Issue 1: 2009

back2basics

what you want? • what you need!

what you want? what you need! what you want? what you need! what you want? what you need! what you want? what you need! what you want? what you need! what you want? what you need! what you want? what you need! what you want? what you need! what

Eat Smart
Be Healthwise
Be Active™

thinkingECO

NEW ZEALAND MADE

Buy Canterbury

KIWICANA

Eatsmart Be Healthwise Be Active

ThinkingEco

Green Buying Guide

Kiwicana

Buy local Be Parochial..

Keeping It Kiwi

Home Grown, Grow Your Own, Homemade

How 2 Cook, Preserving and more

Open All Hours: Website Guide

D.I.Y.

Memories & Milestones

Holiday @ Home

South Island and beyond

Downsize Economise

Compare. Switch. Save

...and much much more!