



ON SALE
17TH MAY
2023





\$2.60
ea
SAVE \$2.69



\$2.60
ea
SAVE \$2.69



\$2.25
ea
SAVE \$2.60



\$1.90
ea
SAVE \$1.99



\$1.49
ea
SAVE \$1.51

ALL 1/2 PRICE

M&M's/Maltesers 130-180g

Campbell's Canned Soup 495-510g

Continental Pasta & Sauce/
Seasoned Rice 110-190g

Palmolive Softwash
Liquid Soap Pump 250mL
60¢ per 100mL

SEE INSIDE FOR MORE SAVINGS

Offers available from: 17/05/23 until 23/05/23

Whilst stocks last. Pictures for illustration purposes only. Some products or varieties may not be available at all stores.

Australian
BEEF RUMP STEAK
\$25.99
kg

product sold uncooked



WHERE THE *locals* MATTER

GREAT SPECIALS ON NOW!
Scan & Subscribe to save





— 1/2 PRICE *Specials* —



\$1.25
ea

SAVE \$1.25

Oreo
Cookie
131-147g



\$2.25
ea

SAVE \$2.25

Arnott's TeeVee Snacks 175g
\$1.29 per 100g

**1/2
PRICE**



\$2.49
ea

SAVE \$2.51

Skittles Confectionery 160-200g



\$1.99
ea

SAVE \$2.01

The Natural Cracker Co 160g
\$1.24 per 100g



\$5.19
ea

SAVE \$5.20

Streets Golden Gaytime 4pk
\$1.30 per 100mL

— 1/2 PRICE *Specials* —



\$3.99
ea

SAVE \$4.01

Nescafé Coffee
Sachets 10pk/Gold 8pk



\$1.99
ea

SAVE \$2.01

Continental Stock 1L
20¢ per 100mL



\$6.99
ea

SAVE \$7.01



Tresemme Shampoo &
Conditioner 940mL
74¢ per 100mL



\$4.89
ea

SAVE \$4.90

Tresemme Hair
Spray 360g
\$1.36 per 100g



\$2.49
ea

SAVE \$2.51

Original Source Shower Gel 250mL
\$1.00 per 100mL



\$2.75
ea

SAVE \$2.75

Macleans Extreme
Clean Toothpaste 170g
\$1.62 per 100g



\$2.49
ea

SAVE \$2.51

Ajax Disinfectant Trigger 500mL
50¢ per 100mL



— FRESH MEAT & Produce —



Tasmanian Grown

island fresh PRODUCE

washed potatoes

Tasmanian

WASHED POTATOES 2kg

\$2.50 per 1kg

\$5 bag



Tasmanian Grown

Premium Grade Carrots

Carrots 1kg
\$1.50 per 1kg

\$1.50 bag



Tasmanian Grown

Baby Spinach Leaves

Bagged Baby Spinach 150g
\$23.00 per 1kg

\$3.45 bag



Sesh Snacks

THE YOU BEAUT' CAMPFIRE SAVOURY NUT MIX

THE RIDGEY RIDGE DROVERS BARBICUE MIX

JC's Sesh Snacks 115/130g

\$3.99 ea

Lamb Forequarter Chops

\$19.99 kg



Scottsdale Artisan Pork Burgers 500g
\$15.98 per 1kg

\$7.99 ea



Scottsdale Artisan Carolina/Memphis Marinated Pork Shoulder

\$14.99 kg



Australian Poultry

Marion Bay

FREE RANGE BAGGED CHICKEN

Serving Suggestion - Product sold uncooked

\$7.99 kg



Family Favourite
CHAMPAGNE HAM

Serving Suggestion

\$15⁹⁹ kg



Short
Cut
Bacon

\$13⁹⁹ kg



Thin Beef
Sausages

\$11⁹⁹ kg



Mixed
Chicken
Pieces

Australian
Poultry

\$5⁹⁹ kg

National Pies Curried
Chicken/Chicken
Camembert/Beef
Pies/Rolls 6pk

Product of
Tasmania

\$6⁹⁹ ea

SAVE \$1.80



Central Cake Co
Lemon/Caramel/
Hedgehog/Brownie
Fingers 6pk

Product of
Tasmania

\$7⁹⁹ ea

SAVE \$1.60



Golden
Crumpet
Rounds 6pk
86¢ per 100g

Product of
Tasmania

\$2⁵⁹ ea

SAVE \$1.11




Product of
Tasmania

Cripps
MASTER MUFFINS 6PK

\$1.05 per 100g

\$3⁷⁹ ea

SAVE \$1.50

For every one of our products sold, we give back to community causes around Australia.

community

JOIN US IN GIVING BACK TO



Community Co Sauce 500mL
40¢ per 100mL

\$1.99
ea

community Co



\$2.69
ea

community Co

Community Co
Passata 690g
39¢ per 100g



\$4.99
ea

community Co

Community Co
Canola Oil 750mL
67¢ per 100mL



\$3.79
ea

community Co

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



\$4.99
ea

community Co

Community Co
Vegetable Oil 750mL
67¢ per 100mL



\$3.80
ea

community Co

Community Co
Rice Arborio 1kg
38¢ per 100g



Visit www.communityco.com.au/giveback/ to see how your purchase can benefit your community.

TO YOUR LOCAL COMMUNITY



Community Co
Strawberry Jam 500g
54¢ per 100g



Community Co
Sultanas 500g
\$12.00 per 1kg



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



Community Co Diced
Peach In Juice 4x125g
\$7.00 per 1kg



Community Co Soy Milk 1L
\$2.75 per 1L



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



TRY

nutella[®]
FERRERO
biscuits



Nutella Biscuits 193g
\$2.18 per 100g

\$4.20
ea

SAVE \$1.80



Crunchy biscuits with a creamy heart of Nutella[®]



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

\$3.49
ea

SAVE \$1.31



Arnott's Water Crackers 125g
\$1.04 per 100g

\$1.30
ea

SAVE 49¢



Fyna Licorice Bags 200-250g

\$2.99
ea

SAVE 90¢



Allen's Chocolate Bags 120-160g

\$3.79
ea

SAVE \$1.20



Allen's Jelly/
Mint Confectionery Range 140-200g

\$2.75
ea

SAVE \$1.25



Cadbury
Large Block Chocolate 315-360g

\$5.99
ea

SAVE \$2.00



Arnott's Scotch Finger/
Cream Biscuits 200-250g

\$2.49
ea

SAVE \$1.10



Arnott's Chocolate Biscuits 160-250g
(excl. Tim Tam)

\$3.49
ea

SAVE \$1.01

— STOCK UP THE *Pantry* —



\$2.49
ea

SAVE 46¢

San Remo Pasta 375/500g



\$2.49
ea

SAVE 31¢

Rosella Condensed Tomato Soup 390g
64¢ per 100g



\$2.49
ea

SAVE 56¢

MasterFoods Fresh Crushed Garlic 170g
15¢ per 10g



\$2.49
ea

SAVE 61¢

Green's
Traditional Cake/Muffin Mix 330-500g



\$13.99
ea

SAVE \$6.51

Moccona Specialty Blend Coffee 200g
\$7.00 per 100g



\$3.99
ea

SAVE \$1.01

Kellogg's K-Time Twists 5pk
\$2.16 per 100g



\$3.69
ea

SAVE \$1.00

Uncle Toby's
Quick or Traditional Oats 500g
74¢ per 100g



\$2.69
ea

SAVE \$1.00

Pauls Zymil Long Life Milk 1L
\$2.69 per 1L



\$4.25
ea

LOW PRICE

Nice & Natural Nut Bars 6pk



\$2.89
ea

LOW PRICE

Tas Taste Plain/Self Raising Flour 2kg
\$1.45 per 1kg



\$1.80
ea

LOW PRICE

Continental Recipe Base 30-50g



— FILL UP THE FRIDGE & *Freezer* —



\$4.49
ea

SAVE \$2.10

Western Star Spreadable 500g
90¢ per 100g



\$1.99
ea

SAVE \$1.01

Mainland On the Go
Cheese & Crackers 50g/Artisan 36/38g



\$6.99
ea

SAVE \$2.01

Perfect Italiano Grated Cheese 450g
\$15.53 per 1kg



\$6.99
ea

SAVE \$3.00

President Cheese 200g
\$34.95 per 1kg



\$1.29
ea

SAVE 70¢

Pauls Custard 70g
\$1.84 per 100g



\$4.99
ea

SAVE \$1.30

Dairy Farmers
Thick & Creamy Yoghurt 600g
83¢ per 100g



\$7.99
ea

SAVE \$2.80

Birds Eye Oven Bake Fish Fillets 425g
\$18.80 per 1kg



\$5.25
ea

SAVE \$1.94

Peters Original Ice Cream 2L
26¢ per 100mL



\$3.99
ea

SAVE \$1.01

Nanna's Snack
Fruit Pies 4pk/Family 600g



\$1.25
ea

SAVE 30¢

Dine Cat Food Tray 85g
\$1.47 per 100g



\$9.99
ea

SAVE \$3.70

Whiskas Dry Cat Food 1.8kg
56¢ per 100g



\$9.99
ea

SAVE \$3.01

Pedigree Dry Dog Food 2.5/3kg



\$2.99
ea

SAVE 51¢

Pedigree Canned Dog Food 700g
43¢ per 100g



\$6.99
ea

SAVE \$2.51

My Dog Chef Selection 6pk
\$1.17 per 100g



\$13.99
ea

SAVE \$4.00

Sorbent Toilet Tissue 24pk
32¢ per 100sh



\$3.75
ea

SAVE \$1.50

Curash Baby Wipes 80pk
\$4.69 per 100ea



\$1.99
ea

SAVE 51¢

Sorbent Facial Tissues 170s
\$1.17 per 100ea



\$3.49
ea

SAVE \$1.10

Handee Ultra Paper Towel 2pk
\$2.91 per 100ea



\$3.99
ea

SAVE \$1.00

Multix Alfoil 30cmx20m
20¢ per 1m



\$4.49
ea

SAVE \$1.16

Little Lucifer Firelighters 24pk
19¢ per 1ea

SEE INSIDE FOR MORE SAVINGS



Coca-Cola/Fanta/Sprite Soft Drink Cans 24x375mL
\$2.36 per 1L



Coca-Cola/Fanta/Sprite/
Deep Spring/Mt Franklin 6x250mL
\$3.53 per 1L



V Energy Drink 4x250mL
\$5.99 per 1L



Kirks Soft
Drink 1.25L
\$1.20 per 1L



Kirks Canned Soft Drink 10x375mL
\$2.01 per 1L



Gatorade Sports
Drink 600mL
\$4.48 per 1L



Cottee's
Cordial
Syrup Double
Concentrate 1L
\$4.49 per 1L



Schweppes Mixer Soft Drink 4x300mL
\$3.74 per 1L

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PORK, CHILLI & ROCKET PENNE



San Remo Pasta 375/500g

Ingredients

- 400g dried penne pasta
- 2 tbsp olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 2 long red chillies, deseeded & chopped
- 2 tbsp baby capers, drained & rinsed
- 500g pork mince
- 60g baby rocket leaves
- finely grated parmesan, to serve
- extra sliced red chilli, to serve

What to do

1. Cook penne in a large saucepan of boiling salted water following packet directions. Drain and return to the pan.
2. Meanwhile, heat oil in a large non-stick frying pan over a medium heat. Add onion, garlic, chillies and capers and cook, stirring occasionally, for 4-5 minutes or until tender.
3. Add pork mince and cook, stirring constantly, with a wooden spoon to break up mince, for 10 minutes or until browned and cooked through. Remove from heat.
4. Toss pork mixture through the penne over low heat. Add rocket leaves. Season with salt and pepper and toss until rocket begins to wilt. Serve with parmesan and extra sliced red chilli.



WHERE THE *locals* MATTER

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