

Morning

There's a multitude of examples but I attach 4 images taken at the Gununamanda Shop here on Mornington Island:

Shop notice-been this way for the past 3 months.

Hamper Corned Beef is \$4.00 in Brisbane

Spam Ham is \$5.50 in Brisbane

Tom Piper is \$3.00 in Brisbane

Thanks-I do hope something comes out of this as folk up here are doing it tough!

John

John Armstrong

Art Centre Manager

[REDACTED]
Mirndiyan Gununa Aboriginal Corporation
1 Lardil Street, GUNUNA QLD 4892

[REDACTED]
www.morningtonisland.com.au (under reconstruction)

<https://www.facebook.com/morningtonisland/>



We acknowledge the Traditional Owners and Custodians of the lands, waters, and seas, on which we work and live, paying respects to Elders, past, present and emerging.
Sovereignty was never ceded.

ATTENTION CUSTOMERS

DUE TO THE CORONAVIRUS
MANY ITEMS IN THE SHOP
ARE TEMPORARILY NOT
AVAILABLE. THAT MEANS
THAT WHEN WE DO AN
ORDER 1/2 OF WHAT WE
ORDER DOES NOT COME
IN ON THE BARGE.
THIS WILL CONTINUE
UNTIL THE END OF JUNE.
WE WILL DO WHAT WE
CAN TO GET AS MUCH
AS WE CAN FOR THE
COMMUNITY.

SCHOOL IS OPEN

from Monday 20/4

We have shorter hours

See below for what time
child should come to school:

Long Session

8.55am - 11.55am (normal hours)
8.55am - 1.40pm
8.55am - 1.40pm
8.55am - 1.40pm
8.55am - 1.40pm

Session

8.55am - 11.40am
8.55am - 11.40am
8.55am - 11.40am
8.55am - 11.40am

8.55am - 1.40pm
8.55am - 1.40pm
8.55am - 1.40pm

future.

studies.

boards

ation.





HAMPER CORNED BEEF 200GM
 12/12 9300657309725 17/02

\$7.32

333314 WHSE 192.1

\$36.60 per kg

HAMPER
 SINCE 1905
 Great in Sandwiches

- Slice HAMPER® Corned Beef Original.
- Place corned beef on a crusty bread roll.
- Layer with your favourite salad ingredients: lettuce, sliced tomato and cucumber.
- HAMPER® Corned Beef Original also tastes great hot on toast or in toasted sandwiches, or as an ingredient in casseroles, meatloaf or your favourite pasta.

RECOMMENDED FOR EASY BLENDING

✓ Source of Iron ✓ Good Source of Protein

NUTRITION INFORMATION
 SERVINGS PER PACKAGE: 2 SERVING SIZE: 100g

	AVG QUANTITY PER 100g SERVING
ENERGY	500kJ
PROTEIN	19.5g
FAT, TOTAL	17.4g
- SATURATED	8.4g
CARBOHYDRATE	8.1g
- SUGARS	0.1g
SODIUM	820mg
IRON	1.8mg (15% RDI*)

*RECOMMENDED DIETARY INTAKE

INGREDIENTS: BEEF (75%), WATER, BEEF HEARTS, SALT, CARBOHYDRATE (14.2, 481, 410), GELLING AGENT (SALT), PRESERVATIVE (SALT), N.E.J. HENZ COMPANY AUSTRALIA LTD, 71 SOUTHBANK BLVD, SOUTHBANK, VICTORIA 3006, AUSTRALIA
 CONSUMER SUPPORT TEAM TOLL FREE 1800 051 054
 ® REGISTERED TRADEMARK © N.E.J. HENZ CO AUSTRALIA LTD
 STORE IN A COOL DRY PLACE

Made in Australia
 from at least 99%
 Australian ingredients

9 300657 309725



SPAM
12/340g CANS GROSS WEIGHT 4.54kg
PACKED ON 27/02/2020



12/340g CANS GROSS WEIGHT 4.54kg
PACKED ON 27/02/2020

SPAM HAM SPICED 340GM
 12/12 37600349536 10/12
 \$7.50
 019554 WHSE 62.5 25
 \$22.06 per kg

400g NET
Tom Piper
Braised Steak & Onions

400g NET
Tom Piper
Braised Steak & Onions

400g NET
Tom Piper
Braised Steak & Onions

Just heat & eat...

Empty contents into a saucepan. Simmer gently over low heat, stirring frequently until hot.

Empty contents into a microwave-safe container. Heat on high for 2 minutes. Stir then heat on high for a further minute.

INGREDIENTS: Water, Beef (25%), Onion (19%), Skim Milk, Maize Thickener (2%), Soy Protein, Beef Flavours (Contain Wheat, Barley, Flavour Enhancers), Beef Extracts, Potato Starch, Salt, Hydrolysed Vegetable Protein, Colour (E102).

Made in New Zealand from local and imported ingredients.

© B.J. Heinz Co Australia Ltd
PACKED FOR H.J. HEINZ COMPANY AUSTRALIA LTD
2 SOUTHBANK BLVD, SOUTHBANK, VICTORIA 3006, AUSTRALIA
TOM PIPER IS A TRADEMARK USED UNDER LICENCE FROM
GOODMAN FIELDER CONSUMER FOODS PTY LIMITED
PREPARED IN NEW ZEALAND INSPECTED

HEALTHY CHOICE

Energy	700kJ
Fat, total	11.0g
Carbohydrate	11.0g
Sugar	1.0g
Sodium	1.0g

Heating times may vary depending on the power of the microwave.

Preparation and storage times may vary depending on the power of the microwave.

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Braised Steak & Onions

RAISED STK ONION 400GM
\$7.87
\$18.7 per 100g

12/340g CANS GROSS WEIGHT 4.54kg