



Summertime SAVINGS

RECIPES

SIMPLE SUMMERTIME FLAVOURS

BBQ BONANZA

HOT DEALS ON BBQ ESSENTIALS

SUMMER HYDRATION

REFRESHING SUMMER GUIDE

LUNCHBOX LEGENDS

SMART START SPECIALS

**FIND ALL THIS AND
MUCH MORE INSIDE**

BACK *to* SCHOOL

SPECIALS INSIDE

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Offers available from:
24/01/24 until 06/02/24



A simple twist on this BBQ classic will make you coming back for more this summer.

BBQ HOISIN LAMB CHOPS

Ingredients

- 2 tbsp hoisin sauce
- 2 tbsp sesame oil
- 2 garlic cloves, crushed
- 12 lamb loin chops

Method

1. In a large bowl, combine hoisin, sesame oil and garlic.
2. Add the lamb, turning to completely coat and marinate for at least 30 minutes.
3. Preheat BBQ to medium high.
4. BBQ lamb, basting with marinade, for 6 to 8 minutes on each side for medium or until cooked to your liking.
5. Remove, cover and stand for 5 minutes.
6. Season with cracked pepper to serve.

VIEW RECIPE



\$22⁹⁹ kg

Lamb Loin Chops

Community Co
Canola Oil 750mL
67¢ per 100mL



\$4⁹⁹ ea

community Co

Community Co
Extra Virgin
Olive Oil 500mL
\$1.80 per 100mL



\$8⁹⁹ ea

community Co

Black & Gold
Vegetable Oil 2L
43¢ per 100mL



BLACK & GOLD

\$8⁵⁰ ea



Wow the crowd with this perfect combination of two Aussie classics: steak on a barbie—and Vegemite!

THE PERFECT STEAK

VIEW RECIPE



Beef Scotch Fillet Steak

\$34⁹⁹
kg

PANDANI
PREMIUM TASMANIAN SMALLGOODS



\$7
ea

\$7
ea

Pandani Sausages 500g
\$14.00 per 1kg



Praise Salad Dressing 330mL
91¢ per 100mL

\$3
ea

LOW PRICE



Heinz Seriously Good Mayo/Aioli 295mL
93¢ per 100mL

\$2⁷⁵
ea

SAVE \$2.75



Community Co Sauce 500mL
46¢ per 100mL

\$2³⁰
ea

community Co



Community Co Mustard 190g
\$1.66 per 100g

\$3¹⁵
ea

community Co



A deliciously fresh salad that spells summer. Prawns, mango, avocado tossed with a fresh spicy lime dressing.

PRAWN, MANGO & AVOCADO SALAD

Ingredients

- 1kg large cooked tiger prawns
- 1 mango, diced
- 1/2 red onion, small dice
- 1 tbsp pickled jalapeno, chopped
- 1 avocado, peeled & sliced
- 2 tbsp coriander, chopped
- 1 lime, zested & juiced
- 3 tbsp olive oil

Method

1. To assemble the salad, add all the ingredients in a large bowl, season to taste and gently toss to coat. Keep refrigerated until ready to serve.

VIEW RECIPE



\$29⁹⁹
kg

Aussie Cooked Large Tiger Prawns
(thawed for your convenience)

VIEW RECIPE



CARAMELISED NECTARINE SALAD



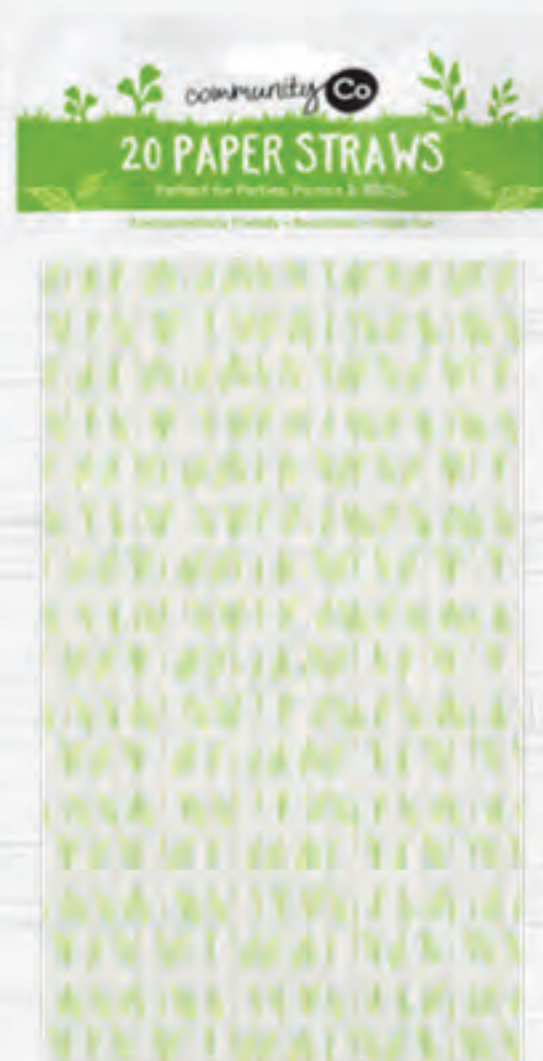
Community Co
Plates Dinner Sugar Cane 10pk
35¢ per 1ea

\$3.49
ea



Community Co
Wooden Cutlery 12pk
16¢ per 1ea

\$1.90
ea



Community Co
Straws Paper 20pk
9¢ per 1ea

\$1.79
ea



BLACK & GOLD
\$2.50
ea

Black & Gold Foil Trays 6pk
42¢ per 1ea

SINCE 1946

Redheads®

Ignite your Summer Celebration...

\$4.50
ea
SAVE \$1.00

Redheads Heavy Duty
BBQ Wipes 16pk/Firelighters 24pk

\$9.99
ea
SAVE \$2.01

Redheads BBQ Briquettes 4kg/
Butane Gas Cartridges 3pk

Multix®

Multix Alfoil Medium Roast Tray
with Handles

\$3.99
ea
SAVE \$1.66

\$1.99
ea
SAVE 90¢

Multix Clingwrap 33cmx60m/
Alfoil 30cmx10m (excl. Non-Stick)



Zoosh Dip 185g
\$1.35 per 100g



Johnno's Salsa 300g
\$1.66 per 100g



Coca-Cola/
Fanta/Sprite
Soft Drink 2L
\$1.83 per 1L



Community Co
Double Brie Cheese 125g
\$40.00 per 1kg



Community Co
Pitted
Kalamata
Olives 350g
\$12.14 per 1kg



Baker's Oven Lamingtons
\$1.57 per 100g

ARNOTT'S
SHAPES



Arnott's Shapes 130-190g

mmmmmmmmmm
PERFECT FOR ENTERTAINING



Philadelphia Pourover 250g
\$13.96 per 1kg

SUMMER ENTERTAINING HACKS

DIY Frozen Fruit Ice Cubes

Enhance the flavour and presentation of beverages by freezing fresh fruits like berries, citrus slices, or mint leaves into ice cubes. These colourful and flavourful cubes can be added to water, lemonade, or cocktails for a refreshing twist.

Beverage Dispenser with Infused Water

Keep guests hydrated and add a touch of elegance by setting up a beverage dispenser filled with infused water. Experiment with combinations like cucumber-mint, lemon-lime, or berry-infused water. This not only looks appealing but also provides a refreshing non-alcoholic option.

Chilled Serving Trays

Place trays or platters in the freezer before serving to keep cold dishes, like fruits or salads, cool for a longer time.

Mason Jar Cocktails

Prepare individual cocktails in mason jars ahead of time. Seal and store them in a cooler for a convenient and mess-free drink station.

GRAB YOUR AUSSIE FAVES



Handee®





community Co



Community Co Cordial Syrup 1L
\$3.69 per 1L

\$3.69
ea
community Co



Community Co
Strawberry Jam 500g
70¢ per 100g

\$3.50
ea
community Co



Community Co Pasta 500g
38¢ per 100g

\$1.89
ea
community Co



Community Co
Sultanas 500g
\$12.00 per 1kg

\$6
ea
community Co



Community Co
Sundried
Tomato Strips
280g
\$15.32 per 1kg

\$4.29
ea
community Co



Community Co Fruit Cake 800g
\$1.00 per 100g

\$7.99
ea
community Co



Community Co Mud Cake 600g
\$1.33 per 100g

\$8
ea
community Co



Community Co
Dish Washing
Liquid 450mL
60¢ per 100mL

\$2.69
ea
community Co

SWEET MEMORIES ARE HOMEMADE

SINCE 1874
Bickford's
A CENTURY OF PURITY



\$4.99
ea
SAVE 76¢

Bickford's Cordial 750mL
\$6.65 per 1L



SUMMER HYDRATION

With summer in full swing, keeping hydrated is a must for your well-being. The heat can make you sweat more, causing your body to lose essential fluids faster. Hydration isn't just about quenching your thirst; it helps regulate body temperature, maintain energy levels, and support vital organ functions. Not getting enough water can lead to dehydration, showing up as symptoms like feeling thirsty, dry mouth, lips or throat, dizziness and fatigue. Especially in the warmer months, having a mindful hydration routine is crucial—it's like a natural shield against heat-related issues.

Water is the ultimate hydration solution as it is calorie-free, readily accessible, and efficiently absorbed by the body. Unlike sugary drinks or caffeinated beverages, water quenches thirst without added calories or potential diuretic effects, making it the optimal choice for maintaining proper hydration levels and supporting overall health.

Staying hydrated isn't just about chugging water; many fruits and vegetables boast high water content, making them excellent choices to contribute to your daily hydration needs. Here are some fruits and vegetables with a high water content:

Watermelon
Cucumber
Strawberries
Cantaloupe

Pineapple
Oranges
Grapefruit
Peaches

Raspberries
Blueberries
Celery
Iceberg lettuce

Zucchini
Tomatoes

Incorporating these hydrating fruits and vegetables into your diet not only helps meet your fluid needs but also provides essential vitamins, minerals, and antioxidants for overall health. Whether enjoyed fresh, in salads, or blended into smoothies, these options can keep you both refreshed and nourished.



Mount Franklin Water 600mL
\$3.33 per 1L

\$2
ea
LOW PRICE



Frantelle Natural Spring Water 1.5L
\$1.00 per 1L

\$1.50
ea
LOW PRICE



Community Co Coconut Water 1L
\$3.79 per 1L

\$3.79
ea



Ashgrove Full Cream/Non Homogenised Milk 2L
\$2.50 per 1L

\$4.99
ea
SAVE 26¢



Community Co Frozen Fruit 500g
\$14.58 per 1kg

\$7.29
ea
community Co



Community Co Muesli Fruit & Seed 750g
73¢ per 100g

\$5.49
ea
community Co



Sanitarium So Good UHT Reg/Lite Soy Milk 1L
\$1.99 per 1L

\$1.99
ea
SAVE 86¢



Sanitarium Weet-Bix Bites 500/510g

1/2
PRICE

\$3.49
ea
SAVE \$3.50



LUNCH BOX IDEAS



Australia's Own
Flavoured Kids
Milk 6pk
\$2.83 per 1L

\$3.40
ea
SAVE \$2.20



Foster Clark's
Snak Pack 120g
\$1.24 per 100g

\$1.49
ea
SAVE 70¢



Suprima
Cheese
& Bacon
Rolls 4pk
\$1.00 per 1ea

\$3.99
ea
SAVE \$1.21



Happy Muffin 4pk/Mini 8pk

\$3.99
ea
SAVE \$1.01



Harvest
Snaps 5pk
\$2.56 per 100g

\$2.30
ea
SAVE \$2.30

APPLES

Apples are sturdy and don't bruise easily. They come in various varieties, offering different flavours and textures. Slice them or pack them whole, depending on preferences.



BANANAS

Bananas come in their own protective peel, making them a convenient and mess-free option. They are also a good source of energy.



GRAPES

Grapes are bite-sized and easy to portion. You can wash and pack them in small containers for a refreshing snack.



PLUMS

Plums are small and easy to pack. Choose ripe but firm plums to prevent them from getting too messy.



BERRIES

(Strawberries, Blueberries, Raspberries)

Berries are rich in antioxidants and can be packed in small containers or snack-sized bags. They add colour and sweetness to the lunch box.



PEACHES

Slice or wedge peaches for a juicy and flavourful fruit option. They add a summery touch to the lunch box.





GET ROUTINE READY



Nestle
Milo 1.1kg
\$1.27 per 100g

\$13⁹⁹
ea

SAVE \$4.60



Maggi 2 Minute Noodles 5pk (excl. Fusian)

\$2⁹⁹
ea

SAVE \$2.01

1/2
PRICE



Uncle Tobys Muesli Bars 6pk
\$1.49 per 100g

\$2⁷⁵
ea

SAVE \$2.75

BACK to SCHOOL



Just Juice 200mL 6pk
\$3.74 per 1L

\$4⁴⁹
ea

SAVE \$1.46



Prima Fruit Drinks 200mL 6pk
\$3.29 per 1L

\$3⁹⁵
ea

LOW PRICE



Yoplait
Petit Miam
Squeeze
Yoghurt 70g
\$1.29 per 100g

90¢
ea

SAVE 35¢



B Honey
Squeeze 450g
\$1.55 per 100g

\$6⁹⁹
ea

SAVE \$1.51



Bega Peanut Butter 375g
\$1.13 per 100g

\$4²⁵
ea

SAVE \$1.15



Vegemite 380g
\$1.58 per 100g

\$5⁹⁹
ea

SAVE \$2.86



ALL
1/2
PRICE

Bic
Evolution HB
Pencils with
Eraser 4pk

\$1.20
ea
SAVE \$1.20



Bic
Briteliner Grip
Highlighters 5pk

\$4.49
ea
SAVE \$4.50



Bic Whiteboard
Markers 4pk

\$3.75
ea
SAVE \$3.75



Bic
Intensity
Fine Black
Pen 3pk

\$3.49
ea
SAVE \$3.50



Bic Intensity
Metal Pro
Chisel
Permanent
Marker 1pk

\$1.99
ea
SAVE \$2.00



Bic Wite Out
Correction
Tape

\$2.35
ea
SAVE \$2.35



Bic Kids
Evolution
Coloured
Pencils 12pk

\$2.10
ea
SAVE \$2.10



Bic Cristal
Ballpoint
Pen 10pk

\$2.70
ea
SAVE \$2.70

BACK to SCHOOL



\$1.75
ea
SAVE 70¢

Sorbent Facial
Tissues 170s
\$1.03 per 100ea



\$3.99
ea
SAVE \$1.31

Arnott's Multipacks 5-8pk
(excl. Wagon Wheels)



Low
Prices
EVERY DAY



\$4.70
ea
LOW PRICE

William's Bread 800-900g



\$4
ea
LOW PRICE

Nice & Natural Nut Bars 6pk



\$4
ea
LOW PRICE

SPC Fruits 4x120g
\$8.33 per 1kg



\$4.50
ea
LOW PRICE

Meadowlea Spread 500g
90¢ per 100g



\$5.25
ea
LOW PRICE

Uncle Tobys LeSnak 6pk
\$3.98 per 100g



\$2.30
ea
LOW PRICE

Sakata Rice Crackers 90/100g



The Source of Life

JC's Salted/
Unsalted
Peanuts 500g
\$9.98 per 1kg



\$4.99
ea

JC's
Delicious
Energy Mix
500g
\$17.98 per 1kg



\$8.99
ea



\$1.99
ea

Joe's Food
Co. Rice
Wheels 140g
\$1.42 per 100g



\$5.99
ea

JC's Backyard
BBQ Mix 375g
\$15.97 per 1kg



\$9.99
ea

JC's Quality
Outback
Mix 500g
\$19.98 per 1kg



Natures Organics Fruits Shampoo & Conditioner 500mL
34¢ per 100mL

\$1.69
ea
SAVE 60¢



Bic Comfort 3 Advance Razors 4pk
75¢ per 1ea

\$2.99
ea
SAVE \$3.00



Redwin Sorbolene Vitamin E Cream 100g
\$1.75 per 100g

\$1.75
ea
SAVE \$1.84



Bic Simply Soleil 3pk
70¢ per 1ea

\$2.10
ea
SAVE \$2.10



Rexona Anti Perspirant 250mL
\$2.40 per 100mL

\$6
ea
LOW PRICE



Band-Aids 40/50pk

\$4.49
ea
SAVE 76¢



Radox Bath Salt Muscle Soothe 500g
\$1.65 per 100g

\$8.25
ea
LOW PRICE



PROTECT THE FUN



THE BEST FUN NEEDS PROTECTION YOU CAN TRUST.
BANANA BOAT PROTECTS FAMILY FUN UNDER THE SUN.

Always read the label and follow the directions for use. Wear protective clothing, a hat and sunglasses in addition to sunscreen. Reapply frequently. Avoid prolonged high-risk sun exposure.



Banana Boat Sunscreen Roll On 75mL
\$11.99 per 100mL

\$8.99
ea
SAVE \$4.81



Banana Boat Sunscreen SPF50+ 175/200g

\$13.99
ea
SAVE \$7.01





Summertime SAVINGS

Indulge in this delicious summer treat, with no added sugars, no gluten and best of all... No baking!

VIEW RECIPE



MANGO CHEESECAKE



\$4.49
ea
SAVE \$1.36

Philadelphia
Cream Cheese
Block 250g
\$17.96 per 1kg



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