

**TV/Digital****Wednesday 18 Jan 2023 - Tuesday 24 Jan 2023 (week 3)**

Television Advertised		Save	% Off	Retail	
1	Arnott's Shapes 130-190g	\$1.75	½	\$1.75	N/A
2	MasterFoods Squeezy Tomato/BBQ Sauce 475/500mL	\$1.79	½	\$1.70	N/A
3	Pringles Chips 134g	\$2.51	½	\$2.49	\$1.86 per 100g
4	Sanitarium Up & Go Breakfast Drink 6 x 250mL	\$5.26	½	\$5.19	\$3.46 per 1L
5	Coca-Cola 30 x 375mL	\$14.60		\$24.50	\$2.18 per 1L
6	Bega Tasty Cheese Block 1kg	\$5.01		\$9.99	\$9.99 per 1kg
Television Advertised - Fri 20 Jan					
7	Produce Line - Refer to Fresh Sheet (Produce)			\$0.00kg	N/A

Google Advertised					
1	Banana Boat Sunscreen SPF50+ 200g	\$10.90	½	\$9.99	\$5.00 per 100g
2	V8 Juice 1.25L excl. Power Blend/Healthy Greens	\$2.84	½	\$2.75	\$2.20 per 1L
3	Mars Medium Bars 35-56g	\$1.00	½	\$1.00	N/A
4	Tamar Valley Yoghurt 700g (POT)	\$3.75	½	\$3.75	54¢ per 100g

Facebook Advertised - Coca Cola Bar Fridge Giveaway Competition					
Facebook Advertised - Australia Day					
1	Arnott's Shapes 130-190g	\$1.75	½	\$1.75	N/A
2	Pringles Chips 134g	\$2.51	½	\$2.49	\$1.86 per 100g
3	Bundaberg Soft Drink 4 x 375mL	\$2.40		\$4.99	\$3.33 per 1L
4	Red Bull Energy Drink 4 x 250mL	\$5.01		\$6.99	\$6.99 per 1L
5	MasterFoods Squeezy Tomato/BBQ Sauce 475/500mL	\$1.79	½	\$1.70	N/A
6	Bega Tasty Cheese Block 1kg	\$5.01		\$9.99	\$9.99 per 1kg
7	Peters Lemonade or Raspberry & Lemonade Icy Poles 8pk	\$1.41		\$3.99	N/A
Facebook Advertised - Banana Boat Sunscreen Half Price					
1	Banana Boat Sunscreen SPF50+ 200g	\$10.90	½	\$9.99	\$5.00 per 100g

Wednesday Catalogue Email Header					
1	Arnott's Shapes 130-190g	\$1.75	½	\$1.75	N/A
2	MasterFoods Squeezy Tomato/BBQ Sauce 475/500mL	\$1.79	½	\$1.70	N/A
Friday Catalogue Email - Mint Sauce Recipe					
1	Lamb Loin Chops (Meat)			\$27.99kg	N/A

Website Banner					
1	Pringles Chips 134g	\$2.51	½	\$2.49	\$1.86 per 100g
2	Bega Tasty Cheese Block 1kg	\$5.01		\$9.99	\$9.99 per 1kg

Radio Advertised					
1	Arnott's Shapes 130-190g	\$1.75	½	\$1.75	N/A
2	MasterFoods Squeezy Tomato/BBQ Sauce 475/500mL	\$1.79	½	\$1.70	N/A
3	Coca-Cola 30 x 375mL	\$14.60		\$24.50	\$2.18 per 1L
4	Bega Tasty Cheese Block 1kg	\$5.01		\$9.99	\$9.99 per 1kg
5	Pringles Chips 134g	\$2.51	½	\$2.49	\$1.86 per 100g
6	Sanitarium Up & Go Breakfast Drink 6 x 250mL	\$5.26	½	\$5.19	\$3.46 per 1L
7	Tamar Valley Yoghurt 700g (POT)	\$3.75	½	\$3.75	54¢ per 100g



TV/Digital

Wednesday 18 Jan 2023 - Tuesday 24 Jan 2023 (week 3)

8	Schwarzkopf Extra Care Shampoo & Conditioner 400mL	\$4.50	½	\$4.49	\$1.12 per 100mL
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Press

Examiner / Mercury / Advocate

Wednesday 18 Jan 2023 - Tuesday 24 Jan 2023 (week 3)

Thursday 19 Jan - ALL PRESS		Save	% Off	Retail	
1	Nescafé Blend 43 Coffee 500g	\$6.01		\$17.99	\$3.60 per 100g
2	Praise Salad Dressing 330mL	\$1.50		\$2.49	75¢ per 100mL
3	Schwarzkopf Extra Care Shampoo & Conditioner 400mL	\$4.50	½	\$4.49	\$1.12 per 100mL
Thursday 19 Jan - Mercury Bonus Half Page		Save	% Off	Retail	
1	Arnott's Shapes 130-190g TV	\$1.75	½	\$1.75	N/A
2	Pringles Chips 134g TV	\$2.51	½	\$2.49	\$1.86 per 100g
3	MasterFoods Squeezy Tomato/BBQ Sauce 475/500mL TV	\$1.79	½	\$1.70	N/A
4	Coca-Cola/Fanta/Sprite Soft Drink 1.25L	\$0.66		\$2.19	\$1.75 per 1L
5	Captain's Table Water Crackers 125g	\$0.80		\$1.00	80¢ per 100g
6	Bega Tasty Cheese Block 1kg TV	\$5.01		\$9.99	\$9.99 per 1kg
Friday 20 Jan - Mercury - (Market Fresh)					
1	Cripps Master Hot Dog/Lunch Rolls 6pk (POT)	\$0.90		\$3.49	58¢ per 1ea
2	Lamb Loin Chops (Meat) Digital			\$27.99kg	N/A
3	Produce Line - Refer to Fresh Sheet (Produce) TV			\$0.00kg	N/A
Friday 20 Jan - Mercury					
1	Indomie Noodles 5pk ex BBQ Chicken	\$0.96		\$2.49	N/A
2	Handee Ultra Paper Towel 3pk	\$1.70		\$4.49	\$2.49 per 100ea
3	Ingham's Chicken Breast Tenders 400g	\$3.96		\$5.99	\$14.98 per 1kg
Friday 20 Jan - Advocate/Examiner - (Market Fresh)					
1	Cripps Master Hot Dog/Lunch Rolls 6pk (POT)	\$0.90		\$3.49	58¢ per 1ea
2	Lamb Loin Chops (Meat) Digital			\$27.99kg	N/A
3	Pandani Thin Beef Sausages (Deli)			\$10.99kg	N/A
Friday 20 Jan - Advocate/Examiner - (Market Fresh)					
1	Hass Avocados (Produce)			\$2.00ea	N/A
2	Local Broccoli (Produce)			\$3.90kg	N/A
3	Produce Line - Refer to Fresh Sheet (Produce) TV			\$0.00kg	N/A
Saturday 21 Jan - Advocate & Examiner					
1	Indomie Noodles 5pk ex BBQ Chicken	\$0.96		\$2.49	N/A
2	Handee Ultra Paper Towel 3pk	\$1.70		\$4.49	\$2.49 per 100ea
3	Ingham's Chicken Breast Tenders 400g	\$3.96		\$5.99	\$14.98 per 1kg
Saturday 21 Jan - Mercury Front Page					
1	Sanitarium Up & Go Breakfast Drink 6 x 250mL TV	\$5.26	½	\$5.19	\$3.46 per 1L
2	Tamar Valley Yoghurt 700g (POT) Digital	\$3.75	½	\$3.75	54¢ per 100g



Wednesday 18 Jan 2023 - Tuesday 24 Jan 2023 (week 3)

Front		Save	% Off	Retail	
1	Arnott's Shapes 130-190g	TV	\$1.75	½	\$1.75
2	MasterFoods Squeezy Tomato/BBQ Sauce 475/500mL	TV	\$1.79	½	\$1.70
3	Sanitarium Up & Go Breakfast Drink 6 x 250mL	TV	\$5.26	½	\$5.19
4	Bega Tasty Cheese Block 1kg	TV	\$5.01		\$9.99
5	Lamb Loin Chops (Meat)	Digital			\$27.99kg
Page 2 - Meat & Produce					
1	Hass Avocados (Produce)	Press			\$2.00ea
2	Local Broccoli (Produce)	Press			\$3.90kg
3	Sweet Potatoes (Produce)				\$2.50kg
4	JC's Delicious Energy Mix 500g (Produce)		\$2.50		\$8.99ea
5	Petuna Atlantic Salmon MAP 2pk 280g (ctn 8) (Meat)				\$9.99ea
6	Scottsdale Pork Loin Chops (Meat)				\$21.99kg
7	Beef Rump Steak (Meat)				\$26.99kg
8	Ingham's Stuffed Chicken Breasts Kiev 700g (Meat)				\$9.99ea
Page 3 - Deli & Bakery					
1	Pandani Thin Beef Sausages (Deli)	Press			\$10.99kg
2	Pandani Champagne Ham (Deli)				\$14.99kg
3	Ingham's Chicken Breast Supreme (Deli)				\$16.99kg
4	Pandani Frankfurts (Deli)				\$12.99kg
5	Cripps Master Hot Dog/Lunch Rolls 6pk (POT)	Press	\$0.90		\$3.49
6	Cripps Master Loaf 680/700g (POT)		\$0.80		\$3.59
7	Mission Wraps/Mini Wraps 6/8pk		\$1.90		\$3.49
8	National Pies Party Pies/Sausage Rolls 12pk (POT)		\$2.50		\$7.99
Page 4 - Coca Cola Bar Fridge Giveaway Competition Information					
Page 5					
1	V8 Juice 1.25L excl. Power Blend/Healthy Greens	Digital	\$2.84	½	\$2.75
2	Hartz Soft Drink/Mixer 1.25L (POT)		\$0.30		\$1.69
3	Tasmanian Mountain Spring Water 10L (POT)		\$1.00		\$6.49
4	Coca-Cola/Fanta/Sprite Soft Drink 1.25L	Press	\$0.66		\$2.19
5	Powerade Sports Drink 600mL		\$1.80		\$2.10
6	Coca-Cola/Fanta/Sprite 10 x 375mL		\$4.26		\$9.99
7	Smith's Potato Chips 18/20pk		\$1.01		\$6.49
8	Twisties/Burger Rings/Toobs/Cheetos 125-270g		\$1.31		\$3.49
9	Mission Corn Chips 230g		\$1.00		\$2.99
10	Allen's Jelly/Mint Confectionery Range 140-200g		\$0.85		\$2.75
11	Cadbury Family Block Chocolate 160-190g		\$1.65		\$3.85
Page 6 - Australia Day Double Page Spread					
1	Pringles Chips 134g	TV	\$2.51	½	\$2.49
2	Thins Potato Chips 120-175g		\$1.10		\$3.49
3	Captain's Table Water Crackers 125g	Press	\$0.80		\$1.00
4	Arnott's Savoy/Jatz 225/250g		\$1.01		\$2.49
5	Unicorn Brie/Camembert Cheese 125g		\$1.51		\$3.99
6	Ashgrove Cheese 140g Excluding Fetta (POT)		\$2.01		\$4.99
7	Bundaberg Soft Drink 4 x 375mL	Digital	\$2.40		\$4.99
8	Coca-Cola 30 x 375mL	TV	\$14.60		\$24.50



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Page 7 - Australia Day Double Page Spread					
1	Praise Salad Dressing 330mL	Press	\$1.50	\$2.49	75¢ per 100mL
2	Praise Squeeze Mayonnaise 365/410g		\$0.76	\$3.49	N/A
3	Golden Circle Beetroot Slices 450g		\$0.70	\$1.49	\$3.31 per 1kg
4	Bega Natural Cheese Slices 500g		\$3.51	\$7.99	\$15.98 per 1kg
5	Nuttelext Spread Original/Lite/Buttery 500g		\$0.71	\$4.49	90¢ per 100g
6	Multix Alfoil 30cm x 10m excl. Non-Stick		\$0.90	\$1.99	20¢ per 1m
7	Multix Alfoil Medium Roast Tray with Handles		\$1.66	\$3.99	N/A
8	Deeko Paper Plates/Bowls 10pk		\$1.31	\$3.69	N/A
Page 8					
1	Sanitarium So Good Almond Milk 1L		\$1.35	\$1.64	\$1.64 per 1L
2	Nestle Milo 700g		\$3.00	\$9.99	\$1.43 per 100g
3	Kellogg's Crunchy Nut Corn Flakes/Froot Loops/Nutri-Grain/Just Right/Coco Pops 460-765g		\$2.51	\$6.99	N/A
4	Bega Peanut Butter/Protein Peanut Spread 470g		\$1.26	\$5.99	\$1.27 per 100g
5	Nutella Hazelnut Spread 400g		\$1.66	\$4.99	\$1.25 per 100g
6	Goulburn Valley Fruit 700g		\$1.20	\$3.99	\$5.70 per 1kg
Page 8 - LPE Half Page					
7	Bushells Tea Cup Bags 100pk	LPE		\$3.99	\$2.22 per 100g
8	Nice & Natural Nut Bars 6pk	LPE		\$3.99	N/A
9	SPC Tomatoes Crushed/Diced 400/410g	LPE		\$1.29	N/A
10	Bundaberg Raw Sugar 1kg	LPE		\$1.99	20¢ per 100g
Page 9					
1	Dolmio Extra Pasta Sauce 490/500g		\$0.51	\$3.49	N/A
2	MasterFoods Recipe Base Pouches 175g		\$0.45	\$2.35	\$1.34 per 100g
3	Saxa Gourmet Grinder 35-90g		\$1.81	\$3.99	N/A
4	Sirena Canned Ready to Eat Tuna 170/190g		\$0.80	\$3.69	N/A
Page 9 - Lunar New Year Half Page					
5	Indomie Noodles 5pk ex BBQ Chicken	Press	\$0.96	\$2.49	N/A
6	Wai Wai Vermicelli 200g		\$1.00	½ \$1.00	50¢ per 100g
7	Masterfoods Fresh Crushed Garlic 170g		\$0.56	\$2.49	15¢ per 10g
8	MasterFoods Wet Spices 160g		\$1.00	\$2.99	19¢ per 10g
9	Sunrice Rice Medium Grain 1kg	LPE		\$4.00	40¢ per 100g
Page 10					
1	Tamar Valley Yoghurt 700g (POT)	Digital	\$3.75	½ \$3.75	54¢ per 100g
2	Juicy Isle Chilled Fruit Drink 2L (POT)		\$0.50	\$3.49	\$1.75 per 1L
3	Ashgrove Full Cream/Non Homogenised Milk 2L (POT)		\$0.20	\$4.79	\$2.40 per 1L
4	Mainland On the Go Cheese & Crackers 50g/Artisan 36/38g		\$1.01	\$1.99	N/A
5	La Famiglia Traditional Garlic Bread 400g		\$1.00	\$3.99	\$1.00 per 100g
6	Peters Light & Creamy 1.8L		\$1.24	\$4.75	26¢ per 100mL
7	Peters Polar Pies 6pk/Peters Maxibon 4pk		\$1.40	\$5.99	N/A
8	Bulla Ice Cream 4L		\$2.50	\$8.99	22¢ per 100mL
9	Ingham's Chicken Breast Tenders 400g	Press	\$3.96	\$5.99	\$14.98 per 1kg
10	Four 'n Twenty Snack Pack 1.1kg		\$4.50	\$7.99	73¢ per 100g
11	Nanna's Snack Fruit Pies 4pk/Family 600g		\$1.00	\$3.99	N/A
Page 11					
1	Schwarzkopf Extra Care Shampoo & Conditioner 400mL	Press	\$4.50	½ \$4.49	\$1.12 per 100mL



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2	Omo Laundry Powder 1kg		\$7.25	½	\$7.25	\$7.25 per 1kg
3	Vaseline Body Lotion 225mL		\$3.36	½	\$3.29	\$1.46 per 100mL
4	Handee Ultra Paper Towel 3pk	Press	\$1.70		\$4.49	\$2.49 per 100ea
5	Multix Drawtight/Tiger Extra Wide Garbage Bags 20/25s		\$0.73		\$3.49	N/A
6	Pedigree Canned Dog Food 1.2kg		\$1.30		\$4.49	37¢ per 100g
7	Whiskas Canned Cat Food 400g		\$0.90		\$2.10	53¢ per 100g
Page 11 - Banana Boat Side Panel						
8	Banana Boat Sunscreen SPF50+ 200g	Digital	\$10.90	½	\$9.99	\$5.00 per 100g
9	Banana Boat After Sun Spray 250mL		\$2.40		\$7.99	\$3.20 per 100mL
Page 12						
1	Red Bull Energy Drink 4 x 250mL	Digital	\$5.01		\$6.99	\$6.99 per 1L
2	Nescafé Blend 43 Coffee 500g	Press	\$6.01		\$17.99	\$3.60 per 100g
3	Peters Lemonade or Raspberry & Lemonade Icy Poles 8pk	Digital	\$1.41		\$3.99	N/A
4	Mars Medium Bars 35-56g	Digital	\$1.00	½	\$1.00	N/A
Page 13 - LPE Full Page (Digital Only)						
1	Poppin Microwave Popcorn 85/100g excl. Cheese	LPE			\$1.75	N/A
2	Monster Energy Drink 500mL	LPE			\$2.80	\$5.60 per 1L
3	Lindt Excellence/Lindor Chocolate Block 100g ex. 70%	LPE			\$4.35	\$4.35 per 100g
4	Kraft Parmesan Cheese 125g	LPE			\$3.99	\$31.92 per 1kg
5	I&J Squid/Calamari Rings 360/400g	LPE			\$7.99	N/A
6	Palmolive Ultra Dishwashing Liquid 500mL	LPE			\$3.99	80¢ per 100mL
7	Fancy Feast Dry Cat Food 430/450g	LPE			\$6.00	N/A
Page 14 - Mint Sauce Recipe Full Page (Digital Only)						
1	Lamb Loin Chops (Meat)	Digital			\$27.99kg	N/A
Page 16 - Beef Ramen Recipe Full Page (Digital Only)						
1	Masterfoods Fresh Crushed Garlic 170g		\$0.56		\$2.49	15¢ per 10g
2	Indomie Noodles 5pk ex BBQ Chicken	Press	\$0.96		\$2.49	N/A
3	Beef Rump Steak (Meat)				\$26.99kg	N/A
Page 17 - Shapes Full Page (Digital Only)						
1	Arnott's Shapes 130-190g	TV	\$1.75	½	\$1.75	N/A



Wednesday 18 Jan 2023 - Tuesday 24 Jan 2023 (week 3)

Front Page			% Off	Retail	
1	Arnott's Shapes 130-190g	TV	½	\$1.75	N/A
2	MasterFoods Squeezy Tomato/BBQ Sauce 475/500mL	TV	½	\$1.70	N/A
3	Sanitarium Up & Go Breakfast Drink 6 x 250mL	TV	½	\$5.19	\$3.46 per 1L
4	Bega Tasty Cheese Block 1kg	TV		\$9.99	\$9.99 per 1kg
5	Lamb Loin Chops (Meat)	Digital		\$27.99kg	N/A
Page 2 - Coca Cola Bar Fridge Giveaway Competition Information					
Page 3					
1	V8 Juice 1.25L excl. Power Blend/Healthy Greens	Digital	½	\$2.75	\$2.20 per 1L
2	Mars Medium Bars 35-56g	Digital	½	\$1.00	N/A
3	Mission Corn Chips 230g			\$2.99	\$1.30 per 100g
4	Cadbury Family Block Chocolate 160-190g			\$3.85	N/A
5	Twisties/Burger Rings/Toobs/Cheetos 125-270g			\$3.49	N/A
6	Powerade Sports Drink 600mL			\$2.10	\$3.50 per 1L
7	Red Bull Energy Drink 4 x 250mL	Digital		\$6.99	\$6.99 per 1L
8	Tasmanian Mountain Spring Water 10L (POT)			\$6.49	65¢ per 1L
9	Coca-Cola/Fanta/Sprite Soft Drink 1.25L	Press		\$2.19	\$1.75 per 1L
Page 4 - Australia Day Double Page Spread					
1	Pringles Chips 134g	TV	½	\$2.49	\$1.86 per 100g
2	Captain's Table Water Crackers 125g	Press		\$1.00	80¢ per 100g
3	Arnott's Savoy/Jatz 225/250g			\$2.49	N/A
4	Unicorn Brie/Camembert Cheese 125g			\$3.99	\$31.92 per 1kg
5	Thins Potato Chips 120-175g			\$3.49	N/A
6	Ashgrove Cheese 140g Excluding Fetta (POT)			\$4.99	\$35.64 per 1kg
7	Bundaberg Soft Drink 4 x 375mL	Digital		\$4.99	\$3.33 per 1L
8	Coca-Cola 30 x 375mL	TV		\$24.50	\$2.18 per 1L
Page 5 - Australia Day Double Page Spread					
1	Praise Salad Dressing 330mL	Press		\$2.49	75¢ per 100mL
2	Praise Squeeze Mayonnaise 365/410g			\$3.49	N/A
3	Golden Circle Beetroot Slices 450g			\$1.49	\$3.31 per 1kg
4	Bega Natural Cheese Slices 500g			\$7.99	\$15.98 per 1kg
5	Nuttelek Spread Original/Lite/Buttery 500g			\$4.49	90¢ per 100g
6	National Pies Party Pies/Sausage Rolls 12pk (POT)			\$7.99	\$1.11 per 100g
7	Multix Alfoil 30cm x 10m excl. Non-Stick			\$1.99	20¢ per 1m
8	Multix Alfoil Medium Roast Tray with Handles			\$3.99	N/A
Page 6					
1	Nescafé Blend 43 Coffee 500g	Press		\$17.99	\$3.60 per 100g
2	Sanitarium So Good Almond Milk 1L			\$1.64	\$1.64 per 1L
3	Bega Peanut Butter/Protein Peanut Spread 470g			\$5.99	\$1.27 per 100g
4	Goulburn Valley Fruit 700g			\$3.99	\$5.70 per 1kg
5	Dolmio Extra Pasta Sauce 490/500g			\$3.49	N/A
6	MasterFoods Recipe Base Pouches 175g			\$2.35	\$1.34 per 100g
7	Nutella Hazelnut Spread 400g			\$4.99	\$1.25 per 100g
8	Nestle Milo 700g			\$9.99	\$1.43 per 100g
Page 6 - Lunar New Year Side Panel					
9	Indomie Noodles 5pk ex BBQ Chicken	Press		\$2.49	N/A



Wednesday 18 Jan 2023 - Tuesday 24 Jan 2023 (week 3)

10	Wai Wai Vermicelli 200g		½	\$1.00	50¢ per 100g
11	Masterfoods Fresh Crushed Garlic 170g			\$2.49	15¢ per 10g
Page 7					
1	Schwarzkopf Extra Care Shampoo & Conditioner 400mL	Press	½	\$4.49	\$1.12 per 100mL
2	Handee Ultra Paper Towel 3pk	Press		\$4.49	\$2.49 per 100ea
3	Multix Drawtight/Tiger Extra Wide Garbage Bags 20/25s			\$3.49	N/A
4	Pedigree Canned Dog Food 1.2kg			\$4.49	37¢ per 100g
5	Whiskas Canned Cat Food 400g			\$2.10	53¢ per 100g
Page 7 - Banana Boat Side Panel					
6	Banana Boat Sunscreen SPF50+ 200g	Digital	½	\$9.99	\$5.00 per 100g
7	Banana Boat After Sun Spray 250mL			\$7.99	\$3.20 per 100mL
Page 8					
1	Hass Avocados (Produce)	Press		\$2.00ea	N/A
2	Local Broccoli (Produce)	Press		\$3.90kg	N/A
3	JC's Delicious Energy Mix 500g (Produce)			\$8.99ea	\$17.98 per 1kg
4	Cripps Master Hot Dog/Lunch Rolls 6pk (POT)	Press		\$3.49	58¢ per 1ea
5	Tamar Valley Yoghurt 700g (POT)	Digital	½	\$3.75	54¢ per 100g
6	Juicy Isle Chilled Fruit Drink 2L (POT)			\$3.49	\$1.75 per 1L
7	Mainland On the Go Cheese & Crackers 50g/Artisan 36/38g			\$1.99	N/A
8	Peters Lemonade or Raspberry & Lemonade Icy Poles 8pk	Digital		\$3.99	N/A
9	Peters Light & Creamy 1.8L			\$4.75	26¢ per 100mL
10	Ingham's Chicken Breast Tenders 400g	Press		\$5.99	\$14.98 per 1kg
Page 9 - LPE Full Page (Digital Only)					
1	Poppin Microwave Popcorn 85/100g excl. Cheese	LPE		\$1.75	N/A
2	Monster Energy Drink 500mL	LPE		\$2.80	\$5.60 per 1L
3	Lindt Excellence/Lindor Chocolate Block 100g ex. 70%	LPE		\$4.35	\$4.35 per 100g
4	Kraft Parmesan Cheese 125g	LPE		\$3.99	\$31.92 per 1kg
5	I&J Squid/Calamari Rings 360/400g	LPE		\$7.99	N/A
6	Palmolive Ultra Dishwashing Liquid 500mL	LPE		\$3.99	80¢ per 100mL
7	Fancy Feast Dry Cat Food 430/450g	LPE		\$6.00	N/A
Page 10 - Mint Sauce Recipe Full Page (Digital Only)					
1	Lamb Loin Chops (Meat)	Digital		\$27.99kg	N/A
Page 11 - Beef Ramen Recipe Full Page (Digital Only)					
1	Masterfoods Fresh Crushed Garlic 170g			\$2.49	15¢ per 10g
2	Indomie Noodles 5pk ex BBQ Chicken	Press		\$2.49	N/A
Page 12 - Shapes Full Page (Digital Only)					
1	Arnott's Shapes 130-190g	TV	½	\$1.75	N/A



Press

Examiner / Mercury / Advocate

Wednesday 18 Jan 2023 - Tuesday 24 Jan 2023 (week 3)

Alpha Sorted List - ALL PRESS (Including Digital)			Retail	
1	Arnott's Shapes 130-190g	TV	\$1.75	N/A
2	Banana Boat Sunscreen SPF50+ 200g	Digital	\$9.99	\$5.00 per 100g
3	Bega Tasty Cheese Block 1kg	TV	\$9.99	\$9.99 per 1kg
4	Bundaberg Soft Drink 4 x 375mL	Digital	\$4.99	\$3.33 per 1L
5	Captain's Table Water Crackers 125g		\$1.00	80¢ per 100g
6	Coca-Cola 30 x 375mL	TV	\$24.50	\$2.18 per 1L
7	Coca-Cola/Fanta/Sprite Soft Drink 1.25L		\$2.19	\$1.75 per 1L
8	Cripps Master Hot Dog/Lunch Rolls 6pk (POT)		\$3.49	58¢ per 1ea
9	Handee Ultra Paper Towel 3pk		\$4.49	\$2.49 per 100ea
10	Indomie Noodles 5pk ex BBQ Chicken		\$2.49	N/A
11	Ingham's Chicken Breast Tenders 400g		\$5.99	\$14.98 per 1kg
12	Mars Medium Bars 35-56g	Digital	\$1.00	N/A
13	MasterFoods Squeezy Tomato/BBQ Sauce 475/500mL	TV	\$1.70	N/A
14	Nescafé Blend 43 Coffee 500g		\$17.99	\$3.60 per 100g
15	Peters Lemonade or Raspberry & Lemonade Icy Poles 8pk	Digital	\$3.99	N/A
16	Praise Salad Dressing 330mL		\$2.49	75¢ per 100mL
17	Pringles Chips 134g	TV	\$2.49	\$1.86 per 100g
18	Red Bull Energy Drink 4 x 250mL	Digital	\$6.99	\$6.99 per 1L
19	Sanitarium Up & Go Breakfast Drink 6 x 250mL	TV	\$5.19	\$3.46 per 1L
20	Schwarzkopf Extra Care Shampoo & Conditioner 400mL		\$4.49	\$1.12 per 100mL
21	Tamar Valley Yoghurt 700g (POT)	Digital	\$3.75	54¢ per 100g
22	V8 Juice 1.25L excl. Power Blend/Healthy Greens	Digital	\$2.75	\$2.20 per 1L



Catalogue

Wednesday 18 Jan 2023 - Tuesday 24 Jan 2023 (week 3)

Alpha Sorted List - Catalogue		Retail	
1	Allen's Jelly/Mint Confectionery Range 140-200g	\$2.75	N/A
2	Arnott's Savoy/Jatz 225/250g	\$2.49	N/A
3	Ashgrove Cheese 140g Excluding Fetta (POT)	\$4.99	\$35.64 per 1kg
4	Ashgrove Full Cream/Non Homogenised Milk 2L (POT)	\$4.79	\$2.40 per 1L
5	Banana Boat After Sun Spray 250mL	\$7.99	\$3.20 per 100mL
6	Bega Natural Cheese Slices 500g	\$7.99	\$15.98 per 1kg
7	Bega Peanut Butter/Protein Peanut Spread 470g	\$5.99	\$1.27 per 100g
8	Bulla Ice Cream 4L	\$8.99	22¢ per 100mL
9	Bundaberg Raw Sugar 1kg	LPE \$1.99	20¢ per 100g
10	Bushells Tea Cup Bags 100pk	LPE \$3.99	\$2.22 per 100g
11	Cadbury Family Block Chocolate 160-190g	\$3.85	N/A
12	Coca-Cola/Fanta/Sprite 10 x 375mL	\$9.99	\$2.66 per 1L
13	Cripps Master Loaf 680/700g (POT)	\$3.59	N/A
14	Deeko Paper Plates/Bowls 10pk	\$3.69	N/A
15	Dolmio Extra Pasta Sauce 490/500g	\$3.49	N/A
16	Fancy Feast Dry Cat Food 430/450g	LPE \$6.00	N/A
17	Four 'n Twenty Snack Pack 1.1kg	\$7.99	73¢ per 100g
18	Golden Circle Beetroot Slices 450g	\$1.49	\$3.31 per 1kg
19	Goulburn Valley Fruit 700g	\$3.99	\$5.70 per 1kg
20	Hartz Soft Drink/Mixer 1.25L (POT)	\$1.69	\$1.35 per 1L
21	I&J Squid/Calamari Rings 360/400g	LPE \$7.99	N/A
22	Juicy Isle Chilled Fruit Drink 2L (POT)	\$3.49	\$1.75 per 1L
23	Kellogg's Crunchy Nut Corn Flakes/Froot Loops/Nutri-Grain/Just Right/C	\$6.99	N/A
24	Kraft Parmesan Cheese 125g	LPE \$3.99	\$31.92 per 1kg
25	La Famiglia Traditional Garlic Bread 400g	\$3.99	\$1.00 per 100g
26	Lindt Excellence/Lindor Chocolate Block 100g ex. 70%	LPE \$4.35	\$4.35 per 100g
27	Mainland On the Go Cheese & Crackers 50g/Artisan 36/38g	\$1.99	N/A
28	Masterfoods Fresh Crushed Garlic 170g	\$2.49	15¢ per 10g
29	MasterFoods Recipe Base Pouches 175g	\$2.35	\$1.34 per 100g
30	MasterFoods Wet Spices 160g	\$2.99	19¢ per 10g
31	Mission Corn Chips 230g	\$2.99	\$1.30 per 100g
32	Mission Wraps/Mini Wraps 6/8pk	\$3.49	N/A
33	Monster Energy Drink 500mL	LPE \$2.80	\$5.60 per 1L
34	Multix Alfoil 30cm x 10m excl. Non-Stick	\$1.99	20¢ per 1m
35	Multix Alfoil Medium Roast Tray with Handles	\$3.99	N/A
36	Multix Drawtight/Tiger Extra Wide Garbage Bags 20/25s	\$3.49	N/A
37	Nanna's Snack Fruit Pies 4pk/Family 600g	\$3.99	N/A
38	National Pies Party Pies/Sausage Rolls 12pk (POT)	\$7.99	\$1.11 per 100g
39	Nestle Milo 700g	\$9.99	\$1.43 per 100g
40	Nice & Natural Nut Bars 6pk	LPE \$3.99	N/A
41	Nutella Hazelnut Spread 400g	\$4.99	\$1.25 per 100g
42	Nuttelext Spread Original/Lite/Buttery 500g	\$4.49	90¢ per 100g
43	Omo Laundry Powder 1kg	\$7.25	\$7.25 per 1kg
44	Palmolive Ultra Dishwashing Liquid 500mL	LPE \$3.99	80¢ per 100mL
45	Pedigree Canned Dog Food 1.2kg	\$4.49	37¢ per 100g
46	Peters Light & Creamy 1.8L	\$4.75	26¢ per 100mL



Catalogue

Wednesday 18 Jan 2023 - Tuesday 24 Jan 2023 (week 3)

47	Peters Polar Pies 6pk/Peters Maxibon 4pk		\$5.99	N/A
48	Poppin Microwave Popcorn 85/100g excl. Cheese	LPE	\$1.75	N/A
49	Powerade Sports Drink 600mL		\$2.10	\$3.50 per 1L
50	Praise Squeeze Mayonnaise 365/410g		\$3.49	N/A
51	Sanitarium So Good Almond Milk 1L		\$1.64	\$1.64 per 1L
52	Saxa Gourmet Grinder 35-90g		\$3.99	N/A
53	Sirena Canned Ready to Eat Tuna 170/190g		\$3.69	N/A
54	Smith's Potato Chips 18/20pk		\$6.49	N/A
55	SPC Tomatoes Crushed/Diced 400/410g	LPE	\$1.29	N/A
56	Sunrice Rice Medium Grain 1kg	LPE	\$4.00	40¢ per 100g
57	Tasmanian Mountain Spring Water 10L (POT)		\$6.49	65¢ per 1L
58	Thins Potato Chips 120-175g		\$3.49	N/A
59	Twisties/Burger Rings/Toobs/Cheetos 125-270g		\$3.49	N/A
60	Unicorn Brie/Camembert Cheese 125g		\$3.99	\$31.92 per 1kg
61	Vaseline Body Lotion 225mL		\$3.29	\$1.46 per 100mL
62	Wai Wai Vermicelli 200g		\$1.00	50¢ per 100g
63	Whiskas Canned Cat Food 400g		\$2.10	53¢ per 100g