



WHERE THE *locals* MATTER

ON SALE 5TH JANUARY 2022



Australian

**BEEF SCOTCH
FILLET STEAK**

\$44⁹⁹
kg



Serving Suggestion



ALL
1/2
PRICE

Pepsi/Solo/
Sunkist/
7Up Soft
Drink 1.25L
88¢ per 1L

\$1¹⁰
ea



\$3⁹⁹
ea

Cadbury Large Block Chocolate 315-360g



\$3⁵⁰
ea

Lynx Antiperspirant/Deodorant 165mL
\$2.12 per 100mL



\$5⁹⁹
ea

Quilton Toilet Tissue 12pk
28¢ per 100sh

Offers available from 05/01/22 until 11/01/22
Whilst stocks last. Some products or varieties may not be available at all stores. Pictures for illustration purposes only.

SEE INSIDE FOR MORE SAVINGS

ALL

**1/2
PRICE**



\$2.99
ea

Jarrah Coffee 250g
\$1.20 per 100g



99¢
ea

Pringles Chips 53g
\$1.87 per 100g



\$2.15
ea

Uncle Tobys Muesli Bars 6pk
\$1.16 per 100g

Cadbury/
Fry's/
Europe/
Toblerone
Medium Bars
30-60g

\$1
ea



Powerade
Sports
Drink 1L
\$2.49 per 1L

\$2.49
ea



\$1.75
ea

The Natural Cracker Co 160g
\$1.09 per 100g



Herbal
Essences
Shampoo/
Conditioner
300mL 29
\$1.08 per 100mL

\$3.25
ea



\$3.75
ea

Morning Fresh Dishwashing Liquid 900mL
42¢ per 100mL



\$5.99
ea

V Energy Drink 250mL 4pk
\$5.99 per 1L



\$19.49
ea

Coca-Cola 375mL 30pk
\$1.73 per 1L



\$2.49
ea

Arnott's Savoy/Jatz 225/250g



\$2.69
ea

Smith's Potato Chips/
Doritos Corn Chips 130-175g



\$2.99
ea

Green's Premium Baking Mixes 380-630g



\$1.99
ea

Golden Circle Beetroot Slices 850g
\$2.34 per 1kg



\$6.99
ea

Chum Crunchy Dry Dog Food 3kg
23¢ per 100g



\$6.99
ea

Dine Cat Food 85g 7pk
\$1.17 per 100g

Cadbury
LAYERS

NEW

1/2
PRICE



\$1
ea

Cadbury
Layers 34/35g

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Savings are off regular prices. In certain stores, some regular prices have been reduced to ensure you receive the lowest competitive price so savings shown may differ from the actual saving in your store. Price Match at participating stores only. Prices matched weekly to Woolworths or Coles everyday shelf price, excludes specials. Terms and conditions apply. To find out more, visit igatas.com.au/pricematch. Some items may not be available at all stores. We reserve the right to limit purchases to reasonable quantities. Commercial quantities not supplied. See in-store for details. We reserve the right to correct printing errors.

SCRAMBLED EGGS WITH COTTAGE CHEESE



Bulla Cottage Cheese 200g
\$12.45 per 1kg

Ingredients

- 6-8 eggs, lightly beaten
- 200g Bulla Cottage Cheese, Original
- salt & freshly ground black pepper
- sourdough toast
- fresh dill, to garnish

What to do

1. Whisk together eggs and Bulla Original Cottage Cheese. Season to taste.
2. Pour eggs into a non-stick frying pan and stir gently over low-medium heat for 3-5 minutes or until eggs are just set.
3. Serve on top of sourdough toast and garnish with fresh dill



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THE BENEFITS OF MIXED FEEDING

MANY PET PARENTS WONDER IF THEY SHOULD BE FEEDING DRY FOOD, WET FOOD OR A COMBINATION OF THE TWO.

EACH FEEDING FORMAT OFFERS SPECIFIC ADVANTAGES, SO LET'S CONSIDER SOME OF THEM.

DRY FOOD

- CONCENTRATED NUTRITION, SO YOU FEED LESS.
- ECONOMICAL, CONVENIENT TO USE AND STORE.
- CRUNCHY KIBBLES MAY HELP IMPROVE ORAL HEALTH.

WET FOOD

- HIGH MOISTURE CONTENT, HELPING TO MAINTAIN URINARY TRACT HEALTH
- LESS CALORIE DENSE, HELPFUL IN PROMOTING A HEALTHY BODY CONDITION
- PROVIDES VARIETY THROUGH AROMA, FLAVOUR, AND TEXTURE.



Please refer to feeding guides on product labels for the correct feeding portions for your pet.

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