



# Mother's Day



## 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.

\*Packaging may vary. \*Stock may be delayed.



Your Wholefoods & Specialty Grocer

.....the alternative grocer

[bininn.co.nz](http://bininn.co.nz)

Not all products available in all stores.

bin inn



# Give the gift of food



Buy and load up gift boxes to personalise your present. Gluten Free? Vegan? Keto? Bin Inn has an extensive range of products to choose from.



Filling jars from the bulk bins makes for a great zero waste gift!



**RELAX,  
RENEW,  
REFRESH**

UNWIND WITH  
OUR RANGE OF  
*Dreamy*  
shower  
steamers.



**miabelle.**

*shower  
steamer*  
**GIFTBOX**



**Support NZ Made!**

- PLANT BASED FORMULATIONS**
- HANDCRAFTED IN AUCKLAND, NZ**
- CRUELTY FREE** **PLASTIC FREE**



**AVAILABLE NOW**



**simplenakedsoap**

## Solid Bubble Bath



Does your mum love bubble baths but hate the plastic that comes with it? These solid bubble baths are a perfect gift idea.

## Make a candle for mum

### 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 1cm. 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.



Your Wholefoods  
& Specialty Grocer

Serving our *local* communities for 35 years

# FRESH AS<sup>o</sup>

freeze dried ingredients

## See Instore for 25% Off the Fresh As<sup>o</sup> Range



Discount runs 1st - 14th May 2023.

[www.fresh-as.com](http://www.fresh-as.com)



ORGANIC BREAKFAST

A smooth and delicious blend of Fair trade organic black



Tea is externally tested to ensure it is free from harmful pesticides and chemicals. Drink your tea as nature intended.

An advertisement for Before You Speak coffee. It features a woman in a white tank top drinking coffee. The text reads 'beforeyouspeak' with a coffee cup icon, 'MUM DOES A LOT' in large yellow letters, and 'Make her a Cuppa' in a cursive font. Below are three icons: 'SUPERFOOD INFUSED' (berries), 'COFFEE WITH BENEFITS' (coffee beans), and 'PREMIUM INGREDIENTS' (coffee cup). The website 'BEFOREYOUSPEAKCOFFEE.COM' is at the bottom.

Don't forget to make her breakfast



**Cali Woods**

**20% off range**

Discount runs 1st - 14th May 2023.



**Great gift ideas**

**COMBO DEAL**

**\$24.99**

**SPROUTER PLUS 2 PACKETS OF SEEDS**



**Sprouts**

Sprouts are the first stage of development in the plant's life cycle. In this stage, the young plants and roots are tasty and succulent, making them ideal additions to fresh salads, sandwiches and stir fries.

You can eat the entire plant with root, seed and all - maximising nutrients.

Mr Fothergill's Kitchen Seed Sprouter makes growing sprouts very easy! All you need to add is water and seeds.

**COMBO DEAL**

**\$17.99**

**GROWING TRAY PLUS 2 PACKETS OF SEEDS**



**Microgreens**

Often called 'Vegetable Confetti', microgreens are an exciting, colourful, gourmet alternative to sprouting. They are halfway in size between sprouts and baby greens, harvested usually within 2 weeks of sowing.

Mr Fothergill's Microgreens Growing Tray offers an easy hydroponic growing solution. Again, all you need to add is water and the seeds - no soil is required!



Discount runs 1st - 14th May 2023.

# WIN!

Want to win a Tui worm farm for Mum?  
Watch our Facebook page for your chance to win!  
Giveaway runs 3rd - 9th May 2023.



BINNWHOLEFOODS



BE IN TO WIN WITH

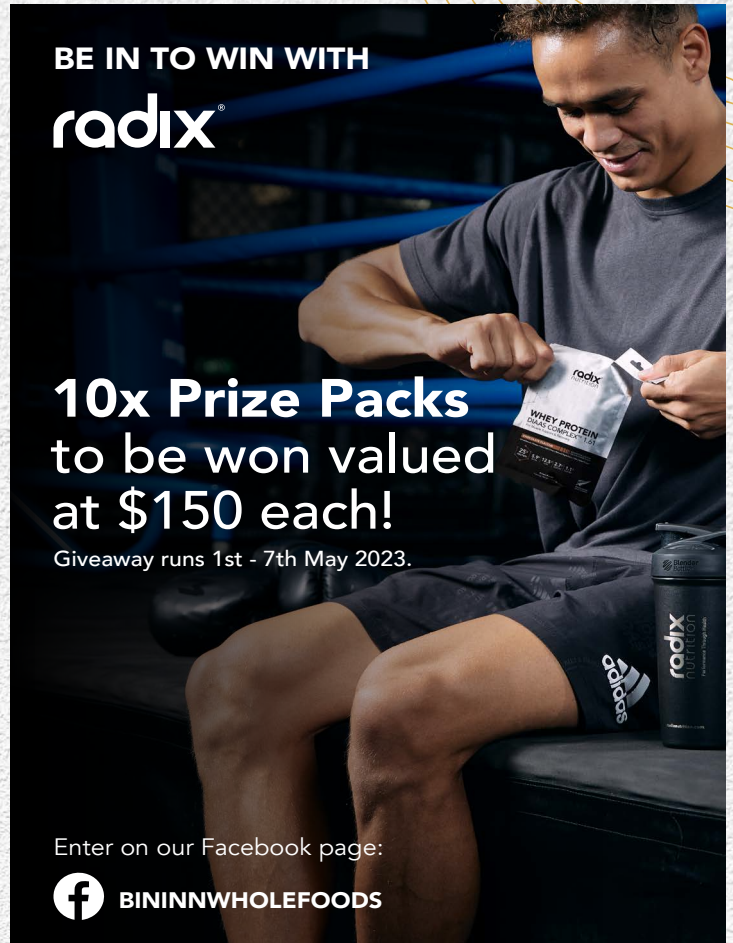
radix®

10x Prize Packs  
to be won valued  
at \$150 each!

Giveaway runs 1st - 7th May 2023.

Enter on our Facebook page:

 BINNWHOLEFOODS

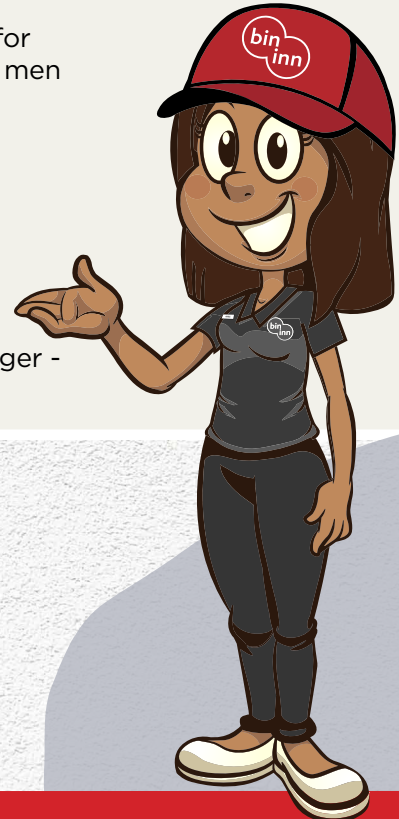


## Ever thought about owning a Bin Inn store?

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
- Hamilton East
- Hastings
- Kamo
- Kapiti
- Howick

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

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

#### SOUTH ISLAND

- Alexandra
- Blenheim
- Dunedin
- Lincoln Road
- Nelson
- Rangiora
- Richmond
- Rolleston
- Stanmore Road
- Timaru