

HEALTHY SWAPS THAT COST YOU LESS:

**healthyfood**  
COOKING

# BULK BINS

\* We shopped on 2 October 2008.

Instead of this	Use this	Good to know
<p><b>Healtheries Simple baking mix – gluten-free</b> \$8.45/kg</p>	<p><b>Bin Inn rice flour, potato flour, soy flour</b> (see recipe below) about \$4.91 per kilo <b>✓SAVE \$3.54 PER KILO</b></p>	<ul style="list-style-type: none"> <li>✓ making your own mix will save money</li> <li>✓ make only as much as you need</li> </ul>
<p><b>Weight Watchers muesli</b> \$5.69 per 595g pack (\$9.40 per kilo)</p>	<p><b>Alison's Pantry natural unsweetened muesli (New World)</b> \$8.90 per kilo <b>✓SAVE \$0.50 PER KILO</b></p>	<ul style="list-style-type: none"> <li>✓ add fruit to customise your cereal</li> <li>✓ use this mix to make Bircher muesli</li> </ul>
<p><b>Fresh Zone dried apricots</b> \$3.99 per 250g packet (\$15.95 per kilo)</p>	<p><b>Bulk bin dried apricots (Foodtown)</b> \$12.50 per kilo <b>✓SAVE \$3.45 PER KILO</b></p>	<ul style="list-style-type: none"> <li>✓ buying bulk means less packaging waste</li> <li>✓ only buy what you will use so no wastage</li> </ul>
<p><b>Tasti dessert almonds</b> \$2.56/70g (\$36.50 per kilo)</p>	<p><b>Alison's Pantry whole almonds (New World)</b> \$28.90 per kilo <b>✓SAVE \$7.60 PER KILO</b></p>	<ul style="list-style-type: none"> <li>✓ this is a good way to buy a small amount of nuts, which can spoil if you don't use them</li> </ul>
<p><b>Edmonds baking soda</b> \$1.72 per 210g pack (\$0.81 per 100g)</p>	<p><b>Bin Inn baking soda</b> \$0.28 per 100g <b>✓SAVE \$0.53 PER 100g</b></p>	<ul style="list-style-type: none"> <li>✓ useful if you need to buy a large amount to use in cleaning as well as cooking</li> </ul>

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