myrtle - Outback Spirit

Seasoning, Butchers Meat Rub - Artisse Organic

Seasoning, Classic Chicken Rub - Artisse Organic

Seasoning, Lemon & Herb Dukkah - Table of Plenty

Seasoning, Pistachio Dukkah - Table of Plenty

Seasoning, Spanish Barbeque - Table of Plenty

Seasoning, Thai Stir Fry - Table of Plenty

Sesame Snaps - Golden Days

Snackie Bites, Chia Rice & Rainbow Veggies - Rowie's Cakes

Snack Bar, Cacao & Coconut - Emma & Tom's

Snack Bar, Cacao & Orange - Emma & Tom's

Snack Bar, Cherry & Goji - Emma & Tom's

Snacks, Quinoa Crackers With Corn Dip - Tiny Dippers

Snacks, Quinoa Crackers With Green Tomato Salsa - Tiny Dippers

Snacks, Quinoa Crackers With Tomato Salsa - Tiny Dippers





Snacks, Roasted Broad Beans
- Partner Foods

Snacks, Roasted Chick Peas - Partner Foods

Soma Bite, Goji Chia - Soma Organics

Sorbet, Lemon Lime - Gelativo

Sorbet, Strawberry - Gelativo

Soup, Chicken & Corn Chowder - La Zuppa

Soup, Creamy Chicken - La Zuppa

Soup, Greek Lemon Chicken - La Zuppa

Soup, Hearty Chicken & Vegetable - La Zuppa

Soup, Leek & Potato - Pitango Organic

Soup, Minestrone - La Zuppa

Soup, Minestrone - Pitango Organic

Soup, Moroccan Pumpkin - La Zuppa

Soup, Pumpkin - La Zuppa

Soup, Pumpkin with Ginger - Pitango Organic

Soup, Spring Lamb, Red Wine & Rosemary- Pitango Organic

Soup, Tom Yum - All Natural Soups

Soup, Tortilla - All Natural Soup

Soup, Traditional Chicken & Sweetcorn - La Zuppa

Soup, Tuscan Chicken & Vegetables - La Zuppa

GENERAL

Soup, Vegetable & Quinoa
- Pitango Organic

Soup, Vegetable Tagine - All Natural Soups

Soy Sauce - Kikkoman Organic

Soya Beans - La Nova

Stock, Chicken - Celebrate Health Organic

Stock, Liquid Classic Vegetable - Momo's Meals

Stock, Liquid Free Range Beef - Momo's Meals

Stock, Liquid Free Range Chicken - Momo's Meals

Stock, Liquid Slow Cooked Australian Vegetable - Woolworths Gold

Stock, Liquid Slow Cooked Free Range Chicken - Woolworths Gold

Stock, Liquid Slow Cooked King Island - Woolworths Gold

Stock, Liquid Slow Cooked White Fish - Woolworths Gold

Stock, Liquid Vegetable Real - Campbell's

Stock, Liquid Vegetable Real Salt Reduced - Campbell's

Sugar, Brown - CSR

Sugar, Castor - CSR

Sugar, Coconut - Organic Road

Sugar, Dark Brown - CSR

Sugar, Dark Muscovado - Billington's

Sugar, Demerara - Billington's



GENERAL



Sugar, Icing Pure - CSR

Sugar, Icing Soft Mixture - CSR

Sugar, Light Muscovado - Billington's

Sugar, Molasses - Billington's

Sugar, Organic Panela evaporated Cane Juice - Organic Mountain

Sugar, Raw - CSR

Sultanas - Absolute Organic

Sultanas & Apricots 6 Pkt - Whole Kids Organic

Sultanas, Jumbo - Sunbeam

Sultanas, Natural - Sunbeam

Sultanas, Organic - Sanitarium

Sultanas, 6 Pkt - Whole Kids Organic

Sultanas, Sundried Organic - Clyne Foods

Sushi Seasoning - Obento

Sweet Chilli - Maggi

Sweet Chilli Sauce - Trident

Tamari Sauce - Abundant Earth

Tamari Sauce - Spiral

Tamarind Puree - Jeeny's

Tapenade, Basil & Parmesan - Always Fresh

Tapenade, Fusions - Always Fresh

GENERAL



- Tapenade, Kalamata Olive - Always Fresh
- Tea, Black Extra Strong - Nerada
- Tea, Black Fair-Trade Organic - Nerada
- Tea, Black Fair-Trade Organic - Nerada
- Tea, Black Fair-Trade Organic - Oxfam
- Tea, Black Pesticide Free - Nerada
- Tea, Camomile Fair-Trade Organic - Nerada
- Tea, Ceylon Fair-Trade Organic - Natures Cuppa
- Tea, Chai Fair-Trade Organic - Nerada
- Tea, Chai Fair-Trade Organic - Natures Cuppa
- Tea, Earl Grey Fair-Trade Organic - Natures Cuppa
- Tea, English Breakfast Fair-Trade Organic - Natures Cuppa
- Tea, Green & Lemon Myrtle Fair-Trade Organic - Nerada
- Tea, Green Fair-Trade Organic - Nerada
- Tea, Green Fair-Trade Organic - Oxfam
- Tea, Peppermint Fair-Trade Organic - Nerada
- Tea, White - Lotus Peak
- Tomato Paste - Leggo's
- Tomato Paste - Leggo's Organic
- Tomato Sauce - Masterfoods
- Tomatoes, Chopped - BioNature

GENERAL

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- Tomatoes, Peeled & Diced Gourmet Italian
- Val Verde
- Tuna, Chunks in Brine - John West
- Tuna, Chunks in Springwater - Greenseas
- Tuna, Chunks in Springwater - John West
- Tuna, Chunks in Springwater - Safcol
- Tuna, Flavoured Chilli Lime & Ginger - John West Tempters
- Tuna, Flavoured Garlic & Soy - John West Tempters
- Tuna, Flavoured Lemon Pepper - Greenseas
- Tuna, Flavoured Olive Oil with Chilli - Safcol
- Tuna, Flavoured S/Salt & Cracked Pepper - John West Tempters
- Tuna, Flavoured Zesty Vinaigrette - John West Tempters
- Vanilla Beans, Organic- Queen
- Vanilla Essence, Natural - Queen
- Vegetarian Mince, Organic Soy - Planet Organic
- Vinegar, Apple Cider - Cornwells
- Vinegar, Apple Cider - Sandhurst Italian Organic
- Vinegar, Rice Wine - Classic Asian
- Wheat Germ - Cerevite
- Wheat Germ, Stabilised Breakfast Booster - Nature First Premium
- White Beans - Annalisa

• GENERAL •

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- Yoghurt, All Natural - Pauls
Yoghurt, Biodynamic Organic With Bush Honey - Jalna
Yoghurt, Genuine Le Ben European Style - Jalna
Yoghurt, Greek Fat Free - Chobani
Yoghurt, Greek Honey - Chobani
Yoghurt, Greek Natural - Farmers Union
Yoghurt, Natural - Bornhoffen
Yoghurt, Natural Fat Free - Jalna
Yoghurt, Natural Fat Free Organic- Gippsland
Yoghurt, Natural No Fat - Tamar valley
Yoghurt, Natural Organic- Gippsland
Yoghurt, Power Pack Honey - Five AM
Yoghurt, Raspberry Organic- Gippsland
Yoghurt, Smooth & Creamy - Gippsland
Yoghurt, Vanilla Bean - King Island Dairy
Yoghurt, Vanilla Bean Organic - Five AM
Yoghurt, Wild Berry Organic- Gippsland
Yoghurt Base, Greek - Easi Yo
Yoghurt Base, Low Fat Greek - Easi Yo
Yoghurt Base, Natural - Easi Yo
Yoghurt Base, Reduced Fat - Easi Yo



• GRATITUDE •

A massive Thank you to each and every parent, carer, grandparent, teacher, youth worker, aunt or uncle who stands up for the health and wellbeing of our children ...because they are worth it ! ☺

Much love,

Tanya. x



Additive-Free PANTRY

Inspiring Change...
Because our children are worth it!

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