



ON SALE
9TH AUGUST
2023



Health, Beauty & Baby SALE





\$1.40 ea

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



\$1.50 ea

Continental Cup-a-Soup 2pk



\$2.25 ea

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



\$2.99 ea

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

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Health, Beauty & Baby

SALE



**1/2
PRICE**

Nivea
Aerosol
Deodorant
250mL
\$1.70 per 100mL



\$4.25
ea

**1/2
PRICE**

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



\$2.60
ea

**1/2
PRICE**

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



\$2.49
ea

**1/2
PRICE**

Swisspers Cotton Tip 240pk
\$1.00 per 100ea



\$2.40
ea

**1/2
PRICE**

Curash Baby Wipes 80pk
\$3.44 per 100ea



\$2.75
ea



Huggies Jumbo
Disposable Nappies 60-108s

\$29.99
ea



\$3.49
ea

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

\$2.25
ea

Campbell's
Canned Soup
495-510g



ALL

**1/2
PRICE**

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



\$3.42
ea



Mars Medium Bars 35-56g

\$1.10
ea

\$2.49
ea

Lipton Ice
Tea 1.5L
\$1.66 per 1L



Palmolive
Ultra
Dishwashing
Liquid 950mL
45¢ per 100mL



\$4.25
ea



\$3²⁹
ea

Cadbury Family Block Chocolate 160-190g



\$2⁹⁹
ea

Fyna Licorice Bags 200-250g



\$2⁴⁹
ea

Arnott's Cream Biscuits 200/250g



\$21²⁰
ea

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



\$9⁸⁵
ea

Monster Energy Drink 4x500mL
\$4.93 per 1L



\$7⁵⁵
ea

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



\$3⁹⁹
ea

Leggo's Pasta Sauce 490/500g



\$1⁴⁹
ea

Fantastic Noodles Cup 70g/Bowl 85g



\$9⁹⁹
ea

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



\$1¹⁹
ea

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



\$11⁹⁹
ea

Pedigree Dry Dog Food 2.5/3kg



\$12⁹⁹
ea

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

SEE INSIDE FOR MORE SAVINGS



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



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



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



Peters Original Ice Cream 2L
26¢ per 100mL



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



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

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Health, Beauty & Baby

SALE



\$2.49
ea

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



Tresemme Hair Spray
360g
\$1.22 per 100g

\$4.39
ea



Pears Transparent Soap 3pk
\$1.60 per 100g

\$5.99
ea



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

\$1.80
ea

LOW PRICE



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



\$2.75
ea



Panadol Liquid Caps 20pk
27¢ per 1ea

\$5.49
ea



Band-Aids 40/50pk

\$4.49
ea



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community Co

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\$1.99
ea
community Co

Community Co
Sauce 500mL
40¢ per 100mL



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



\$3.69
ea
community Co



\$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

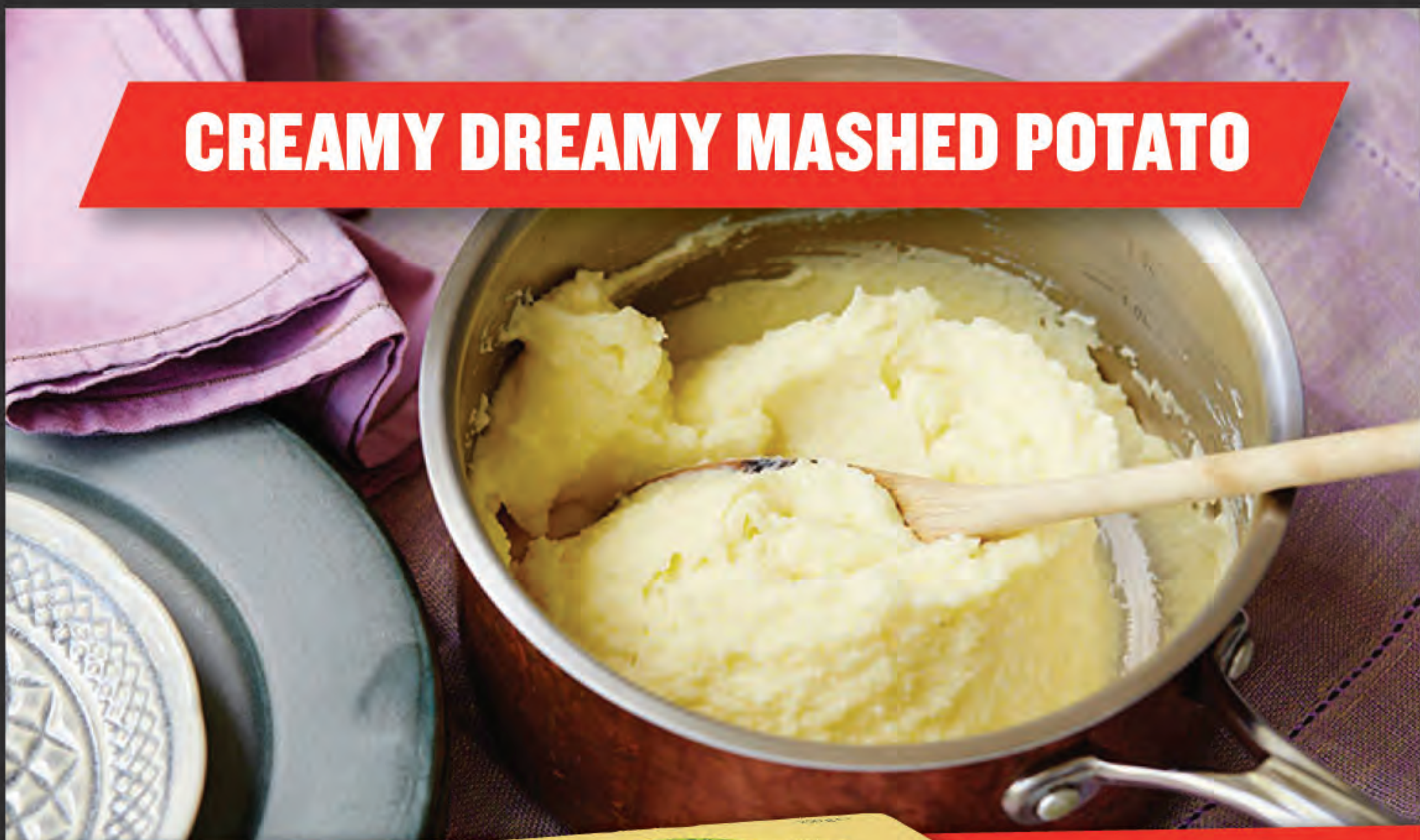
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CREAMY DREAMY MASHED POTATO



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

\$3.99
ea

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.



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