

Okines Food Co-op Price Lists at DECEMBER 2021

Item	Origin	Non-active price/kg	Active price/kg
<p>NANO = Not Available not on order sheet, N/A = Not Currently Available</p>			
Cereals			
premix			
MUESLI - gluten free	local/import	\$ 17.75	\$ 15.00
MUESLI - normal	local/import	\$ 10.70	\$ 9.00
MUESLI - organic	local/import	\$ 13.00	\$ 11.00
processed			
CORN flakes	local/import	\$ 13.50	\$ 11.00
raw			
OATBRAN	Australia	\$ 5.70	\$ 4.90
OATS - Rolled Conventional	Australia	\$ 4.30	\$ 3.60
OATS - rolled FOUR LEAF BIO	Australia	\$ 7.70	\$ 6.50
PSYLLIUM husks organic	India	\$ 50.00	\$ 43.00
QUINOA - rolled flakes/org	Bolivoa	\$ 11.70	\$ 9.90
RICE FLAKES - rolled	Australia	\$ 8.50	\$ 7.20
Condiments			
ground			
CARDAMOM ground cost price special	Guatemala	\$ 104.50	\$ 104.50
CAYENNE Pepper	India	\$ 23.50	\$ 20.00
CHILLI - crushed organic	India	\$ 50.60	\$ 43.00
CINNAMON - ground organic	Sri Lanka	\$ 70.00	\$ 60.00
CORIANDER - ground organic	India	\$ 55.00	\$ 46.80
CUMIN - ground organic	India	\$ 64.50	\$ 55.00
GINGER - ground	India	\$ 25.00	\$ 21.50
NUTMEG - ground	Israel	\$ 40.60	\$ 34.50
PAPRICA/natural SMOKED organic	Israel	\$ 71.00	\$ 60.00
PAPRIKA/SWEET organic	Israel	\$ 68.60	\$ 58.40
PIMENTO/Allspice - ground	Jamaica	\$ 29.60	\$ 25.15
SUMAC	Turkey	\$ 19.25	\$ 16.35
TURMERIC ALLEPPY - ground		\$ 30.70	\$ 26.15
TURMERIC - ground organic	India	\$ 25.00	\$ 21.50
herbs			
OREGANO - organic	Turkey	\$ 45.15	\$ 38.35
HERBS - mixed	Australia	\$ 20.00	\$ 17.00
ITALIAN HERBS - with tomato NEW	Aus/Import	\$ 25.00	\$ 21.00
house-made			
Curry Powder MILD MADRAS style	Mix	\$ 43.20	\$ 36.70
GARAM MASALA	Mix	\$ 72.00	\$ 61.00
LEMON PEPPER	local/import	\$ 24.70	\$ 21.00
MIXED SPICE	Mix	\$ 75.00	\$ 63.75
PANCH PHORA	Mix	\$ 27.00	\$ 23.00
salts			
Salt/Murray River PINK FLAKES 500g bag	Australia	\$ 14.95	\$ 12.75
ROCK-SALT	Australia	\$ 3.50	\$ 2.95
SEA-SALT NON-iodised organic	Australia	\$ 2.45	\$ 2.00
whole			

CARAWAY seed ORGANIC	India	\$ 25.00	\$ 21.25
CARDAMOM pods ORGANIC	Guatemala	\$ 94.00	\$ 80.00
CASSIA quills conventional	Indonesia	\$ 44.50	\$ 38.00
CINNAMON quills conv	Sri Lanka	\$ 69.60	\$ 59.00
CLOVES whole conv	Indonesia	\$ 34.00	\$ 29.00
CORIANDER seed ORGANIC	Australia	\$ 50.00	\$ 43.00
CUMIN seed	Turkey	\$ 18.60	\$ 15.85
FENNEL seed	India	\$ 12.25	\$ 10.45
FENUGREEK seed	India	\$ 8.75	\$ 7.50
GARLIC GRANULES organic NEW	India	\$ 75.00	\$ 65.00
MUSTARD seed - BROWN organic	Canada	\$ 51.10	\$ 43.45
MUSTARD seed - YELLOW organic	India	\$ 37.35	\$ 31.75
NIGELLA seed	India	\$ 17.00	\$ 14.50
NUTMEG whole	Indonesia	\$ 52.00	\$ 44.00
PEPPERCORNS - black CONVENTIONAL AUST.	Australia	\$ 25.20	\$ 21.40
PIMENTOS Allspice whole	Jamaica	\$ 27.90	\$ 23.75
STAR ANISE - organic	Vietman	\$ 130.00	\$ 110.00
VANILLA BEANS - whole pods	Madagascar	\$ 5.00	\$ 4.00
Dried Fruit			
APRICOTS (sulphur free) organic	Turkey	\$ 21.00	\$ 18.00
BANANA strips Chem-free	Australia	\$ 20.70	\$ 17.60
CHERRIES red GLACE	France	\$ 18.00	\$ 15.30
CITRUS PEEL	Italy	\$ 9.00	\$ 7.70
CRANBERRIES organic	Canada	\$ 38.00	\$ 33.00
CURRANTS organic	Australia	\$ 16.00	\$ 13.70
GINGER GLACE	Australia	\$ 18.50	\$ 15.75
DATES - Middle-East	Iran	\$ 4.75	\$ 4.00
FIGS organic	Turkey	\$ 19.50	\$ 16.50
MANGO slices	Thailand	\$ 17.50	\$ 14.90
MIXED FRUIT with Cherries NEW for XMAS	Aus/Italy/Fr	\$ 16.00	\$ 14.00
PEACHES Aus Dried	Australia	\$ 35.40	\$ 30.00
PRUNES Aust	Australia	\$ 15.20	\$ 12.90
RAISINS organic	Australia	\$ 13.75	\$ 11.70
SULTANAS natural conventional	Australia	\$ 10.00	\$ 8.60
Drinks			
coffees			
DANDELION Roasted coffee	Australia	\$ 49.50	\$ 42.15
South Roast coffee BEANS BULK - LOOSE	Tas roasted	\$ 45.50	\$ 40.00
South Roast coffee GROUND 500g bag	Tas roasted	\$ 23.00	\$ 19.50
South Roast coffee GROUND 250g bag	Tas roasted	\$ 13.00	\$ 11.00
house-made			
Okines CHAI Spice Mix	House mix	\$ 100.00	\$ 94.00
Okines GOLDEN MYLK Mix organic	House mix	\$ 46.00	\$ 39.00
teas			
BREAKFAST BLEND BLACK Tea organic	India/SriLan	\$ 57.60	\$ 48.95
EARL GREY Tea organic	Ind/SriL/Italy	\$ 72.00	\$ 61.50
FRENCH Earl Grey Tea organic	Aus/Import	\$ 72.00	\$ 61.50
GINGER GLOW herbal tea organic	Aus/Import	\$ 74.25	\$ 63.10
LADY GREY Tea - NEW	Aus/Import	\$ 72.00	\$ 61.50
MINTY GREEN Tea - NEW	Aus/Import	\$ 100.00	\$ 86.00
PEPPERMINTY Tea -NEW	Aus/Import	\$ 100.00	\$ 86.00

SENCHA GREEN tea organic	Sri Lanka	\$ 50.25	\$ 42.70
SPRING FORTH herbal tea organic	Aus/Import	\$ 74.25	\$ 63.10
Flours			
gluten			
BREAD flour UNBLEACHED WGM org	Australia	\$ 4.35	\$ 3.70
BREAD flour WHOLEGRAIN WGM org	Australia	\$ 4.10	\$ 2.80
CAKE flour unbleached Kialla org	Australia	\$ 4.50	\$ 3.80
RYE flour WHOLEGRAIN org	Australia	\$ 5.10	\$ 4.35
SEMOLINA - fine	Australia	\$ 4.50	\$ 4.00
SPELT flour WHITE Kindred org	Tasmania	\$ 10.70	\$ 9.00
SPELT flour WHOLEGRAIN Kindred org	Tasmania	\$ 9.60	\$ 8.00
gluten-free			
BESAN (Chickpea) flour brown KIALLA org	Australia	\$ 6.20	\$ 5.25
BUCKWHEAT flour WHITE Kindred org	Tasmania	\$ 13.00	\$ 11.00
BUCKWHEAT fl WH/GRAIN Kindred org	Tasmania	\$ 13.00	\$ 11.00
COCONUT flour organic	Sri Lanka	\$ 11.40	\$ 9.70
CORN/MAIZE flour	NZ	\$ 3.90	\$ 3.30
CORN MASA/MASECA Flour Blue	Mexico	\$ 9.60	\$ 8.15
GLUTEN FREE flour (Orgran) org	Thailand	\$ 8.00	\$ 7.00
MACA POWDER organic	Bolivia	\$ 13.50	\$ 11.50
POLENTA coarse organic	Australia	\$ 7.00	\$ 6.00
RICE flour - Brown organic	Australia	\$ 8.00	\$ 6.90
TAPIOCA Flour/Starch bulk	Thailand	\$ 4.40	\$ 3.75
Grains			
BARLEY pearled organic	Australia	\$ 5.80	\$ 4.90
BUCKWHEAT (BUCKINIS) ACTIVATED organic	Australia	\$ 17.00	\$ 14.50
BUCKWHEAT GROATS RAW organic	Australia	\$ 11.00	\$ 9.40
BURGHUL coarse	Turkey	\$ 4.50	\$ 3.85
COUSCOUS WHOLEWHEAT organic		\$ 8.00	\$ 6.80
COUSCOUS whole wheat PEARL organic	Israel	\$ 10.45	\$ 8.90
MILLET - hulled organic	Australia	\$ 8.70	\$ 7.40
POPCORN	Australia	\$ 4.85	\$ 4.12
QUINOA wholegrain Kindred organic	Tasmania	\$ 11.80	\$ 10.00
Rice ARBORIO	Spain	\$ 5.70	\$ 4.80
Rice BASMATI BROWN organic	Australia	\$ 6.95	\$ 5.90
Rice BASMATI WHITE organic	India	\$ 8.00	\$ 6.75
Rice BROWN MEDIUM-GRAIN Bio organic	Australia	\$ 12.40	\$ 10.50
RYE whole grain	Australia	\$ 5.35	\$ 4.50
SPELT wholegrain Kindred organic	Tasmania	\$ 9.15	\$ 7.80
Grocery			
cooking			
BAKING POWDER - Salt Skip	local/import	\$ 26.00	\$ 22.10
CACAO powder - raw organic	Peru	\$ 16.50	\$ 14.00
CAROB Powder organic	Germany	\$ 12.50	\$ 10.65
Chocolate DARK COUVERTURE organic	Germany	\$ 35.20	\$ 29.90
EGGS when available	Local	\$5.50	\$ 5.50
FALAFEL mix	local/import	\$ 10.20	\$ 8.70
KELP meal organic	Tasmania	\$ 82.00	\$ 70.00
MISO Spiral Genmai Brown Rice org 400g ea	Japan	\$ 17.40	\$ 14.80
MUSHROOMS mixed dried	France	\$ 99.20	\$ 65.90

PASTA Besan-Buckwheat-Brown rice penne GF	Australia	\$ 18.50	\$ 16.50
PASTA Lentil-Maize penne GF NEW	Australia	\$ 18.50	\$ 16.50
PASTA Lentil-Maize fettucini GF NEW	Australia	\$ 18.50	\$ 16.50
PASTA Kamut/Khorasan spaghetti org GF NEW	Australia	\$ 17.50	\$ 15.50
PASTA SPAGHETTI 'Eat Pasta' 375g pkt ea NEW	Australia	\$ 4.00	\$ 3.50
PASTA PAPPARDELLE 'Eat Pasta' 375g pkt ea NeW	Australia	\$ 4.00	\$ 3.50
STOCK powder- Massel/BEEF style	Australia	\$ 25.65	\$ 21.80
STOCK powder- Massel/CHICKEN style	Australia	\$ 26.50	\$ 22.50
STOCK powder- Massel/VEGGIE	Australia	\$ 26.30	\$ 22.35
YEAST- nutritional flakes	USA	\$ 49.50	\$ 42.00
general			
BUTTER Ashgroves Farmhouse	Tasmania	\$ 16.50	\$ 15.25
BICARB of soda NATURAL	USA	\$ 7.95	\$ 6.75
BICARB of soda SYNTHETIC	Germany	\$ 3.80	\$ 3.25
CACAO BUTTER organic		\$ 38.30	\$ 32.50
COCONUT CHIPS/FLAKES organic	Phillipines	\$ 20.60	\$ 17.50
COCONUT Fine DESSICATED organic	Phillipines	\$ 11.50	\$ 9.80
COCONUT SHREDDED organic	Phillipines	\$ 14.20	\$ 12.00
COCOMINO Sauce Nuilife 250ml each	Australia	\$ 10.80	\$ 9.60
Cheese Millel PECORINO	Australia	\$ 25.00	\$ 23.00
PRESERVES: request variety next to item name			
Julia's - SMALL	Dodges	\$ 5.00	\$ 5.00
Julia's - LARGE	Dodges	\$ 7.00	\$ 7.00
Sally's - JAM/RELISH cash in jar	Pawleena	\$ 5.00	\$ 5.00
Sally's - KASUNDI cash in jar	Pawleena	\$ 6.00	\$ 6.00
OLIVES Mixed organic	Greece	\$ 22.70	\$ 19.30
TAMARI Spiral organic	Japan	\$ 29.30	\$ 24.95
TAHINI BLACK organic 375g jar each	import ing.	\$ 14.50	\$ 12.40
TAHINI UNHULLED organic	Australia	\$ 15.30	\$ 13.00
Vinegar APPLE CIDER organic	Tasmania	\$ 12.00	\$ 10.20
Vinegar WHITE/NATURAL	Australia	\$ 2.19	\$ 1.85
Household			
cleaning			
<i>cleaning products are by Clean Conscience except the dishwasher machine pdr: locally made & non-toxic</i>			
DISHWASHING liquid	Tas-made	\$ 18.00	\$ 16.00
DISHWASHER MACHINE pdr Clean Machine NEW	Tas-made	\$ 11.00	\$ 9.50
Multi-purpose LEMON MYRTLE spray	Tas-made	\$ 11.00	\$ 10.00
Multi -purpose EUCALYPTUS spray	Tas-made	\$ 8.25	\$ 7.00
LAUNDRY SOAKER	Tas-made	\$ 11.25	\$ 9.55
SOAP Liquid	Tas-made	\$ 18.00	\$ 15.30
LAUNDRY POWDER	Tas-made	\$ 15.00	\$ 12.75
containers			
Spray bottle each		\$ 2.50	\$ 2.50
general			
Air Freshener REFILL (bottles available)	Tas-made	\$ 7.75	\$ 6.50
EPSOM SALTS	Germany	\$ 5.00	\$ 4.30
TEA TREE OIL Clarence River 25ml	Australia	\$ 10.00	\$ 10.00
WGAC Toilet Paper 1 ROLL	China/Aus	\$ 1.25	\$ 1.25
WGAC Kitchen Towel x 1 ROLL	China/Aus	\$ 3.25	\$ 3.25
WGAC Tissues SINGLE Pack	China/Aus	\$ 1.75	\$ 1.75
WGAC T P CARTON X 48 rolls	China/Aus	\$ 45.00	\$ 45.00

WGAC Kitchen Towel CARTON x 6 rolls	China/Aus	\$ 18.00	\$ 18.00
WGAC Tissues CARTON x 12 boxes	China/Aus	\$ 18.00	\$ 18.00
personal all prices are per item			
Deodorant Stick - Vegan - Body of Nature	Tas-made	\$ 15.00	\$ 15.00
Face Serum Oil 15ml	Tas-made	\$ 10.00	\$ 10.00
Face Serum Oil 25ml	Tas-made	\$ 15.00	\$ 15.00
Insect Itch RESCUE BALM- 5g stick	Queensland	\$ 8.00	\$ 7.50
Insect Itch RESCUE BALM- 45g tub	Queensland	\$ 37.00	\$ 33.00
Lip Balm - Body of Nature	Tas-made	\$ 8.00	\$ 8.00
Moisturiser ORIGINAL/HONEY 50ml	Tas-made	\$ 20.00	\$ 20.00
SHAMPOO BAR All Washed Up	Tas-made	\$ 7.50	\$ 7.50
SOAP BAR All Washed Up	Tas-made	\$ 6.50	\$ 6.50
TOOTHBRUSH Enviro ADULT Black Soft	China	\$ 3.50	\$ 3.50
TOOTHBRUSH Enviro CHILD Black Soft	China	\$ 3.00	\$ 3.00
TOOTHPASTE Grants Proplis	Australia	\$ 4.00	\$ 3.40
TOOTHPASTE Grants mild mint	Australia	\$ 4.00	\$ 3.40
Milks			
COCONUT milk powder VEGAN organic	Sri Lanka	\$ 31.75	\$ 27.00
SOY milk Bonsoy organic BOX of 6	Australia	\$ 35.00	\$ 29.00
Nuts			
meal/butter			
ALMOND MEAL from whole nuts - chem free	Australia	\$ 28.80	\$ 24.50
PEANUT BUTTER - conventional	Australia	\$ 12.00	\$ 10.20
whole/pieces			
ALMONDS RAW WHOLE chem free	Australia	\$ 24.35	\$ 20.70
ALMONDS ROASTED WHOLE chem free	Australia	\$ 30.00	\$ 25.00
BRAZIL nuts organic	BoliviaBrazil	\$ 36.00	\$ 30.00
CASHEWS raw whole - conventional	Vietnam	\$ 24.00	\$ 20.00
CASHEWS ROASTED whole - conventional	Indonesia	\$ 32.30	\$ 27.50
HAZELNUTS roasted organic	Tasmania	\$ 71.70	\$ 61.00
MACADAMIA pieces chem free	Australia	\$ 62.90	\$ 53.45
MACADAMIA WHOLE salted	Australia	\$ 73.60	\$ 62.60
PEANUTS roasted unsalted conventional	Australia	\$ 9.50	\$ 8.00
PINENUTS organic	China	\$ 80.20	\$ 68.20
PISTACHIO nuts in shell	Australia	\$ 48.50	\$ 41.20
Walnuts - WEBSTERS	Tasmania	\$ 26.30	\$ 22.30
Walnuts COALDALE IN SHELL chem free	Tasmania	\$ 13.90	\$ 11.80
Walnuts COALDALE PIECES chem free	Tasmania	\$ 40.50	\$ 34.45
Oils			
COCONUT oil - virgin org 900g/1lt jar	Sri Lanka	\$ 15.85	\$ 13.50
COCONUT oil Melrose flavour free org. 325g jar	Sri Lanka	\$ 6.80	\$ 5.80
OLIVE oil Platypus Creek extra virgin	Tasmania	\$ 24.00	\$ 20.40
SESAME oil Spiral organic 500g bottle each	Mexico	\$ 14.55	\$ 12.35
Pulses			
all pulses are not always in stock - please indicat a sub and we will endeavour to provide			
BLACK TURTLE Beans	Canada	\$ 9.60	\$ 8.15
BLACKEYED Peas	USA	\$ 10.40	\$ 8.90
BORLOTTI Beans	Australia	\$ 7.35	\$ 6.25
CANNELLINI Beans	Australia	\$ 7.85	\$ 6.70
CHICKPEAS organic	Australia	\$ 11.75	\$ 10.00
HARICOT/NAVY Beans	Canada	\$ 7.25	\$ 6.20

LENTILS Brown-Green organic	Canada	\$ 3.60	\$ 3.00
LENTILS French PUY organic	Canada	\$ 10.10	\$ 8.60
LENTILS Red Split CONV.	Australia	\$ 4.90	\$ 4.20
LIMA Beans large	USA	\$ 9.85	\$ 8.35
MUNG beans	Australia	\$ 7.85	\$ 6.70
SOY BEANS organic	Australia	\$ 8.55	\$ 7.30
RED KIDNEY beans	Canada	\$ 7.70	\$ 6.60
Seeds			
ALFALFA seed	Australia	\$ 21.75	\$ 18.50
CHIA seeds - BLACK	Sth America	\$ 13.60	\$ 11.50
HEMP SEED Aus Primary conventonal	Australia	\$ 36.30	\$ 30.90
LINSEEDS Kialla organic	Australia	\$ 12.20	\$ 10.35
POPPY seed	Tas/Spain	\$ 18.10	\$ 15.40
PUMPKIN/PEPITA seed org China	China	\$ 19.00	\$ 16.00
SESAME seed BLACK	India	\$ 16.50	\$ 14.00
SESAME seeds UNHULLED org	Ethiopia	\$ 13.10	\$ 11.15
SPROUTING mix seeds	40% Aus	\$ 11.40	\$ 9.70
SUNFLOWER SEEDS chem free	Australia	\$ 9.50	\$ 8.00
Snacks/Treats			
CHOC-RASP LICORICE organic	Australia	\$ 47.90	\$ 40.70
CHOCOLATE drops DARK organic	Germany	\$ 40.45	\$ 34.40
CHOCOLATE drops MILK organic	Germany	\$ 42.35	\$ 36.00
SALMIAK Rock - Licorice	Holland	\$ 25.90	\$ 22.00
Sweeteners			
Honey BUSH	Tasmania	\$ 16.50	\$ 14.00
Honey LEATHERWOOD	Tasmania	\$ 16.50	\$ 14.00
MAPLE syrup 100% organic	Canada	\$ 27.50	\$ 23.40
Sugar COCONUT organic	Indonesia	\$ 11.70	\$ 10.00
Sugar RAW organic	Australia	\$ 4.25	\$ 3.60
Sugar RAPADURA organic	Sri Lanka	\$ 7.00	\$ 6.00