



Wholefoods
Market

Also in this issue...



KEEP THE KIDS
ENTERTAINED
WITH EASY &
SUSTAINABLE
GIFT IDEAS

Get Ready *for Christmas*



**FOR THE 3RD YEAR
RUNNING, BIN INN IS
PROUD TO SUPPORT THE
KIDSCAN CRACKER APPEAL**



**reduce
replenish
recycle**



Wholefoods
Market

.....the alternative grocer

Oct 19 - Nov 15

Not all products available in all stores.



CREATE YOUR OWN Gift Boxes

SEE
INSTORE FOR
A FANTASTIC
RANGE OF
PRODUCTS



Wholefoods
Market

Thinking Christmas? Think Bin Inn

AVAILABLE
NOW

Gluten Free Scones

Ingredients

- 500g Bin Inn GF Scone Mix
- 1 ¾ to 2 cups of water

Method:

1. Combine 500g of scone mix with 1 ¾ to 2 cups of water.
2. Stir until the mixture forms a dough. Adjust the amount of water as needed to achieve the right dough consistency.
3. Allow the dough to rest for a few minutes as it will thicken during this time.
4. Preheat your oven to 215-220°C on the fan bake setting.
5. Bake the scones for about 15 minutes or until they are golden brown.

TOP TIP:
Check the scones for doneness by tapping them lightly; they should sound hollow when fully baked.



LOW SUGAR FRUIT CAKE

This Low Sugar Fruit Cake contains no added sugar but the fruit mix may contain natural sugars.

**Recipe from Margaret Turner – Mt Maunganui*

Ingredients

- 1 kg Fruit Mix
- ½ Cup Walnuts, chopped
- ½ Cup Almonds, chopped
- 2 Cups Hot Tea
- 2 Cups Self Raising Flour
- 1 tsp Vanilla Essence
- 1 tsp Almond Essence
- 1 tsp Brandy or Rum Essence
- 1 tsp Caramel Essence

Method

1. In a bowl, place fruit mix, walnuts and almonds and pour over hot tea. Leave to soak for 12 to 24 hours. Add self raising flour and essences and mix together well. Put into a lined greased tin. Bake at 160°C for about an hour or until cooked.



DIABETES ACTION MONTH 2024

Diabetes Action Month is Diabetes New Zealand's biggest awareness campaign, bringing New Zealanders together to take action for our country's largest and fastest growing condition. This November the theme for Diabetes Action Month 2024 is "Don't Sugar Coat Diabetes" and it's all about busting the myths that surround diabetes, so everyone has greater awareness and understanding of the condition.

**DON'T
SUGAR
COAT
DIABETES**

**1-30
November
2024**



Make your own Salt Dough Decorations

Ingredients:

- 4 Cups Plain Flour
- 2 Cups Table Salt
- 1 ½ Cups Water

Method:

1. Mix the ingredients together and knead into a dough.
2. Roll the dough out to a 3mm thickness.
3. Use cookie cutters or any other shapes you have around the house to cut the decorations.
4. Use a skewer or straw to add a hole to the decorations.
5. Bake in the oven at 120°C for 1 ½ - 2 hours until the decorations are hard to touch. Bake time will vary depending on size and thickness.
6. Remove from the oven and allow to cool before decorating.



SLIME

Ingredients:

- 1 cups Soap Flakes
- 4 Cups Hot water

Method:

Dissolve the soap flakes in the hot water in a large bowl or bucket. Add colour if desired and leave to stand for at least an hour. The resulting slime will froth up if beaten.



FIND YOUR
MACARONI
INSTORE IN OUR
BULK SAVE BINS

Make, bake & create with

bin
inn



KINETIC SAND

Ingredients:

- 2 Cups Baking Soda
- 1 Cup Baking Powder
- 1 Cup dishwashing Liquid

Method:

Mix ingredients together in large bowl. Stir mixture with spoon until a sandy doughy mixture forms. Add more baking powder is too wet. Knead mixture until doughy/sandy.



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REDUCE • REPLENISH • RECYCLE



No Bake Rocky Road

Ingredients

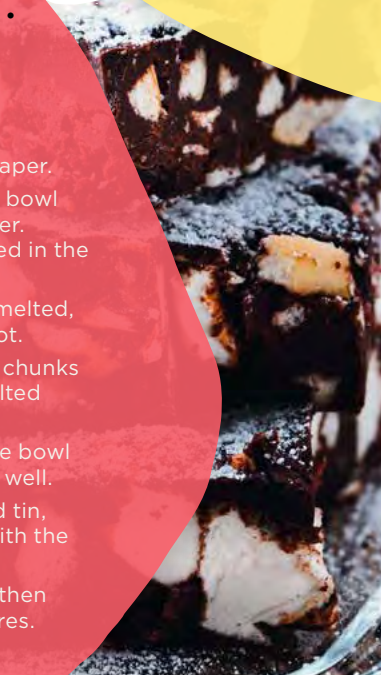
- 400g Milk Chocolate
- 100g Plain Biscuits
- 100g Mini Marshmallows

Method

1. Line a slice tin with baking paper.
2. Melt the chocolate in a glass bowl over a pot of just-boiled water. (Chocolate can also be melted in the microwave.)
3. When the chocolate is fully melted, remove the bowl from the pot.
4. Crush the biscuits into small chunks and add the biscuits and melted chocolate to a large bowl.
5. Add the marshmallows to the bowl and stir everything together well.
6. Tip the mixture into the lined tin, spreading the mixture out with the back of a large spoon.
7. Chill for 1 hour in the fridge, then remove and cut into 16 squares.



KIDS BAKING



RUSSIAN FUDGE

Ingredients:

- 3 cups sugar
- ½ cup milk
- ½ tin sweetened condensed milk
- 1 Tbsp golden syrup
- 1 tsp vanilla essence
- 125g butter (optional, helps give a creamy, soft texture)

Method:

1. Mix all ingredients in a large saucepan.
2. Cook over medium heat, stirring continuously, for about 30 minutes.
3. Remove from heat and beat until thick and ridges start appearing, roughly 5 minutes.
4. Pour into a tray, let it set, then cut into pieces.



GINGERBREAD COOKIES

Ingredients:

- 100g Butter
- 3 Tbsp Golden Syrup
- 100g Brown Sugar
- ½ tsp Baking Soda
- 1 Tbsp Ground Ginger
- 1 tsp Ground Cinnamon
- 225g Plain Flour
- 50g Icing Sugar

Method:

1. Melt: Heat butter, syrup, and sugar in a pot until melted. Cool slightly.
2. Mix: In a bowl, combine baking soda, ginger, cinnamon, and flour. Stir in the syrup mixture. Form a dough, adding a dash of milk if needed.
3. Roll & Chill: Roll dough between baking paper to 5mm thickness. Chill for 1 hour.
4. Cut & Bake: Preheat oven to 190°C. Cut dough into shapes and bake on a lined tray for 10-12 minutes. Cool on tray.



**XMAS
GIFT
IDEAS**



SCOOP & SAVE
ON ALL YOUR
BBQ SNACKS



Outdoor dining

BBQ Rub

- ½ cup brown sugar
- ½ cup paprika
- 1 tablespoon chili powder
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon salt
- 1 tablespoon ground black pepper
- 1 teaspoon cayenne pepper (Optional)

Mix ingredients together and fill a jar.

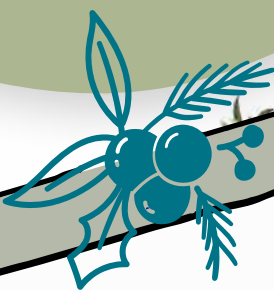


Wholefoods
Market

Bring your outdoors inn - to Bin Inn



Bring the Mediterranean to your kitchen with the finest ingredients



- ☐ Spices & Herbs
- ☐ Tomatoes
- ☐ Olive Oil
- ☐ Nuts & Seeds
- ☐ Tahini
- ☐ Aioli
- ☐ Couscous
- ☐ Olives
- ☐ Chickpeas
- ☐ Lentils
- ☐ Kidney Beans
- ☐ Bread Mix
- ☐ Dukkah

**You'll be
amazed at what
you will find**



Get ready for Christmas

With the festive season approaching, embrace summer with our Pepper & Me Summer Range! Packed with zesty marinades, luscious dressings, and vibrant dips, it's perfect for elevating your holiday gatherings.

Summer Range *Must try!*



Sunshine Salt

FENNEL, CHILLI & LEMON SALT

The salt of summer! Infused with fennel, chilli, garlic, lemon, and a touch of sage, this seasoning brings a burst of Kiwi sunshine to every dish. Perfect for pasta, steaks, veggies, salads, and chicken – it'll take your summer cooking to the next level!



Can't Beet a Root

BEETROOT RELISH

This zesty beetroot relish is a summer essential! Perfect for sandwiches, cold cuts, or hot meats off the grill, it's packed with sweet, earthy beetroot and just the right tang. Add flavour, colour, and texture to any dish with every spoonful!



Elton Mess

BERRY & CHOCOLATE SWEET SPRINKLE

Rock your taste buds with a delightful mix of freeze-dried berries, white chocolate flakes, and caramel chunks. Perfect for whipping up an Eton Mess or adding a sweet touch to fruit, yoghurt, ice cream, or pavlova.



The Secret Sauce

RAISING CHERIES

Unveil the magic of The Secret Sauce, our take on a certain famous American fast food chain's secret sauce. Perfect for slathering on burgers, drizzling on fries, or as a dipping sauce for fried chicken, this secret wonder sauce is a game-changer.



PEPPER & me

Check out the full
Summer Range at
your local Bin Inn





The Perfect Christmas Ham

Ingredients

1 large ham
1 bottle Wham Bam Thank You Ham
2 tbsp whole cloves
Sesh Mustard

Instructions

1. Cook the ham for 20 minutes per 500g; for a 3kg ham, that's roughly 2 hours. Adjust the timing based on the weight.
2. Remove the skin, leaving a thick layer of fat. Score the ham in a criss-cross pattern and stud with whole cloves. Coat with half a bottle of Wham Bam Thank You Ham glaze and set it aside overnight.
3. To serve hot, calculate your cooking time. For example, if you're eating at 5pm and need 2 hours to cook, start by 2.30pm.
4. Uncover the ham and place it in a deep baking dish with 2 cups of water. Glaze with about a quarter of the Wham Bam Thank You Ham glaze and cover tightly with foil.
5. Bake at 160°C for the first hour undisturbed, then glaze every 15 - 20 minutes. Uncover for the last 30 minutes to crisp the edges and caramelize the glaze.
6. Check the core temperature—it should reach 75°C. If not, bake a little longer.
7. Glaze the ham once more after cooking, then let it rest for 15 minutes, covered with foil to keep warm.
8. Carve into thin slices with a long knife, cutting larger pieces in half if needed. Serve with Sesh Mustard or cranberry jelly, and enjoy leftovers in sandwiches for weeks!



Wham Bam Thank You Ham

PINEAPPLE & RUM HAM GLAZE

Take your Christmas ham to the next level with Wham Bam Thank You Ham! A tropical glaze blending spiced oranges, pineapple juice, rum, and jerk seasoning for a zesty, spiced kick.

Eton Mess

Ingredients

12 mini meringues
1 cup berry compote or sauce
1 cup lemon curd
500ml cream whipped lightly
Fresh strawberries and/or kiwifruit
½ Eton Mess sprinkle sachet

Easy Lemon Curd

1 cup white sugar
4 lemons (for zest)
1 cup fresh lemon juice
3 whole eggs
2 egg yolks
125g melted butter

Instructions

1. In a large microwave-safe bowl, whisk together the sugar and eggs.
2. Next, whisk in the egg yolk, lemon juice, and lemon zest.
3. Pour in the slightly cooled melted butter and whisk to combine.
4. Place the bowl in the microwave and cook on high for 1 minute, then stir. Repeat in 1-minute intervals until the curd has thickened and coats the back of a spoon.
5. Depending on your microwave, this will take 4 to 6 minutes. The curd will thicken further as it cools in the fridge.

To assemble

Crush the meringues and layer them into the jars, starting with a tablespoon of lemon curd, followed by half of the crushed meringue, a tablespoon of whipped cream, a sprinkle of Eton Mess, and a tablespoon of berry compote. Add the remaining crushed meringue, top with cream, and garnish with more Eton Mess for a delightful finish.



BRINGING YOU OUR
BEST RANGE OF
INTERNATIONAL
FOODS THIS
CHRISTMAS

Shipments may be delayed

DISCOVER A BIN INN STORE NEAR YOU

NORTH ISLAND

- Bethlehem
(under new ownership)
- Dinsdale
(under new ownership)
- Feilding
- Glenfield
- Gisborne (now open)
- Hamilton East
- Hastings
- Howick
- Kamo
- Kapiti
- Masterton
- Onehunga
- Palmerston North
- Papamoa
- Petone
- Pukekohe

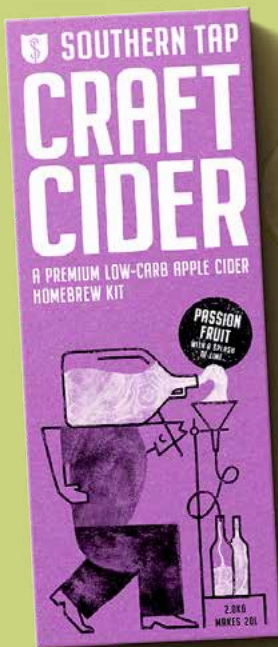
- Rotorua
- Silverdale
- St Andrews
- Stonefields
- Takanini
- Taradale
- Taupo
- Te Awamutu
- Thames
- Waitara

- Warkworth
- Whakatane
- Whangarei

SOUTH ISLAND

- Blenheim
- Christchurch
(Burnside opening soon)
- Dunedin

- Lincoln Road
- Nelson
- Rangiora
- Richmond
- Rolleston
- Stanmore Road
- Timaru



Xmas HOME BREWING



MANGROVE JACK'S CHRISTMAS BEER BROWNIES

Ingredients:

- 100 g butter
- 50 g cocoa powder
- 2 eggs
- 1 ¼ cup granulated sugar
- 1 teaspoon vanilla essence
- 80 g self-rising flour
- 1 cup Mangrove Jack's International Series Irish Stout, or other dark beer, reduced to ½ cup

Method:

1. Grease and line a baking tray (20cm x 20cm [8" x 8"]).
2. In a small saucepan, simmer the beer over a medium heat for 25 minutes or until the volume has decreased by roughly half, leaving you with approximately ½ a cup of beer.
3. Preheat oven to 180°C.



4. Melt the butter in a small saucepan over medium heat. Add the cocoa and whisk until glossy.
5. Remove from the heat and add sugar and vanilla.
6. Whisk in eggs one at a time until well incorporated.
7. Add the reduced beer and mix well.
8. Fold in flour.
9. Pour into the baking tray.
10. Bake for 25-30 minutes, or until edges pull away slightly from the pan.



Wholefoods Market

.....Christmas made easy



Sunflower
Seeds



Flour



Sliced
Almonds



Glace
Cherries



BRING YOUR
OWN CONTAINERS
TO REFILL FOR
5% OFF

Baking our world a better place



Dried
Apricots



Pumpkin
Seeds



Whole
Almonds



Raisins

Zero food
waste, buy what
you need, use
everything
you buy



Baking
Soda

OUR WORLD
FAMOUS
FRUIT MIX IS
ESPECIALLY
MADE



Wholefoods
Market

Serving our *local* communities for 36 years



The Sweetest place on earth



Wholefoods
Market

Weed Killer

What you need

- 3.5 litres Next to Natural 8.5 cleaning vinegar
 - 1 cup salt
 - 1 tablespoon dish soap
- » Mix all ingredients thoroughly.
- » Pour the mixture into a spray bottle for easy use.
- » Store the bottle for repeated use.

DIY HOME CLEANING

All Purpose Cleaner

What you need

- 1 cup Next to Natural 8.5 cleaning vinegar
 - 1 cup water
 - 2 tsp lemon juice
 - Lemon essential oil (optional)
- » Combine all ingredients in a spray bottle.
- » Let sit for 5-7 days.
- » Use on most surfaces, but avoid granite and stainless steel.

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

Shower Glass Door Cleaner

What you need

- Next to Natural 8.5 Cleaning Vinegar
 - Water
 - 1tsp Dishwashing Liquid
 - Spray bottle
 - Sponge
 - Cleaning cloth
- » Mix equal parts vinegar and water in a spray bottle.
- » Add 1 tsp of dishwashing liquid and shake.
- » Spray on the shower door and let sit for 15 minutes.
- » Wipe clean with a cloth. For tough build-up, scrub with a sponge.
- » Rinse and buff dry.

Liquid Dish Soap

What you need

- ½ cup warm distilled water
 - 2 tsp coarse sea salt
 - ½ cup Next to Natural 8.5 cleaning vinegar
 - ½ cup castile soap
 - 1 tsp lemon juice
 - Lemon essential oil (optional)
- » Dissolve the salt in warm water.
- » In another bowl, mix the vinegar, castile soap, and lemon juice.
- » Combine both mixtures and stir until thick.
- » Pour into a container for storage.

Stain Remover

What you need

- Next to Natural 8.5 Cleaning Vinegar
 - Baking Soda
 - Water
- » Dilute the vinegar with water (1:1 ratio).
- » Sprinkle baking soda on the stain.
- » Spray with the diluted vinegar.
- » Scrub the paste into the stain and let sit for 20 minutes.
- » Launder as usual.

Rinse Aid

What you need

- 500ml Next to Natural 8.5 Cleaning Vinegar
 - 500ml Water
 - 10-12 drops essential oil (optional)
- » Mix the cleaning vinegar with water.
- » Add essential oil drops and mix well.
- » Store in a suitable container.
- » Use ¼ cup in the rinse cycle.

Get your home & bach ready for Christmas



NEW

Peony & Guava BW 5L
& Peony & Guava HW 5L

Bulk refills at your local Bin Inn

ecostore
+ safer for you



Goodbye is part of a global community of businesses that meet high B Corp standards of social and environmental impact.

We work with NATRUE, an internationally recognised standard to certify our products.

They not only certify for naturalness, but that there's no GMO, no animal testing, and that the products are clean.

bin inn Wholefoods Market

.....more than a refill

1.



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BYO FAVOURITE CONTAINERS

2.



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WEIGH YOUR CONTAINERS

3.



GRAB A TROLLEY AND FILL YOUR CONTAINERS



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**Reduce
Replenish
Recycle
... it's so easy**



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.

Gift Vouchers make great stocking stuffers!



Don't know what to buy for your loved ones? Get them Bin Inn gift vouchers. Available in \$50, \$20 and \$10 amounts.



Wholefoods Market

....Christmas made easy

