



Wholefoods Market



Double your points this long weekend

This Labour Weekend

Spend \$40, to get 4 Loyalty Points



Collect 15 Points to receive \$5 discount on your next purchase

1	2	3	4	5
6	7	8	9	10
				15

\$5 OFF
Your Next Purchase

& conditions.



bin inn
Wholefoods Market

Customer Rewards Card

Every \$20 spent at any Bin Inn earns you one point. Collect 15 points and receive a \$5 discount off your next purchase!

Name: _____
Address: _____ Phone: _____
Email: _____
Date Issued: _____
Store Issued: _____

Head into your local Bin Inn store with your loyalty card to get bonus points this Labour Weekend.

Don't have a loyalty card yet? You can start one in store.

Promotion runs Friday 20th October - Monday 23rd October.
*Store open hours vary - check them at bininn.co.nz/store-locations



Indoor CLEANING RECIPES

FOR A HEALTHIER HOME

Everything
you need is
available at
Bin Inn!

Upholstery Freshening Spray

Baking soda absorbs unpleasant smells while essential oils refresh the air. Customise the strength of the scent by varying the type and amount of essential oils used.

What You Need

- ¼ Cup Baking Soda
- 10 Drops Essential Oil, such as Lavender
- 1- 1½ Cups Water

1. Use a funnel to add the baking soda to a spray bottle.
2. Add the essential oil.
3. Fill the bottle with water and shake gently to combine.
4. Test on a small, inconspicuous area of upholstery (such as on the back or under a cushion) to ensure it won't leave a mark.
5. Spray over upholstery whenever it needs freshening.

Oven Cleaner

What You Need:

- 1 Cup Baking Soda
- Water

1. Sprinkle baking soda on base of oven. Mix with enough water to make a paste. Spread paste over oven walls and door. Leave overnight and wipe off the next day.

Window and Glass Cleaner

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

What You Need:

- 2 Cups Water
- ¼ Cup Distilled White Vinegar
- ½ Teaspoon Dish Soap

1. Mix all ingredients in a large spray bottle.
2. 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

Carpet Deodoriser

Mix together a homemade carpet deodoriser 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

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

Fridge Cleaner

What You Need:

- Baking Soda
- ½ Cup Water

1. Mix baking soda and water together and use a sponge to wipe on the insides of the fridge.
2. Leave a small container of baking soda in the fridge to absorb odours.

Tile Grout Cleaner

What You Need:

- 3 Cups Baking Soda
- 1 Cup Warm Water

1. Mix to a smooth paste and scrub into grout with a toothbrush. Rinse with water.





Outdoor CLEANING 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.

Weed Killer

The most effective homemade option is a mixture of white vinegar, salt, and natural liquid dish soap. Each of these ingredients has special properties that combine to kill weeds.

Both the salt and the vinegar contain acetic acid, which serves to dry out and kill the plants. The dish soap, meanwhile, reduces the surface tension in the mixture so that the liquid enters the pores of the leaves rather than remaining harmlessly on the surface.

What You Need:

(Makes just under 4 litres of weedkiller, ½ ingredients for 2 litres)

- 3.5 Litres of White Vinegar
- 1 Cup of Salt
- 1 Tablespoon of Dish Soap

1. Make sure it is properly stirred, then put the mixture in a spray bottle for easy use.
2. You can stash the bottle in your house for repeated use.
3. It is best to apply the weed killer during the sunniest part of the day, as the sun and heat help dry out and kill the weeds.
4. Spray the weeds from close range, making sure they are entirely soaked.
5. Remember that the solution makes no distinction between weeds and desired plants, so be sure to spray it only on what you'll be happy to see killed.

Concrete Cleaner

What You Need:

- 2 Litres Bleach
- 6 Litres Water
- 1 Handful Salt
- 1 Handful Washing Soda

1. Mix together all the ingredients.
2. Use a broom to rub into concrete.
3. Leave on concrete until the rain washes it away or hose off in a couple of days.

Barbecue Cleaning

Sprinkle rock salt over barbecue hot plate with the heat on low. Using a fish slice, stir every 5 minutes for 30 minutes. Rinse with cold water after cleaning.

Deck Cleaner

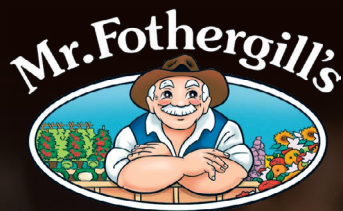
What You Need:

- 1 Cup of Vinegar
- 2 Tbsp Dish Soap
- Bucket of Water
- Baking Soda

1. Mix the liquid ingredients together in the bucket.
2. Use a broom or a hand brush to rub onto the deck.
3. For any tough stains, sprinkle baking soda over, before brushing off the with vinegar mix.
4. Hose off once finished, making sure to avoid nearby plants.

BBQ Clean and ready to go? Pop instore for a range of Spices, Dried Herbs, Grains, Seeds, Dried Fruits, Salts, Sugars, Rubs and Sauces





Get your seeds planted now to make the most of the growing season.



Using Vinegar IN YOUR GARDEN

Azaleas

Water plants with a mixture of two tablespoons of vinegar per litre of water as Azaleas grow in acidic soil.

Kill grass

Pour full strength vinegar on unwanted grass.

Cut flowers

To prolong the life of cut flowers in a vase, add two tablespoons of vinegar and three tablespoons of sugar per litre of warm water. Stems should be in 3-4 inches of water.

Kill weeds

Spray full strength undiluted vinegar over weeds. Re-apply often at the first sign of weed regrowth.

Neutralise Garden Lime

Rinse your hands liberally with vinegar after working with garden lime to avoid rough and flaking skin.

Increase soil acidity

In hard water areas, add a cup of vinegar per four litres of tap water for watering acid loving plants like gardenias, rhododendrons or azaleas. The vinegar will release iron in the soil for the plants to use.

Re-potting Plants

To clean pots before re-potting plants, rinse with vinegar to remove excess lime.

Garden tools

To clean rust off gardening tools, soak them in undiluted vinegar overnight.

Ant deterrent

Spray vinegar around ant trails.

GREAT FOR THE PLANT, GREAT FOR YOUR GARDEN, GREAT FOR YOUR WALLET

Serving our *local* communities for 35 years



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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.

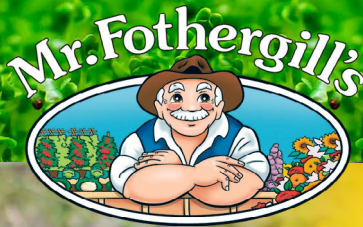
You can eat the entire plant with root, seed and all - maximising nutrients.

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

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!



Little Gardeners range!

COMING SOON!



For setting
little hearts
aflutter

New Zealand's premium bird feed
Available at Bin Inn



Topflite



New Zealand
owned and
operated

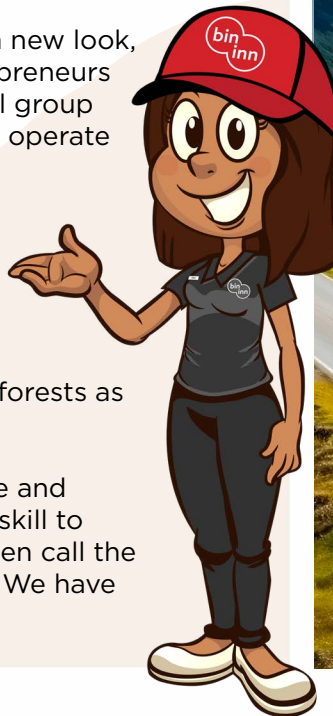


Ever thought about owning a Bin Inn store?

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.



Hitting the road over the long weekend?

Bin Inn has your
essentials - sodium
percarbonate, laundry
powder, dishwasher,
and a great range of
healthier food options.



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
- Takanini
- Taradale
- Taupo
- Te Awamutu

- Thames
- Waitara
- Warkworth
- Whakatane
- Whangarei

SOUTH ISLAND

- Blenheim

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

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