



## FAB FIND

Dolphin friendly, organic and rich in omega-3 – what more could you ask from tinned fish? The Fish 4 Ever tuna range is fished using sustainable methods (no dragnets or factory ships) in the North Atlantic and is packed in organic sunflower oil or brine. **Fish 4 Ever yellowfin tuna in oil, \$7.65 (120g); and in brine, \$8.90 (120g).** Available from Cheltenham Organic Store, (03) 9583 8754; and Kew Organics, (03) 9852 8955.