



ON SALE
9TH AUGUST
2023



Health, Beauty & Baby SALE





\$1.40 ea
SAVE \$1.45

Pepsi/Solo/
Sunkist/7Up Soft Drink 1.25L
\$1.12 per 1L



\$1.50 ea
SAVE \$1.69

Continental Cup-a-Soup 2pk



\$2.25 ea
SAVE \$2.25

Arnott's Tim Tam Biscuits 165-200g
(excl. Deluxe)



\$2.99 ea
SAVE \$3.01

Palmolive Naturals Shampoo/
Conditioner 350mL
85¢ per 100mL

ALL 1/2 PRICE

Offers available from: 09/08/23 until 15/08/23

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

Gourmet
TOMATOES
\$3.90 kg





WHERE THE *locals* MATTER

GREAT SPECIALS ON NOW!

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— 1/2 PRICE *Specials* —



\$1.49
ea

SAVE \$1.66

Bundaberg
Ginger Beer/Soft Drink 375mL
\$3.97 per 1L



\$1.10
ea

SAVE \$1.10

Mars Medium Bars 35-56g

ALL
1/2
PRICE



\$14.99
ea

SAVE \$20.01

Cadbury Dairy Milk Gift Box 500g
\$3.00 per 100g



\$2.49
ea

SAVE \$2.66

Lipton Ice Tea 1.5L
\$1.66 per 1L



\$2.38
ea

SAVE \$2.91

Arnott's Deluxe Tim Tam Biscuits 175g
\$1.36 per 100g

— 1/2 PRICE *Specials* —



Kellogg's Coco Pops/Froot Loops/Just Right 285-460g

\$3.49
ea

SAVE \$3.51



\$1.60
ea

SAVE \$1.60

Australia's Own Unsweetened Almond Milk 1L
\$1.60 per 1L

ALL
1/2
PRICE



\$3.42
ea

SAVE \$3.43

Lipton Black/English Breakfast Tea Bags 100pk
\$1.71 per 100g



\$2.25
ea

SAVE \$2.60

Campbell's Canned Soup 495-510g



Feline First Clumping Cat Litter 7.5kg
\$1.00 per 1kg

\$7.49
ea

SAVE \$8.50



— FRESH MEAT & Produce —



Delicious
ZUCCHINI

\$3.50
kg



Brushed
Potatoes
2.5kg
\$2.00 per 1kg

\$5
bag



Simply Tasty
Pasta Faves
400g
\$1.87 per 100g

\$7.49
ea



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

\$4.99
ea

Scottsdale
Artisan Pork
Burgers 500g
\$14.98 per 1kg

\$7.49
ea



First Grade
Beef Mince

\$17.99
kg



\$10.49
ea



Ingham's
Creamy Garlic Stuffed Chicken Breasts 700g
\$14.99 per 1kg



Lamb

FOREQUARTER CHOPS

Serving Suggestion (product sold uncooked)

\$17.99
kg



National Pies
Party Pies/
Rolls 6pk

\$7⁴⁹ ea

SAVE \$1.30



Golden
Crumpet
Rounds 6pk
86¢ per 100g

\$2⁵⁹ ea

SAVE \$1.16



Cripps
Master
Muffins 6pk
\$1.05 per 100g

\$3⁷⁹ ea

SAVE \$1.50





Health, Beauty

S

A



\$260
ea
SAVE \$2.65

Colgate 360°
Toothbrush 1pk
(excl. Advanced)
\$2.60 per 1ea



\$240
ea
SAVE \$2.40

Swisspers Cotton Tip 240pk
\$1.00 per 100ea



\$275
ea
SAVE \$3.25

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



\$249
ea
SAVE \$2.51

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



\$449
ea
SAVE 76¢

Band-Aids 40/50pk



\$249
ea
SAVE 51¢

Palmolive
Softwash Liquid Soap Pump 250mL
\$1.00 per 100mL



\$599
ea
SAVE \$1.00

Pears Transparent Soap 3pk
\$1.60 per 100g



\$549
ea
SAVE 51¢

Panadol Liquid Caps 20pk
27¢ per 1ea



Bic Soleil
Smooth Scented
Razors 4pk
\$1.00 per 1ea

\$399
ea
SAVE \$2.21



Bic Hybrid
Comfort 3
Razor + 6
Blades
\$1.00 per 1ea

\$599
ea
SAVE \$2.90

Beauty & Baby



L
2
ICE



Nivea Aerosol Deodorant 250mL
\$1.70 per 100mL

\$4.39
ea
SAVE \$5.40

Tresemme Hair Spray
360g
\$1.22 per 100g



\$4.25
ea
SAVE \$4.25

Curash Baby Wipes 80pk
\$3.44 per 100ea



\$2.75
ea
SAVE \$2.75

Dermaveen Daily Nourish Moisturising Lotion
500mL
\$1.75 per 100mL



\$8.75
ea
SAVE \$8.75



Huggies Jumbo Disposable Nappies 60-108s

\$29.99
ea
SAVE \$9.01

Johnson & Johnson Baby Powder 200g
\$1.75 per 100g



\$3.49
ea
SAVE \$1.26

Skyn Condoms 10pk
80¢ per 1ea



\$7.99
ea
SAVE \$2.51



NAN Comfort Stage 1 or 2 800g
\$2.50 per 100g

\$20
ea
LOW PRICE



Baby Bellies Puffed Corn 8g
\$22.50 per 100g

\$1.80
ea
LOW PRICE



Rafferty's Garden Baby Food 120g (excl. Custard)
\$1.79 per 100g

\$2.15
ea
LOW PRICE



— TREATS, SNACKS & Drinks —



\$3²⁹
ea

SAVE \$2.21

Cadbury Family Block Chocolate 160-190g



\$2⁹⁹
ea

SAVE \$2.01

Cadbury Bites 110-150g



\$2⁴⁹
ea

SAVE \$1.46

Arnott's Cream Biscuits 200/250g



\$3⁴⁹
ea

SAVE \$1.31

Natural Chip Company/
CC's Corn Chips 110/175g



\$2⁹⁹
ea

SAVE 90¢

Fyna Licorice Bags 200-250g



\$21²⁰
ea

SAVE \$13.35

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



\$9⁸⁵
ea

SAVE \$3.50

Monster Energy Drink 4x500mL
\$4.93 per 1L



\$7⁵⁵
ea

SAVE \$2.45

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



\$6¹⁵
ea

SAVE \$2.35

Coca-Cola/Fanta/Sprite/
Deep Spring/Mt Franklin 6x250mL
\$4.10 per 1L

— STOCK UP THE *Pantry* —



\$3.99
ea

SAVE 60¢

Leggo's Pasta Sauce 490/500g



\$1.49
ea

SAVE 46¢

Fantastic Noodles Cup 70g/Bowl 85g



\$3.49
ea

SAVE \$2.01

Kewpie
Mayonnaise
300g
\$1.16 per 100g



\$1.49
ea

SAVE \$1.20

Greenseas Canned Tuna 95g
\$15.68 per 1kg



\$3.99
ea

SAVE \$1.26

Easy Mac 280g
\$1.43 per 100g



\$2.69
ea

SAVE \$1.81

Cadbury Baking
Blocks 180g/Chips 200g/Melts 225g



\$2.80
ea

LOW PRICE

Green's Sponge Pudding Mix 260g
\$1.08 per 100g



\$10.99
ea

SAVE \$3.00

Nestle Milo 700g
\$1.57 per 100g



\$9.99
ea

SAVE \$1.50

Nescafe Blend 43 140/150g/
Gold 90/100g (excl. Decaf/Short Black)



\$4.75
ea

LOW PRICE

Uncle Tobys LeSnak 6pk
\$3.60 per 100g





— FILL UP THE FRIDGE & *Freezer* —



\$5²⁵
ea

SAVE \$1.94

Peters Original Ice Cream 2L
26¢ per 100mL



\$7⁹⁹
ea

SAVE \$1.96

Connoisseur Ice Cream Stick 4/6pk



\$4⁴⁹
ea

SAVE \$2.00

Pampas Puff/Shortcrust Pastry 1kg
45¢ per 100g



\$3⁴⁹
ea

SAVE \$1.01

On the Menu Frozen Meal 260g
\$1.34 per 100g



\$7⁹⁹
ea

SAVE \$1.00

Four 'n Twenty Traditional Pies 4pk
\$1.14 per 100g



\$3⁹⁹
ea

SAVE \$1.21

Duck River Butter Pat 250g
\$1.60 per 100g



\$2⁴⁹
ea

SAVE 51¢

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



\$5⁴⁹
ea

SAVE \$1.51

Bega Block Cheese 250g
\$21.96 per 1kg



\$1⁷⁵
ea

SAVE 85¢

Dairy Farmers
Thick & Creamy Yoghurt 150g
\$1.17 per 100g

**1/2
PRICE**



Palmolive
Ultra
Dishwashing
Liquid
950mL
45¢ per 100mL

\$4.25
ea

SAVE \$4.25

**1/2
PRICE**



Omo 3 in 1 Capsules 28pk
46¢ per 1ea

\$12.99
ea

SAVE \$13.01



Cold Power Laundry
Liquid 1.8/2L/Powder 1.8/2kg

\$12.99
ea

SAVE \$8.40



Kleenex Toilet Tissue White 45pk
33¢ per 100sh

\$26.99
ea

SAVE \$7.00



Redheads Heritage Firelighters 32pk
12¢ per 1ea

\$3.99
ea

SAVE 41¢



Dine Cat Food Tray 85g
\$1.40 per 100g

\$1.19
ea

SAVE 36¢



Whiskas Dry Cat Food 800g
69¢ per 100g

\$5.49
ea

SAVE \$1.00



Pedigree Dry Dog Food 2.5/3kg

\$11.99
ea

SAVE \$2.01



Ajax
Spray n' Wipe Trigger 475/500mL

\$3.50
ea

LOW PRICE



White King Bleach 1.25L
\$3.03 per 1L

\$3.79
ea

LOW PRICE



Fancy Feast
Dry Cat Food 430/450g

\$6.50
ea

LOW PRICE

community Co

JOIN US IN GIVING BACK TO YOUR LOCAL COMMUNITY

Now available at **IGA**

SEE INSIDE FOR MORE SAVINGS



\$1.99
ea
community Co

Community Co
Sauce 500mL
40¢ per 100mL



\$3.69
ea
community Co

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



\$5
ea
community Co

Community Co
Rice Arborio 1kg
50¢ per 100g



\$2.75
ea
community Co

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



\$11.99
ea
community Co

Community Co
Frozen Beef
Burgers 640g
\$18.73 per 1kg



\$1.89
ea
community Co

Community Co
Pasta 500g
38¢ per 100g

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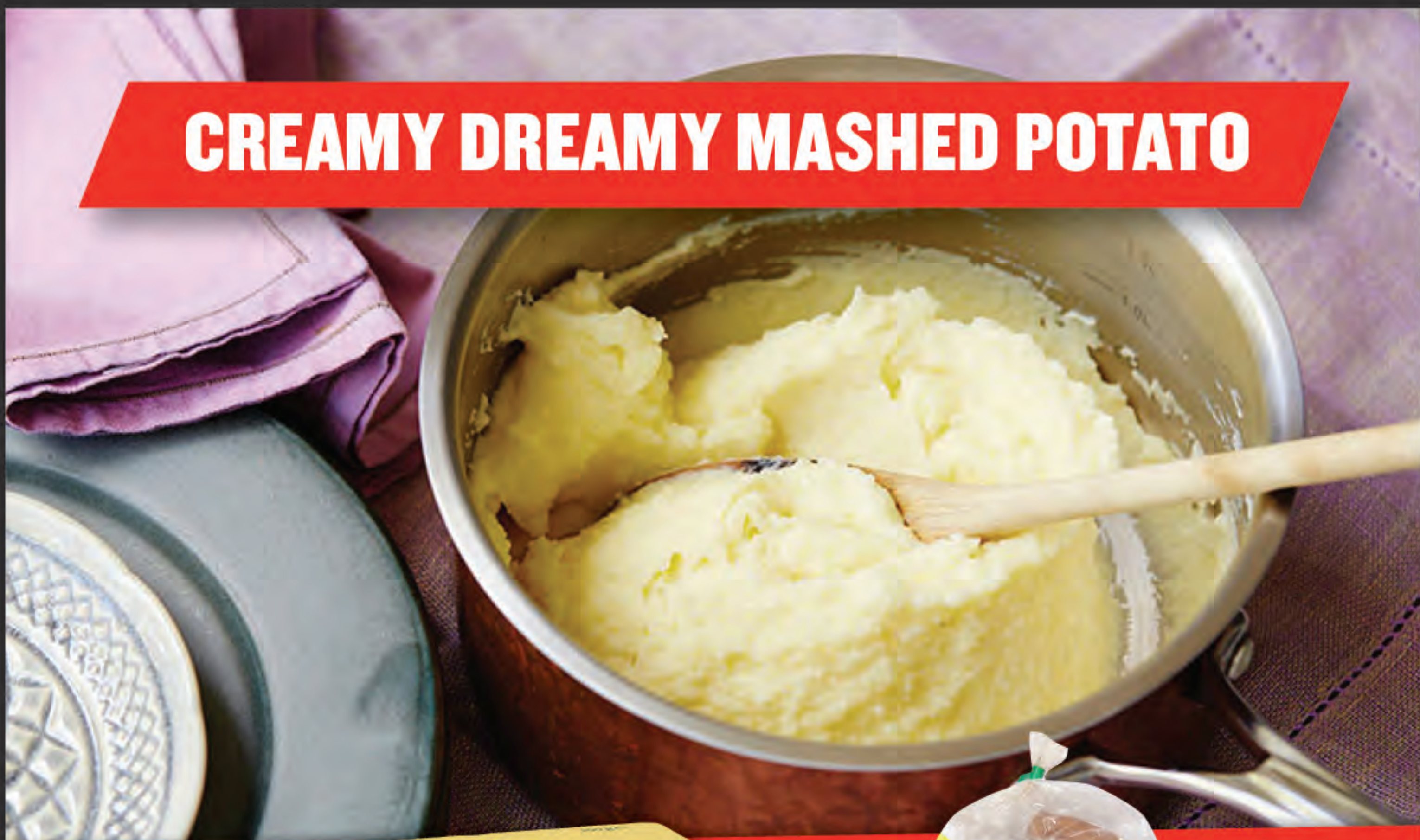
LOCATE

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CREAMY DREAMY MASHED POTATO



Duck River
Butter Pat 250g
\$1.60 per 100g



\$3.99
ea

SAVE \$1.21



Brushed
Potatoes
2.5kg
\$2.00 per 1kg

\$5
bag

Ingredients

- 4 potatoes
- 1 cup cream
- 2 tbsp Duck River Butter
- 1/2 tsp sea salt

What to do

1. Simply peel, quarter and boil 4 potatoes in a large pot of salty water, 15 minutes. Meanwhile bring to a gentle boil 1 cup of cream and two tablespoons of butter.
2. When potatoes are tender, drain and mash. Pour in the warm buttery cream and season with 1/2 tsp sea salt. Using a hand held mixer, beat the potatoes on high until all ingredients are incorporated and potatoes are smooth and fluffy.
3. Transfer to serving dish, drizzle with a little extra melted butter and sprinkle with paprika and chopped parsley.



WHERE THE *locals* MATTER

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