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PINK LADY APPLES
1.5KG BAG



\$3.00
ea

HOME HILL EGGPLANT



\$3.00
KG

IMPERIAL MANDARINS 1.5KG



\$3.00
ea

FARM FRESH SILVER BEET



\$3.00
BUNCH

THURSDAY/FRIDAY ONLY



GOLD SWEET POTATO
2KG BAG

\$3.00
ea

MEAT SPECIALS



TEY'S CHOICE RUMP STEAK

\$7.99
kg

While stocks last



TEY'S CHOICE WHOLE RUMP

\$6.99
kg

While stocks last



CRUMBED PORK SCHNITZEL

\$7.99
kg

While stocks last



MARINATED CHICKEN NIBBLES

5kg Bag

\$1.99
kg

While stocks last



FRESH CHICKEN DRUMSTICKS

\$2.99
kg

While stocks last



PREMIUM CHICKEN PIECES
(fresh or frozen)

\$2.00
kg

While stocks last

WEDNESDAY/THURSDAY ONLY



ECONOMY BACON 1KG PKTS

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ea

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TRANSFORMED: VRM's Ken Bellamy with JCU catering manager Alexis Buckley Photo: WESLEY MONT'S

Uni food waste fertiliser move

by **Daniel Bateman**



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JAMES Cook University has become the first university in the world to install a machine that transforms food scraps into fertiliser.

A \$6500 Bio-Regen unit has been installed in the kitchen at the University Halls of Residence.

JCU joins Hermit Park State School in using one of the machines.

The machine, which was designed in Townsville, converts food waste to a fertiliser, and is capable of producing up to 250kg

of re-usable waste product each day.

Every year, JCU's kitchens, including its private colleges, produce close to 100 tonnes of food waste. This results in 380 tonnes of carbon dioxide equivalent emissions when sent to the landfill – as much as 84 cars on the road for a year.

The instant food conversion unit was developed by Townsville based company Vital Resource Management, founded by Ken Bellamy.

The unit itself is about 1.5m tall by 40cm wide, resembles a stand-alone garbage disposal unit, where leftover food is forced down a drain with a stream of water and a plunger.

It is then ground up twice,

before being pumped out into large containers, stored outside, where bacteria naturally breaks the food down further over 28 days into a product similar to apple cider vinegar.

The liquid is then further processed into a bio-fertiliser.

The kitchen will save more than \$5000 in waste removal costs, and will instead have a product that can be used across campus gardens, or sold to farmers.

JCU environment manager Adam Connell said the machine would go a long way helping the university recycle its food scraps.

More units are planned to be rolled out across Douglas campus.

Toddler recovering

A TWO-year-old girl is recovering in hospital after she was found severely dehydrated beside her dead mother.

The little girl, named in media reports as Lucy Keever's, was rushed by ambulance to Wagga Wagga Base Hospital on Friday after a local minister found her in the empty house. Her mother, Elizabeth Keever's, lay dead on the kitchen floor.

Lucy has been receiving visitors in hospital, and a Greater Southern Area Health spokeswoman said she was improving.

"They're very happy with her progress to date," the spokeswoman said, adding that she continued to be closely monitored.

Gallipoli preservation

WORKS to protect the Gallipoli coastline from further erosion are set to be completed in time for Anzac Day commemorations.

Crucial preservation work has been undertaken by the Turkish government to ensure Anzac Cove is protected from coastal erosion.

A sea wall has been constructed along the back of the beach, linking existing walls on neighbouring Brighton and North beaches. The Anafartlar Road above Anzac Cove also has been upgraded.

The final stage of the work, landscaping and revegetating the area, is under way and will be ready for Anzac Day commemorations on April 25.



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