



Wholefoods Market



Also in this issue...

PRESERVING  
Create tasty lunch box snacks



# Back to School!



## Be in to win 1 of 100 décor GO Bento Lunchboxes!

Plus, you'll get the first fills on us, with a \$10 Bin Inn voucher included. Watch our social media and email newsletters to be in the draw!



Promotions runs 26 January - 4 February 2024

# Build a Bento Lunchbox

Balance is key when creating a bento lunchbox; include a variety of colours, textures, and food groups to ensure a well-rounded meal.

By using compartments, you can keep foods separated and fresher.

Make it a fun family activity by involving the kids in planning and assembling their own bento lunchbox. Encourage their creativity and excitement for food preparation.



**NUTRIENT-DENSE SNACKS FOR THE WHOLE FAMILY**

✓100% NATURAL ✓COMPOSTABLE WRAPPER ✓DAIRY FREE  
 ✓SOY FREE ✓EGG FREE ✓0% NASTIES

**THE CRAFTY WEKA BAR**

**BACK TO SCHOOL**

Free from added sugar, gluten and dairy  
 100% fruit  
 Nutritious and delicious  
 Made from New Zealand Fruit

**KIDS LOVE THEM!**

24 McPherson Road, Richmond, Nelson



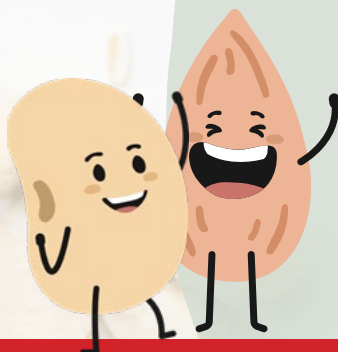
Finest wholefoods.  
Buy only what you need,  
when you need it.

BRING YOUR  
OWN CONTAINERS  
TO REFILL FOR

**5%  
OFF**

**TOP TIP**

PERFIT PRESERVING JARS  
ARE IDEAL FOR KEEPING  
YOUR BULK FOODS  
PANTRY FRESH



**Zero Waste  
Lunchbox Ideas**

- Roasted Peanuts
- Walnut Halves
- Sliced Almonds
- Pecan Halves
- Macadamias
- Sultanas
- Cranberries
- Whole Pitted Dates
- Sunflower Seeds
- Dried Kiwifruit Slices
- Dried Strawberries
- Dried Mango Slices
- Dark Choc Chips
- Confectionery

**bin inn**

# Peanut Butter

100% nuts, nuts, nuts and nothing else. Set the dial to either smooth or crunchy and fill your container with yummy peanut butter. Buy only what you need. Or you can purchase a pre-filled jar to bring back for refilling at a later date.

## BLUEBERRY OAT MUFFINS

Makes 12 muffins.

### Ingredients

- 1  $\frac{3}{4}$  Cups Rolled Oats
- $\frac{1}{2}$  Cup Oat Bran
- $\frac{3}{4}$  tsp Baking Soda
- $\frac{1}{2}$  tsp Cinnamon
- $\frac{3}{4}$  Cup Unsweetened Apple Sauce
- $\frac{1}{2}$  Cup Honey
- 1 tsp Vanilla Essence
- $\frac{1}{2}$  Cup Milk
- 3 Egg Whites, lightly beaten
- 1 Cup Blueberries

### Method

1. Pulse rolled oats and oat bran in a food processor for 10 seconds. Put aside 2 Tbsp of the oat mixture.
2. In a medium bowl, combine the remaining oat mix, baking soda, and cinnamon; mix well and set aside.
3. In a small bowl, combine apple sauce, honey, vanilla and milk, then pour into the oat mixture.
4. Stir until just blended.
5. Gently mix in egg whites.
6. Dust well-drained blueberries with the 2 Tbsp of saved oat mix, and gently fold the blueberries into the batter.
7. Divide mix evenly into a greased muffin tray and bake at 180°C for 20-25 minutes.



## Homemade Cleaning Recipes for Back to School

### Laundry Detergent

- $\frac{1}{2}$  Cup Borax
- $\frac{1}{2}$  Cup Baking Soda
- $\frac{1}{2}$  Cup Castile Soap
- 4 Cups Hot Water

1. Combine the first three ingredients in a large bottle and add water to dissolve the ingredients.
2. Fill the container to the top with cold water.
3. Shake before each use.
4. Use  $\frac{1}{4}$  Cup per standard size laundry load.

### Clothes Stain Remover

- Baking Soda
- White Vinegar
- Water

1. Sprinkle baking soda onto stain.
2. Spray with diluted (1:1 ratio with water) white vinegar.
3. Scrub the paste into the stain and leave for 20 minutes. Wash as normal afterwards.

### Shoe Odour Remover

- Baking Soda

1. Sprinkle 1 - 2 tablespoons of baking soda onto the insole of each shoe.
2. Gently shake the shoe to ensure even coverage.
3. Leave overnight (up to 24 hours for tough jobs).
4. Shake the shoes out over a sink or bin until most powder has come out.

Great for the planet, Great for your wallet, Great for your school uniform

# Native Neem Organic Headlice Pack

Help control headlice without all the harsh chemicals.

Contains:

- Native Neem Organic Pure Neem Oil (100ml) (medical grade) helps to treat many skin ailments, soothes eczema, psoriasis, and rosacea and it is effective against head lice and scabies.
- Native Neem Organic Neem Hair and Body Wash (250ml) is an organic, soap-free, gentle cleanser. It is all-natural and completely non-toxic. Suitable for all ages. No artificial colours, fragrances or chemicals are added.
- Nit Comb



Straight from the store to the pantry to the lunchbox - fill your ClickClick containers at Bin Inn.



**ClickClick**™



## OUCH-free for School

Goodbye/ouch products, including sunscreen, insect repellent, and balm, are certified 100% natural by NATRUE, an internationally recognised standard. This certification guarantees not only naturalness but also ensures the absence of GMO, animal testing, and overall cleanliness.

**goodbye**

# Lunchbox Inspiration

Finding the perfect balance in your kid's lunchboxes can be hard, but by focusing on the key categories, you can help stabilise energy levels, moods, and concentration so they can get the most out of school. Include a mix of low GI carbs (wholegrain bread, oats), healthy fats (pumpkin seeds, sunflower seeds, nuts, peanut butter), protein (falafels, yoghurt, eggs, cheese, tofu), and fruit and veges.

## PIZZA SCROLLS

### Ingredients

- 1 Cup Warm Water
- 1 tsp Sugar
- 1 tsp Dry Yeast
- 2 ½ Cups High Grade Flour
- 1 Tbsp Olive Oil
- ½ tsp Salt

### Method

1. Stir sugar and water in a bowl until the sugar is dissolved.
2. Sprinkle yeast on top and let sit for 10 minutes.
3. Mix in flour, oil and salt.
4. Knead and throw until the dough becomes smooth and less sticky.
5. Put the dough in an oiled bowl, cover with a tea towel and put in a warm place for a minimum of 40 minutes.
6. Using your hands or a rolling pin, gently flatten the dough out to a rough rectangle shape, approx 1cm thickness.
7. Add desired toppings.
8. Roll the dough up tightly, and use a sharp knife to cut into portions approx 3 cm wide.
9. Lie flat on a lined baking tray, and bake at 200°C for 15 minutes or until golden.

## CHINESE-SPICED SEED MIX

### Ingredients

- 1 Egg White
- 2 tsp Chinese Five Spice Powder
- ½ tsp Salt
- 85g Sunflower Seeds
- 85g Pumpkin Seeds

### Method

1. Preheat oven to 150°C.
2. Lightly whisk egg white then add Chinese five spice and salt. Add seeds and coat well.
3. Spread out on a lightly oiled baking sheet and bake for 12 mins. Cool before eating.



## CHOC-ORANGE ENERGY BALLS

### Ingredients

- 100g Medjool Dates, pitted
- 100g Pecan Nuts
- 50g Pumpkin Seeds
- 50g Rolled Oats
- 4 Tbsp Cacao Powder or unsweetened Cocoa Powder
- 2 heaped Tbsp Almond Butter
- Zest & Juice of 1 Orange

### Method

1. Place all the ingredients and 3 Tbsp of orange juice in a food processor.
2. Blitz until chopped and starting to clump together. If it's too dry, add a drop of orange juice at a time until the right texture is reached.
3. Roll the mixture into walnut-sized balls with lightly oiled hands.
4. Keep in a sealed container for 2 weeks in the fridge.



# Preserving for the lunchbox

## Chia Seed Jam

### Ingredients

- 2 Cups Fresh or Frozen Fruit
- 2 Tbsp Chia Seeds
- 1 Tbsp Lemon Juice
- 1-2 Tbsp Honey or Maple Syrup (optional)

### Method

1. Heat fruit in a saucepan over medium heat, stirring occasionally, until the fruit is heated through and begins to break down and bubble.
2. Stir in the chia seeds and lemon juice until combined. Then taste, and stir in 1 or 2 tablespoons sweetener if needed.
3. Remove from heat and let cool for 5 minutes (the jam will thicken considerably as it cools).
4. Give the jam one final good stir, then transfer to a sealed container and refrigerate for up to 1 week, or freeze for up to 3 months.



The best fruits to use are: **Strawberries, Blackberries, Blueberries, Raspberries, Cherries, Peaches, Apricots, Plums, Pineapple, or Kiwifruit**

## Homemade Fruit Roll Ups

### Ingredients

- 3 Cups Fruit, mix and match as you like
- 2 Tbsp Lemon Juice
- 3 Tbsp Honey or other sweetener (optional)

### Method

1. Add all the ingredients to a food processor and blend until smooth. Taste and adjust sweetness as needed.
2. Pour into a lined baking pan and spread out to 2-3mm thick.
3. Bake at 60°C (or the lowest setting on your oven) for 4 to 6 hours. Check regularly and remove from the oven when the middle is no longer tacky.
4. Allow to cool, then use scissors to cut into strips.
5. Roll each strip up and store in an airtight container in the fridge for up to 2 weeks.

## Fruit Jelly Cups

1. Mix jelly as per packet instructions.
2. Lay fruit out in containers and pour the jelly mix over top. Make sure the fruit is fully covered.
3. Set the jelly cups in the fridge, minimum 4 hours. Either use within 3 days, or put them in the freezer for up to 6 months.
4. To defrost, remove from the freezer and leave in the fridge overnight.



Collect 1 point for every \$20 spent in store. Collect 15 points and receive \$5 off your next purchase. Don't have a card yet? You can get yours next time you're in store.



# Buy from our Bulk Bins Preserving Essentials



White Vinegar



Apple Cider Vinegar



White Sugar



Non-iodised Salt



Himalayan Rock Salt



Black Pepper



Mustard Seeds



Cardamon Pods



Garlic Powder



Caraway Seeds



Dill



Cumin

## Pickling Spice

Bin Inn Pickling Spice is a unique blend of dried spices that gives your preserves a complex depth of flavour. Pickling Spice can also be used to flavour broth for soups and stews, or grind it down to use as a dry rub on meats, or sprinkle over roasting vegetables.



BRING YOUR OWN CONTAINER TO REFILL FOR **5% OFF**



## Quick Pickled Jalapenos

### Ingredients per 500ml jar

- 250g Fresh Jalapenos
- ½ Cup Vinegar, White or Apple Cider Vinegar, or a mix of both
- ½ Cup Water
- 1 ½ Tbsp Sugar (optional)
- ½ tsp Kosher Salt

### Method

1. Cut your jalapenos into 5mm slices, discarding the stems.
2. Add the vinegar, water and sugar to a medium pot and heat until it just starts to boil.
3. To each jar, add the salt, pepper, cumin, mustard seeds, bay leaf and garlic.
4. Add the jalapenos to your jars, packing them in until they are filled.
5. Pour the hot vinegar mix into each jar, leaving a 1.5cm gap at the top.
6. Run a clean butter knife or chopstick down the side of each jar and press in toward the centre to release any bubbles.
7. Wipe jar rims with a clean cloth, then add lids.
8. Allow jars to cool to room temperature and then store in the fridge for at least 3 days before eating. Keep in the fridge for up to 3 months.

This method gives the jalapenos a shorter lifespan than alternative preserving methods. To make the jalapenos shelf stable, use the recipe with overflow or canning methods.



## Sterilising jars - why and how

The main reason it is essential to sterilise your jars before use is to avoid harmful bacteria or toxins building up over time. Unsterilised jars can cause serious problems. It also ensures that the flavour is not affected by unexpected organisms spreading through your preserves. Do your sterilising immediately before using the jars to reduce any environmental dust and dirt being added.

### Method

1. Preheat oven to 120°C
2. Wash jars thoroughly in hot soapy water, rinse and drain.
3. While they're still wet, arrange the jars upside down on a baking tray with space in between them. Place tray in oven 10-15 minutes or until dry. Alternatively you can put jars in a large pot of boiling water for 10 minutes then drain upside down on a clean tea towel and dry in the oven. Glass jars can also be put through a hot cycle in your dishwasher.
4. Sterilise metal seals in boiling water for 5 minutes and leave in water until ready to use.

### TOP TIP

MAKE SURE YOU USE OVEN MITTS AND HAVE SOME TONGS HANDY FOR MANOEUVRING THE JARS ONCE HOT

## Storage

Preserved foods need to be kept in a cool, dark, dry place to maintain safety and quality. They should be kept between 10-20°C. If the storage conditions are not ideal, the shelf life will be shortened.



## Pectin

Perfect for fruit pies and jams! Bin Inn Pectin can also be used for jellies, frozen foods and as a thickener in cooking and baking.

Buy it in small or big amounts at your local Bin Inn.

## Waugh Jam Jar & Preserve Covers

The perfect companion for your jam and preserving needs...

Manufactured for nearly 50 years, this Iconic New Zealand made product is ideal for sealing your jam's and preserves. Each kit comes with 25 cellophane discs, 25 labels and 25 rubber bands. The cellophane is both compostable and biodegradable, while the bands are made from Natural Rubber and are also biodegradable.



## The Limery 'Drizzle me on' Lemon or Lime Juice

Lemon juice is a versatile and natural preservative in various recipes, adding a burst of bright acidity and enhancing flavours. Its high citric acid content helps prevent oxidation and spoilage in fruits, vegetables, and homemade jams. Incorporating lemon juice not only extends the shelf life of preserved items, but also adds a zesty, refreshing twist to the overall taste.



## Strawberry Rhubarb Jam

### Ingredients

- 5 Cups Ripe Strawberries; mashed down to 2 ½ cups total
- 2 Cups Rhubarb, chopped
- 2 Tbsp Lemon Juice
- 55g Pectin
- 4 ½ cups White Sugar

### Method

1. Wash and sterilise four 500ml jars and lids.
2. Wash and dice strawberries, then separately wash and dice the rhubarb.
3. Mash the strawberries in a large pot then add the rhubarb.
4. Add the pectin and lemon juice and stir well.
5. Heat on a medium-high stove stirring while it heats up.
6. Once boiling, add the sugar, stirring well. Once the mix is boiling again, leave for one more minute.
7. Remove from heat and stir for 5 minutes. Skim any foam off the surface.
8. Carefully pour or ladle into your sterilised, hot jars, wipe the rims with a cloth, and cover with the lids. Do not overtighten the rings.
9. Allow to cool overnight and then check the seals. For any seals that have failed, put the jam in the fridge and use straight away.



PRESERVING KIWI CUISINE  
*Perfit-ly*  
 SINCE 1950



**BUY INSTORE AT BIN INN**

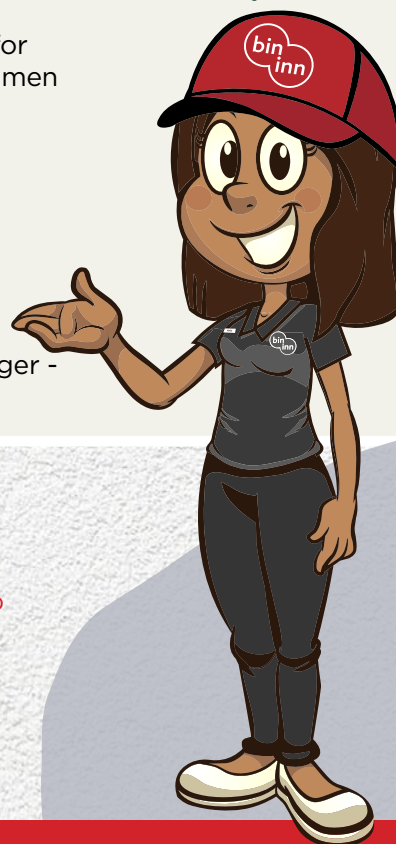
PERFIT DOME SEALS • GOLD SCREW BANDS • GREEN SCREW BANDS  
 1 LITRE PERFIT UTILITY JARS • 500ML PERFIT UTILITY JARS

## Ever thought about owning a Bin Inn store?

Bin Inn is about to relaunch with a fresh new look, and we are looking for new entrepreneurs to join our exciting & successful group of women & men who own and the operate their respective stores.

- Are you a foodie?
- Are you passionate about healthy food?
- Are you committed to reducing waste?
- Do you love clean beaches and forests as much as we do?

If you answered yes to all of those and have the confidence, means, and skill to run a dynamic retail food store then call the business manager - 07 575 6939. We have territories around the country.



### DISCOVER A BIN INN STORE NEAR YOU

#### NORTH ISLAND

- Bethlehem
- Dinsdale
- Feilding
- Glenfield
- Gisborne (now open)
- Hamilton East
- Hastings
- Howick
- Kamo
- Kapiti

- Masterton
- Onehunga
- Palmerston North
- Papamoa
- Petone
- Pukekohe
- Rotorua
- Silverdale
- St Andrews
- Stonefields
- Takanini

- Taradale
- Taupo
- Te Awamutu
- Thames
- Waitara
- Warkworth
- Whakatane
- Whangarei

#### SOUTH ISLAND

- Blenheim
- Dunedin (under new ownership)
- Lincoln Road
- Nelson
- Rangiora
- Richmond
- Rolleston
- Stanmore Road
- Timaru



**Wholefoods  
 Market**

Serving our *local* communities for 36 years