



# FRESH FOOD COMP CHECK

DECEMBER 29 2021

## FRESH COMP CHECK - COLES & WOOLWORTHS

| DATE: 29/12/21            |      | COLES     |          |            | WOOLWORTHS |         |        | COMMENTS |
|---------------------------|------|-----------|----------|------------|------------|---------|--------|----------|
| Products                  | Unit | Price     | Special  | Origin     | Price      | Special | Origin |          |
| Apples - Golden Delicious | kg   | \$4.90    |          |            | \$4.90     |         |        |          |
| Apples - Granny Smith     | kg   | \$3.90    |          |            | \$3.90     |         |        |          |
| Apples Red - Royal Gala   | kg   | \$3.50    |          |            | \$3.90     |         |        |          |
| Apples Red - Fuji         | kg   | Na        |          |            | \$4.50     |         |        |          |
| Apricots                  | kg   |           | \$5.90   |            | \$6.50     |         |        |          |
| Avocados                  | ea   |           | \$1.00   | Hass       |            | \$0.80  |        | Hass     |
| Bananas                   | kg   | \$3.90    |          |            | \$3.90     |         |        |          |
| Cherries                  | kg   |           | \$13.90  |            |            | \$15.90 |        |          |
| Grapes Green              | kg   |           | \$9.50   |            |            | \$8.90  |        |          |
| Grapes Red                | kg   |           | \$2.00   |            | \$7.90     |         |        |          |
| Lemons                    | kg   | 1 For \$2 | 3For \$5 |            | \$7.90     |         |        |          |
| Mandarins                 | kg   | \$14.90   |          |            | \$3.50     |         |        | Afourer  |
| Mangoes                   | ea   | \$2.50    |          | Kensington |            | \$1.80  |        | Calypso  |
| Nectarines                | kg   |           | \$3.50   |            |            | \$3.50  |        |          |
| Oranges Navel             | kg   | \$5.90    |          |            | \$7.50     |         | USA    |          |
| Oranges Valencia          | kg   | NA        |          |            | NA         |         |        |          |
| Oranges Valencia 3kg Bag  | ea   | \$6.90    |          |            | \$6.50     |         |        |          |
| Peaches                   | kg   | \$3.50    |          |            |            | \$3.90  |        |          |
| Plums                     | kg   |           | \$4.50   |            |            | \$4.50  |        |          |
| Raspberries               | pun  |           | \$3.00   |            |            | \$3.50  |        |          |
| Strawberries              | pun  |           | \$2.80   |            |            | \$2.00  |        |          |
| Watermelon                | kg   | \$3.50    |          |            | \$3.50     |         |        |          |
| Asparagus                 | Bun  |           | \$2.00   |            | \$2.50     |         | /aus   |          |
| Broccoli                  | kg   |           | \$3.50   |            | \$5.50     |         |        |          |
| Cabbage Green             | ea   |           | \$3.00   |            | \$7.00     |         |        |          |
| Cabbage Red               | ea   |           | \$3.00   |            | \$7.00     |         |        |          |
| Capsicum Green            | kg   | \$9.90    |          |            | \$9.90     |         |        |          |
| Capsicum Red              | kg   | \$9.90    |          |            | \$9.90     |         |        |          |
| Carrots                   | kg   | \$2.20    |          |            | \$2.50     |         |        |          |
| Cauliflower               | ea   | \$3.50    |          |            | \$3.00     |         |        |          |
| Lettuce Iceberg           | ea   |           | \$1.90   |            | \$3.00     |         |        |          |
| Mushrooms Brown           | kg   | \$14.50   |          |            | \$14.50    |         |        |          |
| Mushrooms White           | kg   | \$11.50   |          |            | \$11.50    |         |        |          |
| Onions Loose              | kg   | \$3.00    |          |            | \$3.00     |         |        |          |
| Potatoes Brushed Loose    | kg   | \$4.00    |          |            | \$3.50     |         |        |          |
| Potatoes Brushed Packed   | bag  |           | \$4.00   |            | \$7.00     |         |        |          |
| Potatoes Washed Loose     | kg   | \$4.00    |          |            | \$4.00     |         |        |          |
| Potatoes Washed Packed    | kg   |           | \$4.00   |            | \$7.00     |         |        |          |
| Pumpkin - Butternut       | kg   | \$4.90    |          |            | \$4.90     |         |        |          |
| Pumpkin - Grey            | kg   | na        |          |            | \$4.90     |         |        |          |
| Pumpkin - Kent            | kg   | \$4.90    |          |            | \$4.90     |         |        |          |
| Tomatoes Gourmet          | kg   | \$9.90    |          |            | \$9.90     |         |        |          |
| Tomatoes Truss            | kg   | \$5.90    |          |            |            | \$3.90  |        |          |
| Zucchini                  | kg   | \$4.90    |          |            | \$6.90     |         |        |          |