



Wholefoods Market

Also in this issue...



LOTS OF IDEAS TO MAKE YOUR HOME A PLASTIC FREE SPACE

# Plastic Free month



Reduce • Replenish • Recycle



Your Wholefoods & Specialty Grocer

.....the alternative grocer

bininn.co.nz

Not all products available in all stores.

# DIY CLEANING SOLUTION



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

**Great for the planet,  
Great for your wallet,  
Great for your home**



**Your best choice for a clean home**

# Natural Cleaning Essential Ingredients

Many everyday household items are among the ingredients to create your natural cleaning ingredients, and they can be used on their own or in any number of DIY natural cleaning recipes.

## Baking Soda

Works best on proteins, grease, and animal messes, and because it's only slightly abrasive, it can scour surfaces without fear of scratching. It's also a natural deodoriser and less expensive than commercial scrubbing powders.



## Castile Soap

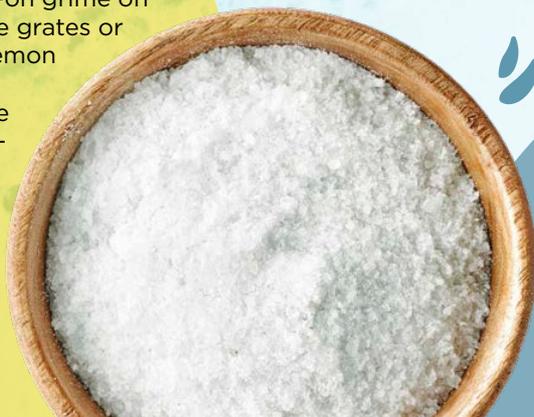
Available in liquid or bar form and helps rinse dirt away. It's made with olive oil or a vegetable base and is available unscented or scented. Both attach to soil at the molecular level, so you can rinse dirt away with water.

## Hydrogen Peroxide

Simply water with an extra oxygen molecule ( $H_2O_2$ ). It breaks down into harmless oxygen and water, so it's a more eco-friendly alternative to chlorine bleach.

## Salt

A cleaning powerhouse, thanks in part to its abrasive nature. Use this natural cleaning product to scrub away baked-on grime on oven racks or stove grates or partner salt with lemon wedges to clean copper. For a paste that removes hard-water stains, mix  $\frac{1}{4}$  cup salt with 2 tablespoons vinegar.



## Lemon

Lends a fresh scent, but it's also hard-working, especially when combined with another green cleaning product, borax. Both are known for their cleaning and whitening powers, but each works differently. Because it is an alkali, borax is good for cutting grease, oil, and dirt. Lemons are slightly acidic, so they work well at eliminating soap scum and hard-water. No Lemons? – just use Lemon Juice.



## Borax

(Sodium Tetraborate) is an alkali that's good for cutting grease, oil, and dirt. Borax occurs naturally, being produced by the repeated evaporation of seasonal lakes.

## Sodium Percarbonate (Oxygen Bleach)

Sodium Percarbonate is another must-have ingredient that can be used around the house in multiple areas that need to be de-stained, deodorised or cleaned. It is efficient, safe, non-toxic, environmentally safe, biodegradable, and leaves no harmful by-products or residues which may harm the environment. Popular with campervanners for flushing out and deodorising onboard holding tanks & very effective laundry pre-soak. Sodium Percarbonate is also fantastic for cleaning decks and cheaper than many branded alternatives.



## Distilled White Vinegar

Works on alkaline substances by dissolving scale, inhibiting mold, and cutting soap scum. A mild acid, it's terrific for removing coffee stains, rust, wax build up and tea. It's typically sold diluted in water at a 5% concentration, but more effective at higher concentrations, so pay attention to the fine print.



**DISHPOD**

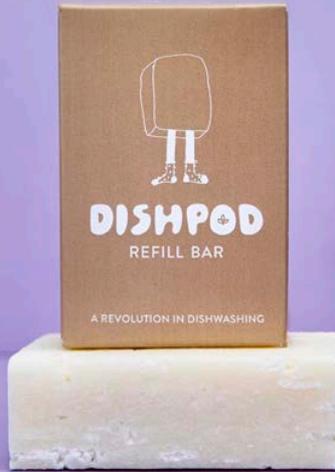
Exclusive to

bin  
inn



# DISHWASHING, WITHOUT THE BOTTLE

The Dishpod is made from 100% post-consumer recycled plastic. Unlike liquid dishwash, which often comes in single-use plastic bottles, the Dishpod uses solid refill bars that significantly reduce plastic waste.



## Activated Charcoal and Tea Tree Oil Cleansing Bar.

Activated charcoal is incredible. It's a fine powder that gets into the pores and glands and thoroughly cleans them. This prevents them from sealing over and causing acne.

Made with the finest ingredients this cleansing bar also contains natural Tea Tree Oil, an anti-bacterial and anti-microbial essential oil. They work together to complement your everyday acne cleaning routine.

## Oatmeal bar

This oatmeal bar is specially made for those with psoriasis or eczema. Crafted with the finest natural ingredients, including all-natural oils and colloidal oatmeal, it gently exfoliates sensitive skin, soothes irritation, and reduces itchiness and redness. Get this bar today to soothe, exfoliate, and cleanse your skin.



## Honey & Beeswax Cleansing Bar

It's un-bee-table because it is a kind and gentle cleansing bar especially made for people who suffer from dry skin. If you need to wear a face mask all day or perhaps you need to use sanitiser many times a day then this is the Cleansing Bar for you. It is specially formulated with Manuka Honey which has been known to have antibacterial properties and will be kind to your sensitive skin.



**Wholefoods  
Market**

Serving our *local* communities for 36 years

# WIN A LAUNDRY KIT

Kick start your switch to a biodegradable, hypoallergenic, economical and sustainable laundry routine with this Eco-Friendly Laundry Combo Pack - Soap Nuts 250g, Stain Remover Bar and Essential Oil Laundry Blend.

Keep an eye on our Bin Inn socials for your opportunity to win this fantastic prize

  BININNWHOLEFOODS

**global soap**  
EST. 1997



## Take plastic out of the Laundry



### Homemade Dryer Sheets

#### What you need

- Find a bunch of old cotton t-shirts and cut them into washcloth sized squares. Next, take some of the homemade fabric softener (recipe above):
  - » Fill about 1/2 of an airtight, lidded storage container with this.
  - » Place the t-shirts in the container, and press them down to soak up the fabric softener.
  - » Squeeze out excess before tossing a square into the dryer with your clothes.
  - » These are obviously recyclable, and don't have to be laundered between uses!

Laundry Soap  
Exclusive To

bin  
inn



# Want great value & less plastic?



More value, less plastic.  
Better for the environment.

**ecostore**  
+ safer for you



# WIN 1 OF 5 HOME CLEANING GIFT PACKS

Exclusive to



Get your kitchen squeaky clean with one of these Eco Store cleaning packs. Keep an eye on our Bin Inn socials for your opportunity to win.



BININNWHOLEFOODS



# Take plastic out of the Bathroom



To help reduce soap scum build up, squeegee after showering on a daily basis.

## Shower Glass Door Cleaner

### What you need

- Cleaning vinegar
- Water
- Dishwashing liquid
- Spray bottle
- Sponge
- Natural Linen or cotton cloth

- » Add equal parts distilled white vinegar and water in a spray bottle.
- » Pour 1 teaspoon of dishwashing liquid into the spray bottle.
- » Spritz solution onto shower door and let sit for 15 minutes.
- » After 15 minutes, use a microfiber cloth to wipe clean. For heavy build-up scrub with a delicate scrubber or eraser-type sponge.
- » Rinse and buff dry.

## Next to Natural Muscle Recovery Bath Salts with Arnica

The ultimate relaxation for the special someone who deserves some time out. Exclusive to Bin Inn.



Discover Eco-Conscious,  
Sustainable, and Zero-Waste  
Solutions for all your  
Home and Garden needs



[www.ecowarehouse.nz](http://www.ecowarehouse.nz)

## BE IN TO **WIN** AN ECO CLEANING KIT

Eco Warehouse offers a range of eco-friendly home cleaning products that are free from harsh chemicals. From eco scrubs to cleaning sprays and brushes, they've got your cleaning needs covered.

To celebrate Plastic Free Month, Bin Inn are giving you the chance to win an exclusive eco cleaning pack! The pack includes:

- 1x Natural Manuka Hydrosol Cleaning Spray
- 1x Stainless Steel Soap Shaker
- 1x Dish Washing Soap Bar
- 1x Eco Scrub
- 1x Wooden Dish Brush

Don't miss out! Keep an eye on our Bin Inn socials for your opportunity to win this fantastic eco-friendly cleaning pack. Clean green and celebrate with Eco Warehouse!





# Take plastic out of the Kitchen



Mulled wine one sachet is perfect for two bottles of red wine, just add a couple of oranges or a splash of orange juice. Simmer gently on the stove for 30 minutes.



 Gluten Free  Dairy Free  Nut Free

Our seasonal blend of cinnamon, cardamom, star anise, cloves, Sweetened with brown and coconut sugar.  
The perfect winter delight!

50g

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Wholefoods  
Market

**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

Peanuts



Yogurt  
Raisins



Pumpkin  
Seeds



Bhuja Mix



Scroggin



Popping  
Corn



Banana  
Chips



Dried  
Apricots



Pretzels



Pickling  
Spice



Taties



Chia  
Seeds



Sunflower  
Seeds



Chocolate  
Raisins



Chocolate  
Peanuts

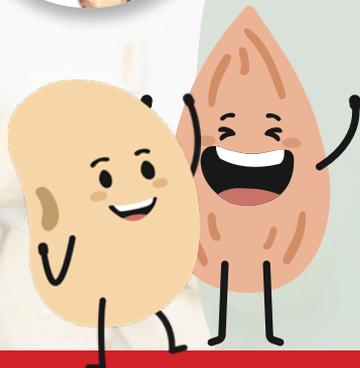


Hokey  
Pokey



## ZeroWaste 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



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Serving our *local* communities for 36 years



**YOUR GO TO FOR A FANTASTIC RANGE OF PICK AND MIX LOLLIES**



**FILL YOUR OWN PEANUT BUTTER INSTORE**



## BAKING ESSENTIALS

Sultanas



Baking Soda



Whole Cashews



Whole Almonds



Raisins



**AN OLD FAVOURITE IS BACK - CREAM CARAMELS ARE BACK IN STOCK!**



**All your baking essentials available at Bin Inn**

CHANTAL  
ORGANICS



EVERY GREAT MEAL  
STARTS WITH  
**GREAT INGREDIENTS!**

FIND THE PERFECT BASE FOR WINTER-  
WARMING RECIPES IN YOUR LOCAL BIN INN

Visit [chantalorganics.co.nz](http://chantalorganics.co.nz) for more recipe inspiration



Wholefoods Market

AVAILABLE NOW

Introducing Bin Inn's dynamic Gluten-Free range! From breads to soups and scones, there's something to satisfy every craving. Choose from a great selection, all endorsed by Coeliac NZ.

*Get ready to dive into deliciousness!*



For a hearty hot soup on cold winter day just add 2 Tbsp (30g) of your Bin Inn Soup Mix to 1 cup (250ml) water. Heat for 2-3 minutes in microwave, stirring after 1 minute.



A heaped teaspoon of powder, mix in 30mls of hot water, and top up with warm milk. Totally decadent, totally yum!

## Breadmaker Recipe for 1kg Loaf

### Ingredients

- 730 grams of Bin Inn GF Bread Mix
- 1 tsp (5 grams). Active Dry Yeast (1½ tsp normal dry yeast).
- 3 x Size 7 Eggs
- 1 tsp Cider Vinegar
- 3 Tbsp Cooking Oil, 590ml (2 metric cups plus 6 Tbsp water).

### Method:

1. Place the bread mix into a large bowl. Add the active dry yeast and stir to combine.
2. In a separate bowl whisk together eggs, cider vinegar and cooking oil.
3. Mix the wet and dry ingredients thoroughly with a wooden spoon then transfer into the breadmaker.
4. Set breadmaker to Yeast Bread Setting with Dark Crust Setting. Should the loaf colour seem pale, brown on additional cook setting or in the oven.



# Make a candle

## Ingredients

- 450 g beeswax
- ½ cup coconut oil (optional)
- 1 tsp essential oils (optional)
- Wicks and Jars

## Method:

1. Place the beeswax and oil into a metal bowl or pitcher.
2. Put the bowl in a pot and fill the pot with a few inches of water. Make sure the water won't overflow into the wax as it boils.
3. Bring the water to a gentle boil until the beeswax and oil have melted. If using essential oil, add it at this point.
4. Pour 1cm of wax mix into the bottom of each jar. Return the bowl to the hot water to keep the wax melted.
5. Place the wick into the wax in the centre of the jar. You can use a skewer to make sure it's placed correctly by pushing the wick down and holding it there for a few minutes.
6. Let the wax cool until it's solid enough to hold the wick in place, about 5-10 minutes.

7. Use a peg across the jar to hold the wick up or wrap the top end of the wick around a bamboo skewer until it's tight with the skewer resting across the jar.
8. Keeping the wick in place, pour the remaining melted wax into each jar. Leave about 2cm of space at the top of the glass jars.
9. Make sure the wick is still centred in the jar and gently move it if it needs fixing.
10. Put the candles in a warm place to cool down overnight. The warmer the spot, the less chance of cracking.
11. Once the candles are hard, trim the wick to size, about 1 cm. Don't trim it any shorter than this or the candle will have a smaller flame and it's more likely to tunnel. Once you've lit the candle, if it's flickering or smoking, blow it out, trim the wick a bit more, and re-light.

Everything you need available at Bin Inn!

## Tip

To clean the wax bowl, reheat it in the pot of water until the wax is remelted, then wipe clean before using soap and water.

## 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
- Takani
- 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

# Kids DIY LAB

## FIZZING POTIONS

### Ingredients

- 100ml Citric Acid
- 100ml Baking Soda (bicarbonate soda)
- 100ml Water
- A few drops of food colouring
- A tall clear cup or glass
- A big dish to catch spills

### Method

1. Measure the Citric Acid and Baking Soda into two separate containers.
2. Pour them both at the same time into your tall cup.
3. Place your cup into a large dish ready for it to catch spills.
4. Measure out the water and add a few drops of food colouring to it.
5. Pour the water into the tall cup and watch the reaction. There will be an initial rush, potentially with some overflowing, and then the mix will simmer away.



TRY ADDING  
SOME TOYS  
— DIGGERS AND  
TRUCKS WORK  
WELL.

## CORNFLOUR SLIME (OOBLECK)

### Ingredients

- 4 Cups Cornflour
- 2 Cups Water
- Large bowl and spoon
- A few drops Food Colouring (optional)

### Method

1. Pour the cornflour into a large bowl.
2. If using, add food colouring to the water, and then add the water to the cornflour.
3. Stir until all combined, then get playing. Add extra cornflour or water if the consistency isn't right.
4. Experiment with how the slime changes depending on how you treat it. See if you can roll some slime into a ball, and then see what happens when you release it.

## TOP TIPS

- Be aware that the food colouring will likely stain hands so add sparingly.
- The recipe quantities can easily be changed - just keep the cornflour and water to a 2:1 ratio.
- This activity can get messy but wipes up easily once it dries out. Because of the food colouring, don't play with the slime near any fabrics or easily stained surfaces.