



Lift Out

Wednesday 24 Jan 2024 - Tuesday 06 Feb 2024 (Weeks 04 & 05)

Front Page		Save	% Off	Retail	
Page 2 - Lamb Recipe					
1	Lamb Loin Chops (Meat)			\$22.99kg	N/A
Page 2 - Panel					
2	Community Co Canola Oil 750mL			\$4.99	67¢ per 100mL
3	Community Co Extra Virgin Olive Oil 500mL			\$8.99	\$1.80 per 100mL
4	Black & Gold Vegetable Oil 2L			\$8.50	43¢ per 100mL
Page 3 - The Perfect Steak Recipe 1/2 Page					
1	Beef Scotch Fillet Steak (Meat)			\$34.99kg	N/A
Page 3 - Pandani 1/4 Page					
2	Pandani Sausages 500g (Meat)			\$7.00ea	\$14.00 per 1kg
Page 3 - Condiments 1/4 Page					
3	Community Co Sauce 500mL			\$2.30	46¢ per 100mL
4	Community Co Mustard 190g			\$3.15	\$1.66 per 100g
5	Praise Salad Dressing 330mL	LPE		\$3.00	91¢ per 100mL
6	Heinz Seriously Good Mayo/Aioli 295mL	\$2.75	½	\$2.75	93¢ per 100mL
Page 4 - Prawns Recipe					
1	Aussie Cooked Large Tiger Prawns 3kg (Thawed) (Deli)			\$29.99kg	N/A
Page 4 - Caramelised Nectarine Salad Recipe					
Page 5 - BBQ Essentials 1/2 Page					
1	Community Co Wooden Cutlery 12pk			\$1.90	16¢ per 1ea
2	Community Co Straws Paper 20pk			\$1.79	9¢ per 1ea
3	Community Co Plates Dinner Sugar Cane 10pk			\$3.49	35¢ per 1ea
4	Black & Gold Foil Trays 6pk			\$2.50	42¢ per 1ea
Page 5 - Redheads 1/4 Panel					
5	Redheads H/Duty BBQ Wipes 16pk/Firelighters 24pk	\$1.00		\$4.50	N/A
6	Redheads BBQ Briquettes 4kg/Butane Gas Cartridges 3pk	\$2.01		\$9.99	N/A
Page 5 - Multix 1/4 Panel					
7	Multix Clingwrap 33cm x 60m/Alfoil 30cm x 10m excl. Non-Stick	\$0.90		\$1.99	N/A
8	Multix Alfoil Medium Roast Tray with Handles	\$1.66		\$3.99	N/A
Page 6 - Entertaining 1/2 Page					
1	Zoosh Dip 185g	\$1.01		\$2.49	\$1.35 per 100g
2	Johnno's Salsa 300g	\$1.01		\$4.99	\$1.66 per 100g
3	Community Co Double Brie Cheese 125g			\$5.00	\$40.00 per 1kg
4	Community Co Pitted Kalamata Olives 350g			\$4.25	\$12.14 per 1kg
5	Coca-Cola/Fanta/Sprite Soft Drink 2L	LPE		\$3.65	\$1.83 per 1L
6	Baker's Oven Lamingtons 350g			\$5.49	\$1.57 per 100g
Page 6 - Entertaining - Arnott's 1/4 Panel					
7	Arnott's Shapes 130-190g	\$1.01		\$2.99	N/A
Page 6 - Entertaining - Philadelphia 1/4 Panel					
8	Philadelphia Pourover 250g	\$1.01		\$3.49	\$13.96 per 1kg
Page 7 - Summer Entertaining Hacks 1/2 Page					
Page 7 - Handee 1/4 Panel					



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1	Handee Ultra Double Paper Towel 2pk		\$3.00		\$4.99	\$2.08 per 100ea
Page 7 - Kirks 1/4 Panel						
Page 8 - Community Co						
1	Community Co Cordial Syrup 1L				\$3.69	\$3.69 per 1L
2	Community Co Strawberry Jam 500g				\$3.50	70¢ per 100g
3	Community Co Pasta 500g				\$1.89	38¢ per 100g
4	Community Co Sultanas 500g				\$6.00	\$12.00 per 1kg
5	Community Co Sundried Tomato Strips 280g				\$4.29	\$15.32 per 1kg
6	Community Co Fruit Cake 800g				\$7.99	\$1.00 per 100g
7	Community Co Mud Cake 600g				\$8.00	\$1.33 per 100g
8	Community Co Dish Washing Liquid 450mL				\$2.69	60¢ per 100mL
Page 8 - Bickfords 1/4 Panel						
9	Bickford's Cordial 750mL		\$0.76		\$4.99	\$6.65 per 1L
Page 9 - Summer Hydration						
1	Mount Franklin Water 600mL	LPE			\$2.00	\$3.33 per 1L
2	Frantelle Spring Water Natural 1.5L	LPE			\$1.50	\$1.00 per 1L
3	Community Co Coconut Water 1L				\$3.79	\$3.79 per 1L
Page 10 - Breakfast						
1	Ashgrove Full Cream/Non Homogenised Milk 2L (POT)		\$0.26		\$4.99	\$2.50 per 1L
2	Community Co Frozen Fruit 500g				\$7.29	\$14.58 per 1kg
3	Community Co Muesli Fruit & Seed 750g				\$5.49	73¢ per 100g
Page 10 - Sanitarium 1/2 Page						
4	Sanitarium Weet-Bix Bites 500/510g		\$3.50	½	\$3.49	N/A
5	Sanitarium So Good UHT Reg/Lite Soy Milk 1L		\$0.86		\$1.99	\$1.99 per 1L
Page 11 - Lunch Box						
1	Australia's Own Flavoured Kids Milk 6pk		\$2.20		\$3.40	\$2.83 per 1L
2	Foster Clarks Snak Pack 120g		\$0.70		\$1.49	\$1.24 per 100g
3	Suprema Cheese & Bacon Rolls 4pk		\$1.21		\$3.99	\$1.00 per 1ea
4	Happy Muffin 4pk/Mini 8pk		\$1.01		\$3.99	N/A
5	Harvest Snaps 5pk		\$2.30	½	\$2.30	\$2.56 per 100g
Page 12 - Back to School - Nestle 1/2 Page						
1	Nestle Milo 1.1kg		\$4.60		\$13.99	\$1.27 per 100g
2	Maggi 2 Minute Noodles 5pk (excl. Fusian)		\$2.01		\$2.99	N/A
3	Uncle Tobys Muesli Bars 6pk		\$2.75	½	\$2.75	\$1.49 per 100g
Page 12 - Back to School - Bega 1/2 Page						
4	Just Juice 200mL 6pk		\$1.46		\$4.49	\$3.74 per 1L
5	Prima Fruit Drinks 200mL 6pk	LPE			\$3.95	\$3.29 per 1L
6	Yoplait Petit Miam Squeezie Yoghurt 70g		\$0.35		\$0.90	\$1.29 per 100g
7	B Honey Squeeze 450g		\$1.51		\$6.99	\$1.55 per 100g
8	Bega Peanut Butter 375g		\$1.15		\$4.25	\$1.13 per 100g
9	Vegemite 380g		\$2.86		\$5.99	\$1.58 per 100g
Page 13 - Back to School - Bic 1/2 Page						
1	Bic Evo Eco HB Pencils with Eraser 4pk		\$1.20	½	\$1.20	N/A
2	Bic Briteliner Grip Highlighters 5pk		\$4.50	½	\$4.49	N/A
3	Bic Whiteboard Markers 4pk		\$3.75	½	\$3.75	N/A

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4	Bic Intensity Fine Black Pen 3pk		\$3.50	½	\$3.49	N/A
5	Bic Intensity Metal Pro Chisel Permanent Marker 1pk		\$2.00	½	\$1.99	N/A
6	Bic Wite Out Correction Tape		\$2.35	½	\$2.35	N/A
7	Bic Kids Evolution Coloured Pencils 12pk		\$2.10	½	\$2.10	N/A
8	Bic Cristal Ballpoint Pen 10pk		\$2.70	½	\$2.70	N/A
Page 13 - Back to School - Sorbent 1/4 Page						
9	Sorbent Facial Tissues 170pk		\$0.70		\$1.75	\$1.03 per 100ea
Page 13 - Back to School - Arnott's 1/4 Page						
11	Arnott's Multipacks 5-8pk (excl. Wagon Wheels)		\$1.31		\$3.99	N/A
Page 14 - LPE						
1	William's Bread 800-900g (POT)	LPE			\$4.70	N/A
2	Nice & Natural Nut Bars 6pk	LPE			\$4.00	N/A
3	SPC Fruits 4 x 120g	LPE	\$0.20		\$4.00	\$8.33 per 1kg
4	Meadowlea Spread 500g	LPE			\$4.50	90¢ per 100g
5	Uncle Tobys Le Snak 6pk	LPE			\$5.25	\$3.98 per 100g
6	Sakata Rice Crackers 90/100g	LPE			\$2.30	N/A
Page 14 - JC's 1/2 Page						
7	JC's Peanuts Salted/Unsalted 500g (Produce)		\$1.21		\$4.99ea	\$9.98 per 1kg
8	JC's Delicious Energy Mix 500g (Produce)		\$2.51		\$8.99ea	\$17.98 per 1kg
9	JC's Rice Wheels 140g (Produce)		\$0.76		\$1.99ea	\$1.42 per 100g
10	JC's Backyard BBQ Mix 375g (Produce)		\$1.80		\$5.99ea	\$15.97 per 1kg
11	JC's Quality Outback Mix 500g (Produce)		\$1.90		\$9.99ea	\$19.98 per 1kg
Page 15 - Summer Health & Beauty						
1	Bic Simply Soleil 3pk		\$2.10	½	\$2.10	70¢ per 1ea
2	Bic Comfort 3 Advance Razors 4pk		\$3.00	½	\$2.99	75¢ per 1ea
3	Redwin Sorbolene Vitamin E Cream 100g		\$1.84	½	\$1.75	\$1.75 per 100g
4	Natures Organics Fruits Shampoo & Conditioner 500mL		\$0.60		\$1.69	34¢ per 100mL
5	Band-Aids 40/50pk		\$0.76		\$4.49	N/A
6	Rexona Anti Perspirant 250mL	LPE			\$6.00	\$2.40 per 100mL
7	Radox Bath Salt Muscle Sooth 500g	LPE			\$8.25	\$1.65 per 100g
Page 15 - Summer Health & Beauty - Banana Boat 1/4 Panel						
8	Banana Boat Ultra 50+ Sunscreen Spray 175g/(T)Sunscreen SPF50+ 200g		\$7.01		\$13.99	N/A
9	Banana Boat Sunscreen Roll On 75mL		\$4.81		\$8.99	\$11.99 per 100mL
Page 16 - Mango Cheesecake Recipe						
1	Philadelphia Cream Cheese Block 250g		\$1.36		\$4.49	\$17.96 per 1kg