

# ALDI LIST

List Subject to Change

## SNACKS

1. Belmont Choc Crème Wafers
2. Brookdale Creamed Rice
3. Damora Rice Cracker
4. Damora Wafer Crackers
5. Griffins Macaroon Biscuits
6. Hillcrest Fruity Filled Bars Apple/cinn
7. Hillcrest Oat Bars Apricot/Dark Choc
8. Palazzo Milk Choc Cookies
9. The Cake Stall Choc Chip muffins

## BREADS

10. Bakers Life Sourdough Bread
11. Bakers Life Super Soft white bread
12. Bakers Life white sandwich bread
13. FRESH pizza bases
14. HAS NO G F White bread
15. Karnig 14 Seeds & Grains Bread
16. Bakers life Turkish Bread
17. Bakers Life Croissants

## BATH/KITCHEN/LAUNDRY

18. Dentitex Total Care toothpaste
19. Head Strong for men 2 in 1 sham/cond
20. Head Strong Shampoo & Conditioner
21. Kids Funtime 3in1 Shampoo Condit Body Wash
22. Laundrite Laundry Liquid
23. OMBRA sunscreen lotion
24. Original Source Moisturising Shower wash
25. PRO Multi Purp[ose Cleaner Lemon
26. Tricare Hand Sanitiser
27. Trimat Laundry powder
28. Unamat Dish Liquid
29. PRO Bath and Shower Cleaner
30. Dentitex Ultra Fresh Mouthwash

## CHOCOLATE

31. Chocolate Choceur Milk
32. Chocolate Choceur White
33. Chocolate Moser Roth Dark/Sea Salt
34. Chocolate Moser Roth Milk

## OTHER FOODS

35. Farmdale Organic Tomato Paste
36. LACFREE milk
37. Farmdale Pouring Custard
38. Farmwood Chicken Nugget
39. Egg Fetticcine
40. Ocean Royal Fish Finger
41. Elimsberg Party Pie
42. Simplee 2 min Noodles Chicken
43. HAS NO Almond & Vanilla Muesli
44. ORGANIC Muesli Clusters
45. Colway CREAMY Mayonnaise
46. Grandessa Apricot Jam
47. Grandessa Blackcurrent Jam
48. Colway Tomato Sauce
49. Colway Barbeque Sauce
50. Corale Baked Beans
51. Berg cocktail Frankfurts
52. Ocean Royal Fish Fillets
53. Cuisine Pizza slices Hawaiian
54. Elmsbury Sausage Rolls
55. Farmwood Chicken Schnitzel
56. Seasons Pride Beer Batter Fries
57. Streets Vanilla Icecream
58. Inner Goodness Rice supreme milk
59. Inner Goodness Coconut Milk
60. ASIA Green Curry Paste
61. Portview Sardines in Tom Sauce
62. GoldenVale Muesli
63. DAMORA Thin Rice Cakes
64. ORGANIC Toasted Muesli
65. Just Organic Milk Chocolate
66. Just Organic Dark Chocolate
67. Just Organic Tomato Paste
68. Farmdale Caramel Pour
69. Luv-a-Duck Whole Duck frozen
70. Monaco Utopia Minis Mixed

# Woolworths List

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1. Bread Homebrand white sandwich
2. Bread Homebrand Wholemeal Sandwich
3. Cottee's Thick n rich chocolate topping
4. DORITOS BBQ Meatlovers
5. Double D sugar free fruit jellies
6. Ferrero Rocher (Plain)
7. Free from Gluten Cheese rings
8. Free from gluten salt & Vinegar chips
9. Free from gluten Double Choc Biscuits
10. Go Natural yoghurt almond apricot nut delight GF
11. Golden Days GF Paleo Bar almond biscotti
12. Golden days GF Paleo Bar epic cacao
13. Golden Days GF Paleo Bar lemon & coconut tart
14. Gullon No Sugar added Breakfast Biscuits
15. Kellogg's LCMs
16. Leda Arrowroot Biscuits
17. Macro org Corn Chips spicy barbeque
18. Macro Organic Apple Puree
19. Macro Snack Bite Almonds goldenberries quinoa
20. Macro Snack Bite apricots almonds quinoa
21. Macro Snack Bite cashews cranberries amaranth
22. Masterfoods Lemon Butter
23. NATURAL Natural Wraps (green)
24. Old Time Bakery WHOLESOME GF WRAPS
25. Pandaroo Condensed Coconut Milk
26. Pure Bred GF Banana Bread
27. Select Carrot Cake Loaf
28. SELECT GF Popcorn Butter
29. Select Original Toasted Muesli honey & Cinnamon
30. Smiths Chips Salt & Vinegar
31. The Natural Confectionary Dinosaurs
32. Weight Watchers Coconut Delight bar
33. Werthers Original cream candies
34. WOKKA Ramen Noodles
35. WOKKA Singapore Style Noodles
36. WOKKA Thin Egg Noodles
37. Zoosh Free range egg Mayonnaise

# Coles List

List subject to change

1. A.Vogel Bambu fruit/Grain Coffee
2. Akta-Vite Original Choc. Drink
3. Anitas Sweet potato + Taro crisps
4. Arkadia Chai Tea Spice
5. Atkins Chocolate Chip Crisp Bar
6. Atkins Hazelnut Crisp
7. Cacao Tree Milk Chocolate
8. Cacao Tree Milk Protein Enriched chocolate
9. Celebrate health Chicken Org Stock
10. Celebrate Health Lentils Moroccan
11. Celebrate Health Org Quinoa Bean Veg Minis.
12. Celebrate Health Tomato Sauce
13. Coconut water (All)
14. Coconut yoghurt Nudie vanilla
15. Coconut Yoghurt NO UDDER
16. Coles Chicken Salt
17. Coles Creamy Pumpkin Soup
18. Coles Fine Grit Bourghal
19. Coles GF Beef Stroganoff Sauce
20. Coles GF 6 Berry Delight Bars
21. Coles GF Ancient Grain Chips
22. Coles GF Anzac Biscuits
23. Coles GF Basilico Sauce
24. Coles GF Mixed Root Vegetable Chips
25. Coles Original Corn Chips
26. Coles Original Flavour stacked chips
27. Coles Quinoa porridge
28. Coles Simply GF Spirals
29. Coles Sweet Potato soup
30. Country Life GF Dairy free Multigrain
31. Fodmapped Slow Roasted Veges pasta sauce
32. Fodmapped Butter Chicken curry sauce
33. Fodmapped Chicken stock
34. Fodmapped Green Curry
35. Freelicious corn Couscous GF
36. Healtheries Potato Stix
37. Helga's GF Sunflower & Red Quinoa
38. Honey Garlic & Soy stir fry
39. Mary's Gone Crackers Super Seed crackers
40. MasterFoods Coconut Chicken Curry base
41. MasterFoods Thai Green Curry base
42. Mother Earth Fruit Sticks Apple
43. Nando's Peri-Peri Sauce
44. Nature Valley Maple Crunch
45. Natures Way GREENS +
46. Nu-Vit GF Licorice
47. OLD ELPASO Taco Shells (plain)
48. Schar Maria GF plain biscuits
49. Simply Hummus Chips sea salt
50. Simply Wize GF Gnocchi
51. Sustagen Sport Chocolate
52. Table of Plenty Rice Cakes Dark choc
53. White Wings Gravy Flour
54. Wholesome Falafel Chips

# Coles Woolworths ALDI---Information Paper

The extras lists are designed as an add-on to the standard 500 list.

The most difficult thing is to determine what to put on the list. I really appreciate all the suggestions sent in by Consultants. We are all individuals; we each work with different demographics. We also have varied opinions on what we like to suggest our clients eat. For example; I am not too happy recommending processed foods whereas others do not mind.

Recently I have expanded the testing programme to allow us to test more items. I will continue to add these lists as more suggestions arrive.

**These lists are not available as a stand-alone test.** If past clients want these tests done the standard fee will apply as it would involve full data entry etc and take much the same time as a standard test.

**Clients can have 1,2or 3 extra lists done for a basic fee of \$20 for each list when ordered with the standard 500 test.**

ALDI items are mostly brand specific. Fresh foods and a lot of other foods sold by Aldi would be covered in the standard list. For example meats, fruit and veg, oils and same brand names.

Extra lists need to be read in conjunction with the 500 test results. The Wellness Programme set out in the Report does not alter it just means clients will have a greater range of foods to choose from.

**We will be printing new referral forms when we use up current stocks. In the meantime write the extra list names on the current referral form where it says "OTHER".**

**This is a very special offer. The RRP for each list is \$30.00. You pay us only \$20.00 for each list.**

**Dennis**