



ON SALE 26TH OCTOBER 2022



Australian

LAMB LOIN CHOPS

\$26⁹⁹
kg



Serving Suggestion

WHERE THE *locals* MATTER

**1/2
PRICE**

**MAJOR
SAVERS**



\$1
ea

SAVE \$1.20

SPC Baked Beans & Spaghetti 420/425g

Rexona
Advanced
Antiperspirant
220mL
\$1.93 per 100mL



\$4²⁵
ea

SAVE \$4.44



\$6⁹⁹
ea

SAVE \$7.01

Fab Laundry Powder 1.8/2kg & Liquid 1.8L



\$4⁹⁹
ea

SAVE \$4.01

Peters Drumstick 4/6pk

Offers available from:
26/10/22 until 01/11/22

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

GREAT SPECIALS ON NOW!

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SEE INSIDE FOR MORE SAVINGS



— FRESH MEAT & Produce —



Grown in Australia

Fresh
ASPARAGUS

\$1.50
bunch



Lettuce

\$2.50
ea



Brown Onions 1kg
\$1.50 per 1kg

\$1.50
bag



JC's Dried Cranberries
500g
\$13.98 per 1kg

\$6.99
ea

Scottsdale
Traditional English
Thick Pork
Sausage 475g
\$17.87 per 1kg

\$8.49
ea



Ingham's
Diced
Chicken
Breast

\$13.99
kg



Scottsdale
Artisan
Glazed
Pork Ribs

\$16.99
kg



Australian Lamb

Boneless
LAMB LEG ROAST

Serving Suggestion

\$24.99
kg



Rindless

MIDDLE BACON

Serving Suggestion

\$17⁹⁹
kg



Virginian
Ham

\$13⁹⁹
kg



Chicken
Breast
Supreme

\$16⁹⁹
kg



Sliced
Silverside

\$22⁹⁹
kg

Mighty Soft
Sliced Bread
700g
53¢ per 100g

\$3⁶⁹
ea

SAVE \$1.16



Cripps Café
Quality Fruit
Loaf 700g
54¢ per 100g

\$3⁷⁹
ea

SAVE \$1.80



National Pies
Premium Pies 2pk
(excl. Cottage/
Chunky Beef)
\$1.94 per 100g

\$6⁹⁹
ea

SAVE \$1.30



MASTER MUFFINS 6PK

\$1.05 per 100g

\$3⁷⁹
ea

SAVE \$1.50



— SNACK & DRINK *Favourites* —



Maximus Sports Drink 1L
\$2.49 per 1L

\$2.49
ea

SAVE \$1.26



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

\$3.65
ea

LOW PRICE



Coca-Cola/Fanta/Sprite 10x375mL
\$2.66 per 1L

\$9.99
ea

SAVE \$4.26



Kirks Soft Drink 1.25L
\$1.35 per 1L

\$1.69
ea

SAVE 30¢



Golden Circle Fruit Drink 6x250mL
\$2.66 per 1L

\$3.99
ea

SAVE \$1.11



Bundaberg Brewed Soft Drink 10x375mL
\$3.46 per 1L

\$12.99
ea

SAVE \$2.51



Twisties/Burger Rings/Toobs/Cheetos 125-270g

\$3.69
ea

SAVE \$1.11



Samboy Potato Chips 175g
\$1.99 per 100g

\$3.49
ea

SAVE \$1.10



Fantastic Delites Rice Snacks 100g
\$1.75 per 100g

\$1.75
ea

SAVE 54¢



Wrigley's Extra White Chewing Gum Bottle 64-67g

\$3.99
ea

SAVE 81¢



Arnott's Multipacks 7/8pk (excl. Wagon Wheels)

\$3.49
ea

SAVE \$1.30



Community Co Gluten Free Biscuits 120/180g

\$3.90
ea

community Co

— STOCK UP THE *Pantry* —

MAJOR SAVERS

**1/2
PRICE**



\$3.62
ea

SAVE \$3.63

Bega Peanut Butter 470g
77¢ per 100g



Nescafé
Blend 43
Coffee 500g
\$3.60 per 100g

\$17.99
ea

SAVE \$6.01



\$2.79
ea

SAVE 21¢

Juicy Isle Topping 375mL
74¢ per 100mL



\$6.99
ea

SAVE \$2.51

Kellogg's Crunchy Nut
Corn Flakes/Froot Loops/Nutri-Grain/
Just Right/Coco Pops 460-765g



\$3.49
ea

SAVE \$1.20

Green's Premium Baking Mixes 380-630g



Nestle
Milo 200g
\$2.00 per 100g

\$3.99
ea

SAVE 50¢



Fountain
Squeezy
Tomato/BBQ
Sauce 500mL
(excl. Reduced
Sugar)
54¢ per 100mL

\$2.69
ea

SAVE 80¢



\$2.99
ea

SAVE \$1.11

MasterFoods Mustard 170/175g



\$2.69
ea

SAVE 86¢

Gravox Liquid Gravy/Sauce 165g
\$1.63 per 100g



\$2.49
ea

SAVE \$1.01

Ben's Original Express Rice 250g
\$1.00 per 100g



\$3.99
ea

SAVE \$1.81

Saxa Gourmet Grinder 35-90g



Red Kellys
Salad
Dressing
250mL
(excl.
Balsamic)
\$1.60 per 100mL

\$3.99
ea

SAVE 81¢



— FILL UP THE FRIDGE & Freezer —

**1/2
PRICE**



\$3.35
ea

SAVE \$3.35

Lean Cuisine Frozen Meals 375g
89¢ per 100g



\$5.49
ea

SAVE \$4.46

Ingham's Chicken Breast Tenders 400g
\$13.73 per 1kg



\$2.85
ea

SAVE 25¢

Birds Eye Hash Browns 375g
\$7.60 per 1kg



\$8.99
ea

SAVE \$2.60

Ingham's Chicken Kiev 350g
\$25.69 per 1kg



\$4.49
ea

SAVE 91¢

Peters Lemonade/
Raspberry & Lemonade Icy Poles 8pk



\$6.99
ea

SAVE \$2.36

Golden North Simply Indulge
Ice Cream 2L/Giant Twin Ice Cream 5pk



\$4.49
ea

SAVE 51¢

Yoplait Yoghurt 1kg
45¢ per 100g



Juicy Isle
Orange
Juice No
Added
Sugar 2L
\$2.50 per 1L

\$4.99
ea

SAVE 60¢



Violet
Crumble
Flavoured
Milk 500mL
\$6.98 per 1L

\$3.49
ea

SAVE \$1.50



\$4.99
ea

SAVE \$1.70

San Remo Fresh Pasta 350g
\$1.43 per 100g



\$3.99
ea

SAVE \$1.36

Primo Bacon Pieces/
Shredded Ham Twin Pack 300g
\$13.30 per 1kg



Mainland
Tasty
Cheese
Block 500g
\$11.98 per 1kg

\$5.99
ea

SAVE \$3.51

ALL

**1/2
PRICE**



\$2.64
ea

SAVE \$2.65

Sunsilk Shampoo/Conditioner 200mL
\$1.32 per 100mL



\$2.89
ea

SAVE \$2.90

Windex Glass Cleaner 500mL
58¢ per 100mL



\$2.49
ea

SAVE \$2.51

Morning Fresh Dishwashing Liquid 400mL
62¢ per 100mL



\$17.99
ea

SAVE \$18.01

Finish Ultimate Pro Dish Tablets 32/34pk



\$3.99
ea

SAVE \$2.01

Bref Duo Cubes 50g 2pk/
Active Lemon 50mL



\$3.99
ea

SAVE \$1.50

Jiffy Economy Firelighters 24s
17¢ per 1ea



\$2.99
ea

SAVE \$1.01

Multix Super Strong Large Tidy Bag 18pk
17¢ per 1ea



\$1.49
ea

SAVE 21¢

My Dog Tray 100g
\$1.49 per 100g



\$1.45
ea

SAVE 50¢

Snappy Tom Canned Cat Food 400g
36¢ per 100g



\$6
ea

LOW PRICE

Fancy Feast Dry Cat Food 430/450g

SEE INSIDE FOR MORE SAVINGS

STOCK UP FOR Halloween



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



Cadbury Share Pack 144-180g



Pascall/The Natural
Confectionery Bags 120-260g



Nestle Fun Pack
Confectionery 140-185g



Mars Fun Size Bags 132-192g



Mentos Mini Rainbow
Bag 120g/Chupa Chups Bag 96g



Skittles Confectionery 160-200g

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community Co

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WHERE THE *locals* MATTER

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CHIP OFF THE OLD ICE BLOCK



NEW PINE LIME | LEMONADE ICE BLOCK

\$2.49
ea

SAVE \$1.26

Maximus Sports Drink 1L
\$2.49 per 1L



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HALLOWEEN PIZZA



Cripps Master Muffins 6pk
\$1.05 per 100g

Ingredients

- 4 Cripps Master Muffins
- 4 tbsp pizza sauce
- 2 strips cheese
- 4 black pitted olives

What to do

1. Preheat the oven to 200°C.
2. Spread a teaspoon of tomato sauce on each English muffin, use the strips of cheese to make a spider web, and arrange the olives to make spiders.
3. Bake pizzas in the oven for 3-4 minutes or until the cheese has melted.

HALLOWEEN CRAFTS



TOILET ROLL BATS

What you'll need:

- Empty toilet rolls (as many as you want or have)
- Black and/or coloured paint and paint brush OR 2-3 sheets of black, white and/or coloured paper
- Pencil
- Googly eyes (or paint the eyes/ use paper to cut some out)
- Kid friendly scissors
- Sticky tape
- String
- Glue

Let's get going!

1. Either paint your toilet rolls in any colour, stand, and let dry completely, or cover your toilet rolls in black or coloured paper. Stick down with glue or sticky tape.
2. With a pencil, draw some bat wings and cut them out with scissors. Stick the wings onto the middle of the toilet roll with glue.
3. With paper, cut small circles for eyes, and cut out teeth or fangs with white paper, stick them on with glue. If you have them, stick your googly eyes on now.
4. Cut any length of string and sticky tape one end to the bottom, inside of your toilet roll.
5. Hang your spooky bats wherever to begin the Halloween fun...



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