

**TV/Digital****Wednesday 01 Feb 2023 - Tuesday 07 Feb 2023 (week 5)**

Television Advertised		Save	% Off	Retail	
1	Uncle Tobys Muesli Bars 6pk	\$2.51	½	\$2.49	\$1.35 per 100g
2	Sanitarium Weet-Bix 575g	\$2.20	½	\$2.19	38¢ per 100g
3	Moccona Coffee Sachets 10pk	\$2.01		\$2.99	N/A
4	Green's Essentials Cake Mix 340g	\$1.35	½	\$1.34	39¢ per 100g
5	CC's Corn Chips 110/175g	\$2.30	½	\$2.19	N/A
6	Dairy Farmers Thick & Creamy Yoghurt 4pk	\$2.20	½	\$2.19	50¢ per 100g

Television Advertised - Fri 03 Feb

7	Produce Line - Refer to Fresh Sheet (Produce)			\$0.00kg	N/A
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Television Advertised - Low Prices Every Day - February

1	Chris' Dip 200g Ex. Plant Based	LPE		\$3.69	\$1.85 per 100g
2	Arnott's Family Assorted Biscuits 500g	LPE		\$4.50	90¢ per 100g
3	Fancy Feast Dry Cat Food 430/450g	LPE		\$6.00	N/A
4	Palmolive Naturals Shampoo/Conditioner 350mL	LPE		\$4.99	\$1.43 per 100mL

Google Advertised

1	Moccona Coffee Sachets 10pk	\$2.01		\$2.99	N/A
2	Radiant Laundry Powder 2kg/Liquid 2L	\$10.01	½	\$9.99	N/A
3	Rexona Advanced Antiperspirant 220mL	\$4.40	½	\$4.29	\$1.95 per 100mL
4	Continental Classics Pasta & Sauce/Seasoned Rice 85-125g	\$1.40	½	\$1.39	N/A
5	Allen's Jelly/Mint Confectionery Range 140-200g	\$1.11		\$2.49	N/A
6	Libra Ultra Thins 12/14pk	\$2.80	½	\$2.69	N/A
7	SPC Fruits 120g 4pk	\$1.26		\$3.49	\$7.27 per 1kg
8	Whiskas Dry Cat Food 800g	\$1.50		\$4.99	62¢ per 100g

Facebook Advertised - Johnno's Make Your Own Sauce

1	Johnno's Make Your Own Sauce 340g (POT)	\$1.10		\$6.49	\$1.91 per 100g
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Facebook Advertised - Back to School

1	Uncle Tobys Muesli Bars 6pk	\$2.51	½	\$2.49	\$1.35 per 100g
2	Sanitarium Weet-Bix 575g	\$2.20	½	\$2.19	38¢ per 100g
3	V8 Juice 1.25L excl. Power Blend/Healthy Greens	\$2.84	½	\$2.75	\$2.20 per 1L
4	Praise Squeeze Mayonnaise 365/410g	\$2.15	½	\$2.10	N/A
5	Cripps Pikelets 8pk (POT)	\$1.16		\$2.49	\$1.25 per 100g
6	Duck River Soft Butter 500g (POT)	\$2.01		\$4.99	\$1.00 per 100g
7	Dairy Farmers Thick & Creamy Yoghurt 4pk	\$2.20	½	\$2.19	50¢ per 100g
8	Bic Cristal Ballpoint Pen 10pk	\$1.41		\$3.99	N/A
9	Banana Boat Sunscreen SPF50+ 200g	\$10.90	½	\$9.99	\$5.00 per 100g
10	Red Apples 1.5kg (Produce)			\$3.95bag	\$2.63 per 1kg

Wednesday Catalogue Email Header

1	Uncle Tobys Muesli Bars 6pk	\$2.51	½	\$2.49	\$1.35 per 100g
2	Sanitarium Weet-Bix 575g	\$2.20	½	\$2.19	38¢ per 100g

Friday Catalogue Email - Herbed Tuna Dip Recipe

1	John West Tuna 425g	\$1.74		\$5.25	\$12.35 per 1lg
2	Tamar Valley Greek Style Yoghurt 500g (POT)	\$1.40		\$2.99	60¢ per 100g
3	Philadelphia Cream Cheese Tub 220/250g	\$0.71		\$4.99	N/A

25/01/2023 4:28 PM



TV/Digital

Wednesday 01 Feb 2023 - Tuesday 07 Feb 2023 (week 5)

Website Banner

1	Green's Essentials Cake Mix 340g	\$1.35	½	\$1.34	39¢ per 100g
2	CC's Corn Chips 110/175g	\$2.30	½	\$2.19	N/A

Radio Advertised

1	Uncle Tobys Muesli Bars 6pk	\$2.51	½	\$2.49	\$1.35 per 100g
2	Kellogg's Crunchy Nut/Special K/Coco Pops/Froot Loops/Just Right 285-460g	\$3.51	½	\$3.49	N/A
3	Praise Squeeze Mayonnaise 365/410g	\$2.15	½	\$2.10	N/A
4	Dairy Farmers Thick & Creamy Yoghurt 4pk	\$2.20	½	\$2.19	50¢ per 100g



Press

Examiner / Mercury / Advocate

Wednesday 01 Feb 2023 - Tuesday 07 Feb 2023 (week 5)

Thursday 02 Feb - ALL PRESS		Save	% Off	Retail		
1	Raguletto Pasta Sauce 500g	\$0.70		\$1.99	40¢ per 100g	
2	San Remo Pasta 375/500g	\$0.46		\$2.49	N/A	
3	Mainland Tasty Cheese Block 500g	\$3.51		\$6.49	\$12.98 per 1kg	
Thursday 02 Feb - ALL PRESS FULL PAGE						
1	Uncle Tobys Muesli Bars 6pk	TV	\$2.51	½	\$2.49	\$1.35 per 100g
2	Sanitarium Weet-Bix 575g	TV	\$2.20	½	\$2.19	38¢ per 100g
3	Kellogg's Crunchy Nut/Special K/Coco Pops/Froot Loops/Just Right 285-460g		\$3.51	½	\$3.49	N/A
4	V8 Juice 1.25L excl. Power Blend/Healthy Greens	Digital	\$2.84	½	\$2.75	\$2.20 per 1L
5	Praise Squeeze Mayonnaise 365/410g	Digital	\$2.15	½	\$2.10	N/A
6	Dairy Farmers Thick & Creamy Yoghurt 4pk	TV	\$2.20	½	\$2.19	50¢ per 100g
7	Banana Boat Sunscreen SPF50+ 200g	Digital	\$10.90	½	\$9.99	\$5.00 per 100g
8	Duck River Soft Butter 500g (POT)	Digital	\$2.01		\$4.99	\$1.00 per 100g
9	Arnott's Multipacks 7/8pk (excl. Wagon Wheels)		\$1.30		\$3.49	N/A
10	Bic Cristal Ballpoint Pen 10pk	Digital	\$1.41		\$3.99	N/A
Friday 03 Feb - Mercury - (Market Fresh)						
1	Cripps Fruit Buns 6pk (POT)		\$1.30		\$3.99	89¢ per 100g
2	Pandani Beef or Pork Sausages 680g (ctn 20) (Meat)				\$7.99ea	\$11.75 per 1kg
3	Produce Line - Refer to Fresh Sheet (Produce)	TV			\$0.00kg	N/A
Friday 03 Feb - Mercury						
1	Coca-Cola/Fanta/Sprite Soft Drink 1.25L		\$0.50		\$2.35	\$1.88 per 1L
2	Nestle/Violet Crumble Medium Bars 35-55g		\$1.00	½	\$1.00	N/A
3	Connoisseur Ice Cream Stick 4/6pk		\$3.96		\$5.99	N/A
Friday 03 Feb - Advocate/Examiner - (Market Fresh)						
1	Cripps Fruit Buns 6pk (POT)		\$1.30		\$3.99	89¢ per 100g
2	Pandani Beef or Pork Sausages 680g (ctn 20) (Meat)				\$7.99ea	\$11.75 per 1kg
3	Pandani Virginian Ham (Deli)				\$14.99kg	N/A
Friday 03 Feb - Advocate/Examiner - (Market Fresh)						
1	Red Apples 1.5kg (Produce)	Digital			\$3.95bag	\$2.63 per 1kg
2	Pre Packed Baby Spinach 150g (Produce)				\$3.45bag	\$23.00 per 1kg
3	Produce Line - Refer to Fresh Sheet (Produce)	TV			\$0.00kg	N/A
Saturday 04 Feb - Advocate & Examiner						
1	Coca-Cola/Fanta/Sprite Soft Drink 1.25L		\$0.50		\$2.35	\$1.88 per 1L
2	Nestle/Violet Crumble Medium Bars 35-55g		\$1.00	½	\$1.00	N/A
3	Connoisseur Ice Cream Stick 4/6pk		\$3.96		\$5.99	N/A
Saturday 04 Feb - Mercury Front Page						
1	CC's Corn Chips 110/175g	TV	\$2.30	½	\$2.19	N/A
2	Green's Essentials Cake Mix 340g	TV	\$1.35	½	\$1.34	39¢ per 100g



Wednesday 01 Feb 2023 - Tuesday 07 Feb 2023 (week 5)

Front		Save	% Off	Retail	
1	CC's Corn Chips 110/175g TV	\$2.30	½	\$2.19	N/A
2	Kellogg's Crunchy Nut/Special K/Coco Pops/Froot Loops/Just Right 285-460g Press	\$3.51	½	\$3.49	N/A
3	Uncle Tobys Muesli Bars 6pk TV	\$2.51	½	\$2.49	\$1.35 per 100g
4	Dairy Farmers Thick & Creamy Yoghurt 4pk TV	\$2.20	½	\$2.19	50¢ per 100g
5	Pandani Beef or Pork Sausages 680g (ctn 20) (Meat) Press			\$7.99ea	\$11.75 per 1kg
Page 2 - Meat & Produce					
1	Red Apples 1.5kg (Produce) Digital			\$3.95bag	\$2.63 per 1kg
2	Pre Packed Baby Spinach 150g (Produce) Press			\$3.45bag	\$23.00 per 1kg
3	Spring Onion (Produce)			\$1.99ea	N/A
4	JC's Dried Cranberries 500g (Produce)	\$1.70		\$6.99ea	\$13.98 per 1kg
5	Lamb Forequarter Chops (Meat)			\$19.99kg	N/A
6	Scottsdale Pork Diced Pork 500g (Meat)			\$10.99ea	\$21.98 per 1kg
7	Marion Bay Free Range Chicken Bagged (Meat)			\$7.99kg	N/A
8	Corned Silverside (Meat)			\$14.99kg	N/A
Page 3 - Deli & Bakery					
1	Pandani Virginian Ham (Deli) Press			\$14.99kg	N/A
2	Chicken Drumsticks (Deli)			\$4.99kg	N/A
3	Tibaldi Rindless Short Cut Bacon (2.5kg) (Deli)			\$13.99kg	N/A
4	Ingham's Chicken Breast Supreme (Deli)			\$16.99kg	N/A
5	Cripps Fruit Buns 6pk (POT) Press	\$1.30		\$3.99	89¢ per 100g
6	Cripps Pikelets 8pk (POT) Digital	\$1.16		\$2.49	\$1.25 per 100g
7	National Pies Premium Pies 2pk excl Cottage/Chunky Beef (POT)	\$1.80		\$6.99	\$1.94 per 100g
8	Cripps Master Loaf 680/700g (POT)	\$0.80		\$3.59	N/A
Page 4					
1	Coca-Cola/Fanta/Sprite Soft Drink 1.25L Press	\$0.50		\$2.35	\$1.88 per 1L
2	Coca-Cola 30 x 375mL	\$14.60		\$24.50	\$2.18 per 1L
3	Powerade Sports Drink 600mL	\$1.31		\$2.59	\$4.32 per 1L
4	V Energy Drink 500mL	\$1.80		\$2.99	\$5.98 per 1L
5	Fronti Red Drink 750mL	\$1.00		\$3.99	\$5.32 per 1L
6	Mount Franklin Lightly Sparkling Spring Water 1.25L	\$1.10		\$1.99	\$1.59 per 1L
7	Allen's Jelly/Mint Confectionery Range 140-200g Digital	\$1.11		\$2.49	N/A
8	Cadbury Bites 110-150g	\$1.51		\$3.49	N/A
9	Cadbury Family Block Chocolate 160-190g	\$1.65		\$3.85	N/A
10	Natural Chip Company/Samboys Potato Chips 175g	\$1.10		\$3.49	\$1.99 per 100g
11	Cadbury Roses Boxed Chocolates 225g	\$5.30	½	\$5.19	\$2.31 per 100g
12	Arnott's Shapes/Savoy/Jatz 130-250g	\$1.01		\$2.49	N/A
Page 5 - Moccona Half Page					
1	Moccona Freeze Dried Classic Coffee 400g	\$8.01		\$19.99	\$5.00 per 100g
2	Moccona Coffee Sachets 10pk TV	\$2.01		\$2.99	N/A
Page 5 - LPE Half Page					
3	Schweppes/Pepsi Soft Drink 2L LPE			\$2.80	\$1.40 per 1L
4	Tas Taste Plain/Self Raising Flour 2kg (POT) LPE			\$2.89	\$1.45 per 1kg
5	SunRice Microwave Rice Cups 240/250g LPE			\$3.00	N/A
6	Ajax Spray n' Wipe Trigger 475/500mL LPE			\$3.50	N/A
Page 6 - Back to School Double Page Spread					



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1	Foster Clarks Snak Pack 120g		\$0.70		\$1.49	\$1.24 per 100g
2	Oreo Multipack 230g		\$1.01		\$3.99	\$1.73 per 100g
3	Smith's Potato Chips 18/20pk		\$2.41		\$6.49	N/A
4	SPC Fruits 120g 4pk	Digital	\$1.26		\$3.49	\$7.27 per 1kg
5	Just Juice 200mL 6pk		\$1.36		\$3.99	\$3.33 per 1L
6	Band-Aids 40/50pk		\$0.76		\$4.49	N/A
Page 6 - Nestle Side Panel						
7	Uncle Tobys Muesli Bars 6pk	TV	\$2.51	½	\$2.49	\$1.35 per 100g
8	Nestle Milo 1.1kg		\$3.66		\$13.99	\$1.27 per 100g
Page 7 - Back to School Double Page Spread						
1	Praise Squeeze Mayonnaise 365/410g	Digital	\$2.15	½	\$2.10	N/A
2	Vegemite 220g		\$0.86		\$4.49	\$2.04 per 100g
3	Mainland On the Go Cheese 110g/Cheese Cracker 120g		\$1.51		\$3.99	N/A
4	Fantastic Noodles Cup 70g/Bowl 85g		\$0.46		\$1.49	N/A
5	Glad Wrap 30mt		\$1.00		\$2.99	10¢ per 1m
6	Glad Snap Lock Bags 30-60pk		\$0.51		\$2.99	N/A
Page 7 - Bic Side Panel						
7	Bic Intensity Fine Black Pen 3pk		\$3.50	½	\$3.49	N/A
8	Bic Wite Out Correction Tape		\$2.35	½	\$2.35	N/A
9	Bic Cristal Ballpoint Pen 10pk	Digital	\$1.41		\$3.99	N/A
Page 8						
1	Green's Essentials Cake Mix 340g	TV	\$1.35	½	\$1.34	39¢ per 100g
2	Tetley Tea Cup Bag 100pk		\$1.66		\$3.99	\$2.22 per 100g
3	Pauls Zymil Long Life Milk 1L		\$0.76		\$2.69	\$2.69 per 1L
4	Uncle Tobys Le Snak 12pk		\$2.60		\$6.99	\$2.65 per 100g
5	Nutella Hazelnut Spread 750g		\$2.76		\$7.99	\$1.07 per 100g
Page 8 - Sanitarium Side Panel						
6	Sanitarium Weet-Bix 575g	TV	\$2.20	½	\$2.19	38¢ per 100g
7	Sanitarium Peanut Butter 375g		\$1.36		\$2.49	66¢ per 100g
Page 9						
1	Raguletto Pasta Sauce 500g	Press	\$0.70		\$1.99	40¢ per 100g
2	San Remo Pasta 375/500g	Press	\$0.46		\$2.49	N/A
3	John West Tuna 425g	Digital	\$1.74		\$5.25	\$12.35 per 1lg
4	Fountain Tomato/BBQ Sauce 2L		\$2.01		\$4.99	25¢ per 100mL
5	Johnno's Make Your Own Sauce 340g (POT)	Digital	\$1.10		\$6.49	\$1.91 per 100g
Page 9 - V8/Arnott's Side Panel						
6	V8 Juice 1.25L excl. Power Blend/Healthy Greens	Digital	\$2.84	½	\$2.75	\$2.20 per 1L
7	Arnott's Multipacks 7/8pk (excl. Wagon Wheels)	Press	\$1.30		\$3.49	N/A
Page 10						
1	Connoisseur Ice Cream Stick 4/6pk	Press	\$3.96		\$5.99	N/A
2	Bulla Creamy Classics 2L		\$2.01		\$7.99	40¢ per 100mL
3	Nanna's Crumble 550g		\$2.01		\$3.99	73¢ per 100g
4	Ingham's Chicken Breast Tenders 400g		\$3.96		\$5.99	\$14.98 per 1kg
5	I&J Original Crumbed Fish 425g		\$1.50		\$5.49	\$12.92 per 1kg
6	Mainland Tasty Cheese Block 500g	Press	\$3.51		\$6.49	\$12.98 per 1kg
7	Philadelphia Cream Cheese Tub 220/250g	Digital	\$0.71		\$4.99	N/A



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8	Tamar Valley Greek Style Yoghurt 500g (POT)	Digital	\$1.40		\$2.99	60¢ per 100g
9	Juicy Isle Chilled Fruit Drink 2L (POT)		\$0.50		\$3.49	\$1.75 per 1L
10	Nestle Milo Pouch 150g		\$0.41		\$1.99	\$1.33 per 100g
11	Flora Spread 500g		\$1.50		\$3.99	80¢ per 100g
Page 11						
1	Herbal Essences Shampoo/Conditioner 300mL		\$3.51	½	\$3.49	\$1.16 per 100mL
2	Colgate Total Advanced Toothpaste 200g		\$5.01	½	\$4.99	\$2.50 per 100g
3	Finish Ultimate All in 1 Dish Tablets 36pk		\$22.51	½	\$22.49	62¢ per 1ea
4	Ajax Disinfectant Trigger 500mL		\$2.51	½	\$2.49	\$2.49 per 500mL
5	Sorbent Toilet Tissue 24pk		\$6.00		\$12.99	30¢ per 100sh
6	Colgate Plax Mouthwash 500mL		\$2.01		\$4.99	\$1.00 per 100mL
7	Whiskas Dry Cat Food 800g	Digital	\$1.50		\$4.99	62¢ per 100g
8	Supercoat Dog Food 2.6/2.8kg		\$3.51		\$12.99	N/A
Page 11 - Banana Boat Side Panel						
9	Banana Boat Sunscreen SPF50+ 200g	Digital	\$10.90	½	\$9.99	\$5.00 per 100g
Page 12						
1	Continental Classics Pasta & Sauce/Seasoned Rice 85-125g	Digital	\$1.40	½	\$1.39	N/A
2	Nestle/Violet Crumble Medium Bars 35-55g	Press	\$1.00	½	\$1.00	N/A
3	Libra Ultra Thins 12/14pk	Digital	\$2.80	½	\$2.69	N/A
4	Radiant Laundry Powder 2kg/Liquid 2L	Digital	\$10.01	½	\$9.99	N/A
5	Rexona Advanced Antiperspirant 220mL	Digital	\$4.40	½	\$4.29	\$1.95 per 100mL
6	Skittles Confectionery 160-200g		\$2.51	½	\$2.49	N/A
7	Duck River Soft Butter 500g (POT)	Digital	\$2.01		\$4.99	\$1.00 per 100g
8	Coca-Cola/Fanta/Sprite 10 x 375mL		\$4.26		\$9.99	\$2.66 per 1L
Page 13 - LPE Full Page (Digital Only)						
1	Chris' Dip 200g Ex. Plant Based	LPE			\$3.69	\$1.85 per 100g
2	Lindt Lindor Bags 120-130g	LPE			\$7.99	N/A
3	Bundaberg White Sugar 2kg	LPE			\$2.99	15¢ per 100g
4	On the Menu Frozen Meals 320g	LPE			\$4.99	\$1.56 per 100g
5	Heinz Baby Custard Pouch 120g	LPE			\$1.50	\$1.25 per 100g
6	BabyLove Everyday Baby Wipes 80pk	LPE			\$3.50	\$4.38 per 100ea
7	Palmolive Liquid Hand Wash Foam Pump 250mL	LPE			\$3.49	\$1.40 per 100mL
Page 14 - Herbed Tuna Dip Recipe Full Page (Digital Only)						
1	John West Tuna 425g	Digital	\$1.74		\$5.25	\$12.35 per 1lg
2	Tamar Valley Greek Style Yoghurt 500g (POT)	Digital	\$1.40		\$2.99	60¢ per 100g
3	Philadelphia Cream Cheese Tub 220/250g	Digital	\$0.71		\$4.99	N/A
Page 15 - Apple Isle Morning Muffins Recipe Full Page (Digital Only)						
1	Nutella Hazelnut Spread 750g		\$2.76		\$7.99	\$1.07 per 100g
Page 16 - Coca Cola Bar Fridge Competition Full Page (Digital Only)						



Wednesday 01 Feb 2023 - Tuesday 07 Feb 2023 (week 5)

Front Page			% Off	Retail	
1	CC's Corn Chips 110/175g	TV	½	\$2.19	N/A
2	Kellogg's Crunchy Nut/Special K/Coco Pops/Froot Loops/Just Right 285-460g	Press	½	\$3.49	N/A
3	Uncle Tobys Muesli Bars 6pk	TV	½	\$2.49	\$1.35 per 100g
4	Dairy Farmers Thick & Creamy Yoghurt 4pk	TV	½	\$2.19	50¢ per 100g
5	Pandani Beef or Pork Sausages 680g (ctn 20) (Meat)	Press		\$7.99ea	\$11.75 per 1kg
Page 2					
1	Coca-Cola/Fanta/Sprite Soft Drink 1.25L	Press		\$2.35	\$1.88 per 1L
2	Powerade Sports Drink 600mL			\$2.59	\$4.32 per 1L
3	V Energy Drink 500mL			\$2.99	\$5.98 per 1L
4	Mount Franklin Lightly Sparkling Spring Water 1.25L			\$1.99	\$1.59 per 1L
5	Natural Chip Company/Sambo Potato Chips 175g			\$3.49	\$1.99 per 100g
6	Allen's Jelly/Mint Confectionery Range 140-200g	Digital		\$2.49	N/A
7	Cadbury Bites 110-150g			\$3.49	N/A
8	Cadbury Family Block Chocolate 160-190g			\$3.85	N/A
Page 2 - V8/Arnott's Side Panel					
9	V8 Juice 1.25L excl. Power Blend/Healthy Greens	Digital	½	\$2.75	\$2.20 per 1L
10	Arnott's Multipacks 7/8pk (excl. Wagon Wheels)	Press		\$3.49	N/A
Page 3					
1	Green's Essentials Cake Mix 340g	TV	½	\$1.34	39¢ per 100g
2	Tetley Tea Cup Bag 100pk			\$3.99	\$2.22 per 100g
3	Johnno's Make Your Own Sauce 340g (POT)	Digital		\$6.49	\$1.91 per 100g
4	Pauls Zymil Long Life Milk 1L			\$2.69	\$2.69 per 1L
5	Raguletto Pasta Sauce 500g	Press		\$1.99	40¢ per 100g
6	San Remo Pasta 375/500g	Press		\$2.49	N/A
Page 3 - Moccona Half Page					
7	Moccona Freeze Dried Classic Coffee 400g			\$19.99	\$5.00 per 100g
8	Moccona Coffee Sachets 10pk	TV		\$2.99	N/A
Page 4 - Back to School Double Page Spread					
1	Foster Clarks Snak Pack 120g			\$1.49	\$1.24 per 100g
2	Smith's Potato Chips 18/20pk			\$6.49	N/A
3	SPC Fruits 120g 4pk	Digital		\$3.49	\$7.27 per 1kg
4	Just Juice 200mL 6pk			\$3.99	\$3.33 per 1L
5	Fantastic Noodles Cup 70g/Bowl 85g			\$1.49	N/A
6	Band-Aids 40/50pk			\$4.49	N/A
7	Banana Boat Sunscreen SPF50+ 200g	Digital	½	\$9.99	\$5.00 per 100g
Page 4 - Nestle Side Panel					
8	Uncle Tobys Muesli Bars 6pk	TV	½	\$2.49	\$1.35 per 100g
9	Nestle Milo 1.1kg			\$13.99	\$1.27 per 100g
Page 5 - Back to School Double Page Spread					
1	Praise Squeeze Mayonnaise 365/410g	Digital	½	\$2.10	N/A
2	Mainland On the Go Cheese 110g/Cheese Cracker 120g			\$3.99	N/A
3	Cripps Pikelets 8pk (POT)	Digital		\$2.49	\$1.25 per 100g
4	Nutella Hazelnut Spread 750g			\$7.99	\$1.07 per 100g
5	Vegemite 220g			\$4.49	\$2.04 per 100g
6	Glad Wrap 30mt			\$2.99	10¢ per 1m



Wednesday 01 Feb 2023 - Tuesday 07 Feb 2023 (week 5)

Page 5 - Sanitarium Side Panel						
7	Sanitarium Weet-Bix 575g	TV	½	\$2.19	38¢ per 100g	
8	Sanitarium Peanut Butter 375g			\$2.49	66¢ per 100g	
Page 6						
1	Red Apples 1.5kg (Produce)	Digital		\$3.95bag	\$2.63 per 1kg	
2	Pre Packed Baby Spinach 150g (Produce)	Press		\$3.45bag	\$23.00 per 1kg	
3	JC's Dried Cranberries 500g (Produce)			\$6.99ea	\$13.98 per 1kg	
4	Cripps Fruit Buns 6pk (POT)	Press		\$3.99	89¢ per 100g	
5	Mainland Tasty Cheese Block 500g	Press		\$6.49	\$12.98 per 1kg	
6	Tamar Valley Greek Style Yoghurt 500g (POT)	Digital		\$2.99	60¢ per 100g	
7	Juicy Isle Chilled Fruit Drink 2L (POT)			\$3.49	\$1.75 per 1L	
8	Connoisseur Ice Cream Stick 4/6pk	Press		\$5.99	N/A	
9	Bulla Creamy Classics 2L			\$7.99	40¢ per 100mL	
10	Ingham's Chicken Breast Tenders 400g			\$5.99	\$14.98 per 1kg	
Page 7						
1	Radiant Laundry Powder 2kg/Liquid 2L	Digital	½	\$9.99	N/A	
2	Rexona Advanced Antiperspirant 220mL	Digital	½	\$4.29	\$1.95 per 100mL	
3	Herbal Essences Shampoo/Conditioner 300mL		½	\$3.49	\$1.16 per 100mL	
4	Colgate Total Advanced Toothpaste 200g		½	\$4.99	\$2.50 per 100g	
5	Sorbent Toilet Tissue 24pk			\$12.99	30¢ per 100sh	
6	Colgate Plax Mouthwash 500mL			\$4.99	\$1.00 per 100mL	
7	Whiskas Dry Cat Food 800g	Digital		\$4.99	62¢ per 100g	
8	Supercoat Dog Food 2.6/2.8kg			\$12.99	N/A	
Page 7 - Bic Side Panel						
9	Bic Intensity Fine Black Pen 3pk		½	\$3.49	N/A	
10	Bic Wite Out Correction Tape		½	\$2.35	N/A	
11	Bic Cristal Ballpoint Pen 10pk	Digital		\$3.99	N/A	
Page 8						
1	Continental Classics Pasta & Sauce/Seasoned Rice 85-125g	Digital	½	\$1.39	N/A	
2	Nestle/Violet Crumble Medium Bars 35-55g	Press	½	\$1.00	N/A	
3	Skittles Confectionery 160-200g		½	\$2.49	N/A	
4	Libra Ultra Thins 12/14pk	Digital	½	\$2.69	N/A	
5	Coca-Cola/Fanta/Sprite 10 x 375mL			\$9.99	\$2.66 per 1L	
6	Duck River Soft Butter 500g (POT)	Digital		\$4.99	\$1.00 per 100g	
Page 9 - LPE Full Page (Digital Only)						
1	Chris' Dip 200g Ex. Plant Based	LPE		\$3.69	\$1.85 per 100g	
2	Lindt Lindor Bags 120-130g	LPE		\$7.99	N/A	
3	Bundaberg White Sugar 2kg	LPE		\$2.99	15¢ per 100g	
4	On the Menu Frozen Meals 320g	LPE		\$4.99	\$1.56 per 100g	
5	Heinz Baby Custard Pouch 120g	LPE		\$1.50	\$1.25 per 100g	
6	BabyLove Everyday Baby Wipes 80pk	LPE		\$3.50	\$4.38 per 100ea	
7	Palmolive Liquid Hand Wash Foam Pump 250mL	LPE		\$3.49	\$1.40 per 100mL	
Page 10 - Herbed Tuna Dip Recipe Full Page (Digital Only)						
1	John West Tuna 425g	Digital		\$5.25	\$12.35 per 1lg	
2	Tamar Valley Greek Style Yoghurt 500g (POT)	Digital		\$2.99	60¢ per 100g	
3	Philadelphia Cream Cheese Tub 220/250g	Digital		\$4.99	N/A	



Wednesday 01 Feb 2023 - Tuesday 07 Feb 2023 (week 5)

Page 10 - Apple Isle Morning Muffins Recipe Full Page (Digital Only)			
1	Nutella Hazelnut Spread 750g	\$7.99	\$1.07 per 100g
Page 12 - Coca Cola Bar Fridge Competition Full Page (Digital Only)			



Press

Examiner / Mercury / Advocate

Wednesday 01 Feb 2023 - Tuesday 07 Feb 2023 (week 5)

Alpha Sorted List - ALL PRESS (Including Digital)			Retail	
1	!Green's Essentials Cake Mix 340g	TV	\$1.34	39¢ per 100g
2	Allen's Jelly/Mint Confectionery Range 140-200g	Digital	\$2.49	N/A
3	Arnott's Multipacks 7/8pk (excl. Wagon Wheels)		\$3.49	N/A
4	Banana Boat Sunscreen SPF50+ 200g	Digital	\$9.99	\$5.00 per 100g
5	Bic Cristal Ballpoint Pen 10pk	Digital	\$3.99	N/A
6	CC's Corn Chips 110/175g	TV	\$2.19	N/A
7	Coca-Cola/Fanta/Sprite Soft Drink 1.25L		\$2.35	\$1.88 per 1L
8	Connoisseur Ice Cream Stick 4/6pk		\$5.99	N/A
9	Continental Classics Pasta & Sauce/Seasoned Rice 85-125g	Digital	\$1.39	N/A
10	Cripps Fruit Buns 6pk (POT)		\$3.99	89¢ per 100g
11	Cripps Pikelets 8pk (POT)	Digital	\$2.49	\$1.25 per 100g
12	Dairy Farmers Thick & Creamy Yoghurt 4pk	TV	\$2.19	50¢ per 100g
13	Duck River Soft Butter 500g (POT)	Digital	\$4.99	\$1.00 per 100g
14	John West Tuna 425g	Digital	\$5.25	\$12.35 per 1kg
15	Johnno's Make Your Own Sauce 340g (POT)	Digital	\$6.49	\$1.91 per 100g
16	Kellogg's Crunchy Nut/Special K/Coco Pops/Froot Loops/Just Right 285		\$3.49	N/A
17	Libra Ultra Thins 12/14pk	Digital	\$2.69	N/A
18	Mainland Tasty Cheese Block 500g		\$6.49	\$12.98 per 1kg
19	Moccona Coffee Sachets 10pk	TV	\$2.99	N/A
20	Nestle/Violet Crumble Medium Bars 35-55g		\$1.00	N/A
21	Philadelphia Cream Cheese Tub 220/250g	Digital	\$4.99	N/A
22	Praise Squeeze Mayonnaise 365/410g	Digital	\$2.10	N/A
23	Radiant Laundry Powder 2kg/Liquid 2L	Digital	\$9.99	N/A
24	Raguletto Pasta Sauce 500g		\$1.99	40¢ per 100g
25	Rexona Advanced Antiperspirant 220mL	Digital	\$4.29	\$1.95 per 100mL
26	San Remo Pasta 375/500g		\$2.49	N/A
27	Sanitarium Weet-Bix 575g	TV	\$2.19	38¢ per 100g
28	ZZZ			
29	SPC Fruits 120g 4pk	Digital	\$3.49	\$7.27 per 1kg
30	Tamar Valley Greek Style Yoghurt 500g (POT)	Digital	\$2.99	60¢ per 100g
31	Uncle Tobys Muesli Bars 6pk	TV	\$2.49	\$1.35 per 100g
32	V8 Juice 1.25L excl. Power Blend/Healthy Greens	Digital	\$2.75	\$2.20 per 1L
33	Whiskas Dry Cat Food 800g	Digital	\$4.99	62¢ per 100g



Catalogue

Wednesday 01 Feb 2023 - Tuesday 07 Feb 2023 (week 5)

Alpha Sorted List - Catalogue		Retail	
1	Ajax Disinfectant Trigger 500mL	\$2.49	\$2.49 per 500mL
2	Ajax Spray n' Wipe Trigger 475/500mL	LPE \$3.50	N/A
3	Arnett's Shapes/Savoy/Jatz 130-250g	\$2.49	N/A
4	BabyLove Everyday Baby Wipes 80pk	LPE \$3.50	\$4.38 per 100ea
5	Band-Aids 40/50pk	\$4.49	N/A
6	Bic Intensity Fine Black Pen 3pk	\$3.49	N/A
7	Bic Wite Out Correction Tape	\$2.35	N/A
8	Bulla Creamy Classics 2L	\$7.99	40¢ per 100mL
9	Bundaberg White Sugar 2kg	LPE \$2.99	15¢ per 100g
10	Cadbury Bites 110-150g	\$3.49	N/A
11	Cadbury Family Block Chocolate 160-190g	\$3.85	N/A
12	Cadbury Roses Boxed Chocolates 225g	\$5.19	\$2.31 per 100g
13	Chris' Dip 200g Ex. Plant Based	LPE \$3.69	\$1.85 per 100g
14	Coca-Cola 30 x 375mL	\$24.50	\$2.18 per 1L
15	Coca-Cola/Fanta/Sprite 10 x 375mL	\$9.99	\$2.66 per 1L
16	Colgate Plax Mouthwash 500mL	\$4.99	\$1.00 per 100mL
17	Colgate Total Advanced Toothpaste 200g	\$4.99	\$2.50 per 100g
18	Cripps Master Loaf 680/700g (POT)	\$3.59	N/A
19	Fantastic Noodles Cup 70g/Bowl 85g	\$1.49	N/A
20	Finish Ultimate All in 1 Dish Tablets 36pk	\$22.49	62¢ per 1ea
21	Flora Spread 500g	\$3.99	80¢ per 100g
22	Foster Clarks Snak Pack 120g	\$1.49	\$1.24 per 100g
23	Fountain Tomato/BBQ Sauce 2L	\$4.99	25¢ per 100mL
24	Fronti Red Drink 750mL	\$3.99	\$5.32 per 1L
25	Glad Snap Lock Bags 30-60pk	\$2.99	N/A
26	Glad Wrap 30mt	\$2.99	10¢ per 1m
27	Heinz Baby Custard Pouch 120g	LPE \$1.50	\$1.25 per 100g
28	Herbal Essences Shampoo/Conditioner 300mL	\$3.49	\$1.16 per 100mL
29	I&J Original Crumbed Fish 425g	\$5.49	\$12.92 per 1kg
30	Ingham's Chicken Breast Tenders 400g	\$5.99	\$14.98 per 1kg
31	Juicy Isle Chilled Fruit Drink 2L (POT)	\$3.49	\$1.75 per 1L
32	Just Juice 200mL 6pk	\$3.99	\$3.33 per 1L
33	Lindt Lindor Bags 120-130g	LPE \$7.99	N/A
34	Mainland On the Go Cheese 110g/Cheese Cracker 120g	\$3.99	N/A
35	Moccona Freeze Dried Classic Coffee 400g	\$19.99	\$5.00 per 100g
36	Mount Franklin Lightly Sparkling Spring Water 1.25L	\$1.99	\$1.59 per 1L
37	Nanna's Crumble 550g	\$3.99	73¢ per 100g
38	National Pies Premium Pies 2pk excl Cottage/Chunky Beef (POT)	\$6.99	\$1.94 per 100g
39	Natural Chip Company/Sambo Potato Chips 175g	\$3.49	\$1.99 per 100g
40	Nestle Milo 1.1kg	\$13.99	\$1.27 per 100g
41	Nestle Milo Pouch 150g	\$1.99	\$1.33 per 100g
42	Nutella Hazelnut Spread 750g	\$7.99	\$1.07 per 100g
43	On the Menu Frozen Meals 320g	LPE \$4.99	\$1.56 per 100g
44	Oreo Multipack 230g	\$3.99	\$1.73 per 100g
45	Palmolive Liquid Hand Wash Foam Pump 250mL	LPE \$3.49	\$1.40 per 100mL
46	Pauls Zymil Long Life Milk 1L	\$2.69	\$2.69 per 1L



Catalogue

Wednesday 01 Feb 2023 - Tuesday 07 Feb 2023 (week 5)

47	Powerade Sports Drink 600mL		\$2.59	\$4.32 per 1L
48	Sanitarium Peanut Butter 375g		\$2.49	66¢ per 100g
49	Schweppes/Pepsi Soft Drink 2L	LPE	\$2.80	\$1.40 per 1L
50	Skittles Confectionery 160-200g		\$2.49	N/A
51	Smith's Potato Chips 18/20pk		\$6.49	N/A
52	SunRice Microwave Rice Cups 240/250g	LPE	\$3.00	N/A
53	Supercoat Dog Food 2.6/2.8kg		\$12.99	N/A
54	Tas Taste Plain/Self Raising Flour 2kg (POT)	LPE	\$2.89	\$1.45 per 1kg
55	Tetley Tea Cup Bag 100pk		\$3.99	\$2.22 per 100g
56	Uncle Tobys Le Snak 12pk		\$6.99	\$2.65 per 100g
57	V Energy Drink 500mL		\$2.99	\$5.98 per 1L
58	Vegemite 220g		\$4.49	\$2.04 per 100g