



Dried Fruit	per 100g
Unsulphured Apricots	£0.79
Cranberries	£0.70
Dates	£0.23
Figs (O)	£0.91
Mango (O)	£1.85
Mixed Fruit	£0.49
Pineapple Diced	£0.72
Prunes	£0.40
Jumbo Raisins	£0.44
Sour Cherries	£1.82
Sultanas	£0.35

Pulses	per 100g
Black Eye Beans	£0.38
Black Turtle Beans (O)	£0.32
Chickpeas (O)	£0.26
Green Lentils (O)	£0.30
Kidney Beans (O)	£0.46
Pinto Beans (O)	£0.42
Puy-type Lentils	£0.21
Red Lentils	£0.19
Seven Bean Mix (O)	£0.43
Yellow Split Peas	£0.17

Cereals	per 100g
Muesli Supreme	£0.47
Muesli Tropical	£0.28
Jumbo Oats	£0.11

Pasta, Rice & Grains	per 100g
White Pasta	£0.17
Wholewheat Pasta	£0.20
White Risotto Rice (O)	£0.31
Brown Basmati Rice (O)	£0.38
White Basmati Rice	£0.28
Bulgar Wheat	£0.22
Couscous	£0.25
Quinoa (O)	£0.66

Seasonings	per 10g
Basil (O)	£0.19
Cardamom Ground	£0.54
Cardamom Pods	£0.71
Cayenne Pepper (O)	£0.28
Chilli Ground (O)	£0.34
Chilli Flakes	£0.22
Cinnamon Ground	£0.38
Cloves Ground (O)	£0.44
Coriander Leaf	£0.21
Coriander Ground (O)	£0.13
Coriander Seed	£0.12
Cumin Ground	£0.10
Cumin Seed (O)	£0.33
Fajita Seasoning	£0.16
Garam Masala (O)	£0.19
Garlic Granules	£0.10
Ginger Ground (O)	£0.24
Herbes de Provence (O)	£0.17
Italian Seasoning	£0.10
Mixed Herbs (O)	£0.27
Mixed Spice (O)	£0.25
Nutmeg Ground	£0.21
Black Onion Seeds (O)	£0.27
Oregano (O)	£0.17
Paprika Smoked	£0.14
Paprika Sweet	£0.13
Parsley (O)	£0.41
Peppercorns (O)	£0.26
Poppy Seed (O)	£0.15
Rosemary (O)	£0.17
Sage (O)	£0.30
Thyme (O)	£0.17
Turmeric (O)	£0.13
Fine Sea Salt (O) (per 100g)	£0.15
Coarse Sea Salt (O) (per 100g)	£0.15

Sugar	per 100g
Demerara	£0.32
Golden Granulated	£0.35
Light Muscovado	£0.43
Dark Muscovado	£0.37

Nuts, Seeds, Snacks & Oils	per 100g
Almonds Whole (O)	£2.08
Almonds Ground	£1.38
Almonds Flaked	£1.22
Brazils	£1.40
Cashews (O)	£1.61
Coconut Chips (O)	£0.72
Gourmet Nut Mix	£1.15
Pecans	£2.05
Pistachio Kernels	£2.57
Walnuts	£1.37
Chia Seeds (O)	£0.60
Brown Linseed	£0.28
Pumpkin Seeds	£0.52
Sesame Seeds	£0.43
Sunflower Seeds	£0.30
Bombay Mix	£0.35
Popping Corn	£0.23
Extra Dark Chocolate Buttons 73% (O)	£1.60
Dark Chocolate Buttons 55% (O)	£1.60
Milk Chocolate Buttons (O)	£1.60
Rapeseed Oil 500ml (L)	£4.50

Household & Personal Care	each
Bamboo Baby Feeding Spoons	£5.50
Bamboo Baby Fork & Spoon	£5.50
Copper Pot Scrubber	£4.75
Dish Brush	£2.95
Replacement Dish Brush Head	£1.95
Coir Washing Up Brush	£2.50
Tea Strainer	£5.00
Plastic-free Toilet Brush	£4.75
Boxroll Toilet Roll	£0.60
WGACT Toilet Roll	£0.90
Shaving Brush & Stand	£19.99
Bamboo Cotton Buds	£2.55
Deodorant Powder 100g (O)	£8.00
Deodorant Cream 20g (L)	£2.00
Bamboo Toothbrush - Adult & Junior	£2.75
Toothpaste Tablets 20g*	£2.30

*20g approx 1 month supply for 1 person

Wednesdays: 3.30pm - 6pm The Churchill Arms, Alderholt Thursdays: 9am - 11am Harlees Fish & Chips, Verwood

Saturdays: **2nd & 4th Sat of month** High Lea Butchers, Witchampton 9am- 12 noon & **3rd Sat of month** Alderholt Village Hall, 9.30am - 12.30pm

See www.gardnerszerowaste.co.uk for more information.

(O) = Organic (L) = Locally Produced
Prices correct as at 17th May 2021 & subject to change

Loose Tea & Coffee	per 100g
Original Blend Breakfast Tea	£0.89
Smugglers' Gold Premium Tea	£1.70
Earl Grey Tea	£2.10
Decaf Tea	£1.59
Redbush Tea	£2.05
SOspecial Wholebean Coffee (L)	£2.20
SOroast Decaf Wholebean Coffee (L,O)	£2.20

SESI Detergents	per 100g
<u>Please make sure your containers are clean!</u>	
Bio Laundry Liquid	£0.33
Non-Bio Laundry Liquid	£0.25
Fabric Conditioner	£0.20
Handwash & Delicates Liquid	£0.70
Washing Up Liquid - Spiced Ginger	£0.22
Washing Up Liquid - Unfragranced	£0.21
All Purpose Cleanser	£0.26
Cream Cleanser	£0.31
Toilet Cleaner	£0.24
White Vinegar (cleaning only)	£0.12
Bicarbonate of Soda (cleaning only)	£0.15

Soap, Haircare & Shower Gel	each
Cyril's Soap Bar (L)	£4.00
Cyril's Shampoo Bar (L)	£4.50
Friendly Soap Bar	£2.25
Friendly Cleansing Bar	£2.75
Friendly Shaving Bar	£2.75
Friendly Shampoo Bar	£2.75
Friendly Conditioner Bar	£4.95
Friendly Soap Travel Tin	£4.50
Soap Saver	£2.50
Wooden Soap Dish	£4.50
SESI Liquid Hand Soap (per 100g)	£0.50
Faith in Nature Body Wash (per 100g)	£1.10
Faith in Nature Shampoo (per 100g)	£1.10
Faith in Nature Conditioner (per 100g)	£1.10

