



# CELEBRATING

# 35

# YEARS

Reduce  
Replenish  
Recycle





Be in to  
**WIN** with our  
Birthday Voucher  
Giveaway!



# Be in to WIN with our huge birthday Voucher Giveaway

We are giving away **100 x \$35** plus  
**10 x \$150** vouchers on our social media!

  Follow us to be in to win!

**PLUS**  
Every store has 2 x  
\$50 vouchers to win!  
You get an entry to  
the draw for every  
\$20 you spend!





# A Household Name in New Zealand Since 1988



Starting as the pioneers of bulk food markets, Bin Inn has evolved to now include a wide range of specialty groceries and hard to find pantry essentials.

Bulk foods remains a key part of our business, and the reduce, replenish, recycle message is more essential than ever with the threat of climate change and man-made piles of plastic rubbish. Way back in 2012, Bin Inn was the winner of the Wastebusters Unpackit National Award for their self selection system encouraging customers to reuse their own containers and “buy only what you need” to reduce food waste. This continues today.

In 1996 the first Barrel Talk issue was created, and this was published through the 90’s and well into the 2000s. Today Bin Inn marketing has moved in the social media era with a slick, modern program targeted at young and old.

We are proud of our 35 year history in reducing both plastic waste and food waste, whilst at the same time providing our customers great value.



## From the Archives.

Everything you need still available at Bin Inn!

### Goji Power Blast Balls

#### Ingredients

- 3 Tbsp Goji Berries
- 1 Tbsp Pumpkin Seeds
- 1 Tbsp Sunflower Seeds
- 1 Tbsp Chia Seeds
- 2 Tbsp Dried Fruit of Choice
- 3 Whole Dates (chopped)
- 3 Tbsp Ground Almonds
- 1 tsp Honey
- 3-4 Tbsp Desiccated Coconut (for coating)

#### Method:

1. Combine all ingredients in a food processor, process until combined and sticky.
2. Shape the sticky mixture into small balls about the size of a walnut or small ball. Makes about 12-15 balls.
3. Roll into desiccated coconut, coating evenly.
4. Chill in the fridge. Store in an airtight container.

\* Try different coatings by using cacao powder or finely chopped pistachio nuts to create a delicious crunch.

\* Layer recipe into jar and attach recipe for a unique, healthy gift.

### Gluten Free Vegan Peanut Butter Fudge

#### Ingredients

- ½ Cup Bin Inn Peanut Butter
- ¼ Cup Refined Coconut Oil
- ½ Cup Pure Maple Syrup
- 2 tsp Vanilla Extract
- ¼ tsp Sea Salt
- Chopped Roasted Salted Peanuts (optional garnish)

#### Method:

1. In a glass bowl, place all of the ingredients and carefully mix to blend, heat over a pot of boiling water.
2. Mix the ingredients until the mixture is a nice smooth consistency and then remove from the heat.
3. Line a loaf pan or small glass roasting dish with plastic wrap.
4. Pour the fudge mixture on top of the plastic wrap and smooth it out. Make sure it’s evenly dispersed, tap the pan on the bench to remove any air bubbles.
5. While still soft, sprinkle the optional chopped peanuts over the top, or a few chocolate chips if desired.
6. Transfer to the fridge for 3-4 hours. Once removed it should be solidified together. Use a knife to cut the block of fudge into mini squares.
7. Keep chilled or in the freezer to keep the coconut oil solid.



# BULK FOOD SAVINGS EVERYDAY VALUE

BRING  
YOUR OWN  
CONTAINERS TO  
REFILL FOR A  
**5%**  
DISCOUNT

- Spelt Flour
- Rye Flour
- Almond Flour
- Sunflower Seeds
- Ground Flaxseed
- Cereals & Muesli
- Oats
- Oat Bran
- Brewers Yeast
- Taties
- Soup Mix
- Borlotti Beans
- Red Kidney Beans
- Chickpeas

**Plus an amazing range of  
Spices, Dried Herbs, Beans and Pulses, Flours,  
Rices, Pastas, Grains, Seeds, Dried Fruits, Salts,  
Sugars and Sweeteners**



# Make your own pasta

You don't  
need a  
pasta  
machine!

## Ingredients

- 3 cups (426g) '00' flour
- 4 large eggs (or 5 small eggs)

## Method:

1. Place the flour on a large clean surface space, and create a mound with a well in the centre.
2. Crack the eggs into the flour well, and gently break the yolks using your fingers.
3. Slowly fold the flour from the outside into the eggs until all the flour has been absorbed. Once the dough starts to form, use your palms to knead it for roughly 5 minutes until it's a smooth yellow dough. If the dough feels dry, wet your hands while kneading to add a bit of moisture. If the dough is feeling too sticky, sprinkle some flour over it.

4. When the dough forms a ball, cover tightly with a tea towel or cling wrap and put in the fridge for 30 minutes to let the dough rest. Do not rest longer than 18 hours.
5. Remove the dough from the fridge and cut into four equal pieces. Set aside and cover with a tea towel.
6. Sprinkle flour over your work surface and rolling pin and roll one portion of dough into a large thin sheet. Get the dough as thin as possible.
7. Once happy with the thinness, lightly sprinkle the dough with flour and fold it over itself multiple times. Cut the roll into strips at your desired thickness. Dust some more flour over the pasta and unravel the strips.
8. Repeat the process with the remaining portions of pasta.
9. Cook in a large pot of boiling salted water for 1 to 2 minutes. Drain the pasta, add sauce, and serve. Bon appetit.

## Winter Warmers

Easy, budget friendly recipes to combat those winter chills

### Roasted Spiced Chickpeas

#### Ingredients

- 1 Cup/200 grams Dry Chickpeas
- Juice of Half a Lemon
- 1 tsp Paprika
- 1 tsp Garlic Powder
- 1 tsp Cumin Powder
- 1 tsp Curry Powder

#### Method:

1. Soak the dry chickpeas overnight.
2. Next day preheat the oven to 180°C. Dry the chickpeas, put them in a bowl and add lemon juice, spices and mix using your hands.
3. Place the spicy chickpeas in an oven tray with baking paper and put it in the middle rack of the oven.
4. Let the chickpeas roast from 40 to 45 minutes, turn often during cooking.

### Leek & Lentil Soup

#### Ingredients

- 2 Litres Vegetable Stock
- 150 g Red Split Lentils
- 6 Carrots, finely chopped
- 2 Medium Leeks, sliced (about 300 g)
- Parsley to garnish

#### Method:

1. Add the vegetable stock to a large pan, and heat. Add the lentils and bring to the boil. Let the lentils soften.
2. Add leeks and carrots to the pan, and season. Bring the stock back to a boil, then turn to a low heat and cover. Simmer for 45 - 60 minutes. To know it's ready, the lentils will have broken down.
3. Garnish with parsley and serve with bread.





# BULK REFILL SAVINGS EVERYDAY VALUE

## DIY RECIPES FOR A HEALTHIER HOME



When using a bleach based cleaner on outdoor areas, ensure your pets are kept away from the area until dried.

### Homemade Carpet Deodoriser

Mix together a homemade carpet deodorizer to freshen up area rugs and floors. This DIY natural cleaning recipe works with any essential oil, so choose one that smells best to you.

#### What you need

- 1 cup baking soda
- ½ cup cornstarch
- 5 drops of any essential oil
- » Combine the baking soda and cornstarch in a medium bowl, then add 5 drops of your favourite essential oil
- » Stir to combine the ingredients, and pour the mixture into a Perfit jar using a funnel.
- » Using a hammer and nail, (or drill) punch small holes into the jar's lid.
- » Sprinkle the homemade deodorizer onto carpets as needed. Let the mixture sit for at least 30 minutes before vacuuming up.

### Homemade Carpet Stain Remover

Carpets are great but unfortunately the material is absorbent and prone to staining.

However, natural carpet stain removing products, such as club soda and hydrogen peroxide, can come to the rescue.

It's important to match the type of stain to the kind of cleaner you use. For example, this carpet stain remover recipe is effective on protein-based stains like blood, bodily fluids, dairy products, baby formula, eggs, and baby food.

#### What you need

- ¼ cup table salt
- ¼ cup white vinegar
- ¼ cup borax
- » Mix ingredients into a paste and apply to the stained area.
- » Let it dry for 24 hours and vacuum.
- » The paste kills bacteria and acts as a deodorizer as it removes the stain.
- » After vacuuming, clean the area with water to remove residue.
- » Blot well with a clean, dry cloth.

### Concrete Cleaner

#### What you need

- 2 Litres Bleach
- 6 Litres Water
- 1 Handful Salt
- 1 Handful Washing Soda
- » Mix together all the ingredients.
- » Use a broom to rub into concrete.
- » Leave on concrete until the rain washes it away or hose off in a couple of days.



### Homemade Natural Floor Cleaner

Vinegar is the go-to ingredient to clean floors the natural way. Use it as a natural cleaning product to get floors spic and span.

#### What you need

- 3.5 litres distilled water
- ½ cup vinegar
- » Mix together distilled water and vinegar in a bucket and use to mop your floors.
- » Note: Vinegar and other acidic cleaners should not be used on stone floors.

### Homemade Window and Glass Cleaner

Streak free windows with this simple homemade cleaner. Invest in a small stack of soft cotton or microfiber cloths for best results.

#### What you need

- 2 cups water
- ¼ cup distilled white vinegar
- ½ teaspoon dish soap
- » Mix all ingredients in a large spray bottle. Shake to combine. Use on windows or glass fronts of appliances.



**NOTE:** As with all cleaning products, always test in an inconspicuous spot first.

Find more cleaning resources at [www.bininn.co.nz](http://www.bininn.co.nz)





# KIDS DIY LAB

## Bath Bomb Recipe

### Ingredients

- 1 ½ Cups Baking Soda
- 1 Cup Corn Flour
- ¾ Cup Citric Acid
- 3 tsp Water
- 2 tsp Essential Oil (optional)
- 3 ½ tsp Melted Coconut Oil
- 1-2 drops Food Colouring (optional)
- ½ tsp Melted Coconut Oil, extra

### Method

1. Add the dry ingredients to a bowl and mix until all the lumps are gone.
2. Using a separate bowl, add wet ingredients and combine well.
3. Combine the wet and dry ingredients and mix thoroughly. The mix will seem dry, but should hold together when squeezed.
4. Using the extra coconut oil, grease the mould you'll be using - muffin tins or ice trays are great for this. Fill the mould and compact the mix down.
5. Leave out overnight or for 8 hours before removing from the mould. The bath bombs are now ready to use.



## Volcano Experiment

### Ingredients

- 100 ml Warm Water
- 10 ml Dish Washing Liquid
- 400 ml White Vinegar
- Empty Plastic Bottle
- 2 drops Red Food Coloring
- ½ Cup Baking Soda
- ½ Cup Cold Water

### Method

1. Mix the Warm Water, Dish Washing Liquid, Vinegar and Food Colouring together and pour it into your empty bottle.
2. Separately, add the Baking Soda to the ½ Cup Cold Water. Mix well until it's fully combined.
3. Pour the Baking Soda mix into the Vinegar mix, step back and watch your volcano erupt.

Get creative! You could use sand, cardboard, or paper mache to create the outside of the volcano. Decorate it into your own masterpiece.



## Fireworks in a Bottle

### What you'll need:

- Clear Bottle
- Warm Water
- Salt
- Cool Water
- Oil
- Small Bowl
- Food Colouring

### Method

1. Pour salt into the bottle until there's a thin layer covering the base.
2. Add warm water up to a quarter full.
3. Mix until the salt has dissolved and the water has cooled.
4. Add cold water so the bottle is ¾ full.
5. Pour about 1cm of oil into the bottle.
6. In a small bowl, add a tablespoon of oil and 7 drops of food colouring.
7. Gently stir until the food colour drops break into smaller spots.
8. Pour the mixture into the bottle. Watch as the food colouring starts to drop down the bottle.



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## KIDS DIY KITCHEN

### Snowballs

#### Ingredients

- 300 g Butter
- 2 Tbsp Cocoa Powder
- 2 Cups Icing Sugar
- 185 g Chocolate Chips
- 2 Cups Desiccated Coconut, plus extra for coating
- 135 g Chopped Marshmallows
- Drop of peppermint or vanilla essence

#### Method

1. Melt the butter and cocoa powder.
2. Add the remaining ingredients and mix until combined well.
3. Roll into balls and coat in extra desiccated coconut.
4. Set in fridge. Store in an airtight container.



## Gingerbread Shapes

#### Ingredients

- 100 g Butter
- 3 Tbsp Golden Syrup
- 100 g Brown Sugar

- ½ tsp Baking Soda
- 1 Tbsp Ground Ginger
- 1 tsp Ground Cinnamon
- 225 g Plain Flour
- 50 g Icing Sugar

#### Method

1. Heat the butter, syrup and sugar together in a small pot until melted, stirring regularly. Set aside to cool.
2. Mix together the baking soda, ginger, cinnamon and flour in a large bowl. Pour in the syrup mixture and stir to combine. Once combined, use your hands to form a dough. You can add a small dash of milk if needed.
3. Place the dough on a big piece of baking paper (or a reusable baking mat), and shape into a rectangle. Add another piece of baking paper on top, and roll the dough out to a 5mm thickness. Keeping flat, place the dough with the baking paper in the fridge to chill for 1 hour.
4. Preheat the oven to 190°C and line a large baking tray with a fresh piece of baking paper (or another reusable baking mat). Take the dough out of the fridge and cut to your desired shapes using cookie cutters.
5. Spread the biscuits evenly on the baking tray and bake for 10-12 mins. Remove from the oven and leave to cool on the tray.
6. For the icing, mix the icing sugar with 1-2 tbsp water. It should be thick enough to hold its form and be pipeable. Once the biscuits have cooled down, decorate them by piping the icing on, and adding any extra decorations.



## Kids Birthday Parties

Need to make a birthday cake? Head into Bin Inn to find a wide range of baking and decorating ingredients.

- Sprinkles
- Food Colouring
- Food Essences
- Cake Boards
- Chocolate Chips & Buttons
- Candles
- Icing
- Fondant

*\*Product range will vary from store to store.*

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### Zero Waste Party Bag Ideas

- Bulk Bin Confectionery
- Homemade Bubble Mix
- Homemade Playdough
- Homemade Bath Bombs
- Packets of Garden Seeds

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inn Wholefoods  
Market



# Next to Natural

With five choices of soap bars, each with its own delicate aroma, find your favourite or have them on rotation.

Plus, the new Muscle Recovery Bath Salts with Arnica are in stores now. Perfect for pampering yourself or gifting to a loved one.

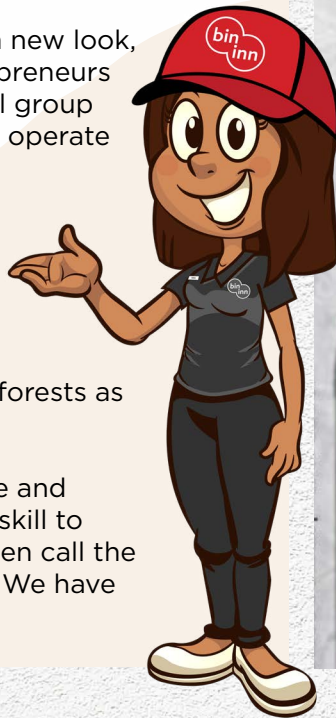


## Ever thought about owning a Bin Inn store?

Bin Inn is relaunching with a fresh new look, and we are looking for new entrepreneurs to join our exciting and successful group of women and men who own and 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.



## YOUR HOME OF HOME BREW



### DISCOVER A BIN INN STORE NEAR YOU

#### NORTH ISLAND

- Bethlehem
- Dinsdale
- Feilding
- Glenfield
- 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
- Lincoln Road
- Nelson
- Rangiora

- Richmond
- Rolleston
- Stanmore Road
- Timaru