

**TV/Digital****Wednesday 02 Mar 2022 - Tuesday 08 Mar 2022 (week 10)**

Television Advertised		Save	% Off	Retail	
1	Arnott's Shapes 140-190g	\$1.60	½	\$1.60	N/A
2	Golden Circle Fruit Drink 1L	\$1.45	½	\$1.40	\$1.40 per 1L
3	John West Tuna 95g	\$1.21	½	\$1.19	\$12.53 per 1kg
4	Cadbury/Fry's/Europe/Toblerone Medium Bars 30-60g	\$1.00	½	\$1.00	N/A
5	Kleenex Viva Paper Towel 6pk	\$5.00		\$5.99	\$1.66 per 100ea
6	My Dog Tray 100g	\$0.49		\$1.00	\$1.00 per 100g
Television Advertised - Fri 04 Mar					
7	Produce Line - Refer to Fresh Sheet (Produce)			\$0.00kg	N/A

Google Advertised					
1	Kellogg's Nutri Grain/Coco Pops/Special K/Sultana Bran 500-730g	\$3.81	½	\$3.79	N/A
2	Connoisseur Ice Cream 1L	\$5.00		\$6.99	70¢ per 100mL
3	Cottee's Cordial Syrup Double Concentrate 1L	\$0.95		\$4.25	\$4.25 per 1L
4	Birds Eye Fish Fingers 375g	\$1.01		\$4.99	\$13.31 per 1kg

Facebook Advertised - Spicy Tuna San Choy Bau Recipe					
1	John West Tuna 95g	\$1.21	½	\$1.19	\$12.53 per 1kg
Facebook Advertised - Pet Food Feature					
1	My Dog Tray 100g	\$0.49		\$1.00	\$1.00 per 100g
2	Dine Cat Food Tray 85g	\$0.40		\$0.79	93¢ per 100g
3	Whiskas Dry Cat Food 800g	\$0.90		\$4.49	56¢ per 100g
Facebook Advertised - New Arnott's Obsessions					
1	Arnott's Obsessions 115/120g (NEW)	\$3.00	½	\$2.99	N/A

Wednesday Catalogue Email Header					
1	Arnott's Shapes 140-190g	\$1.60	½	\$1.60	N/A
2	Kleenex Viva Paper Towel 6pk	\$5.00		\$5.99	\$1.66 per 100ea
Friday Catalogue Email - Spicy Tuna San Choy Bau Recipe					
1	John West Tuna 95g	\$1.21	½	\$1.19	\$12.53 per 1kg

Website Banner					
1	Cadbury/Fry's/Europe/Toblerone Medium Bars 30-60g	\$1.00	½	\$1.00	N/A
2	Kellogg's Nutri Grain/Coco Pops/Special K/Sultana Bran 500-730g	\$3.81	½	\$3.79	N/A



Press

Examiner / Mercury / Advocate

Wednesday 02 Mar 2022 - Tuesday 08 Mar 2022 (week 10)

Thursday 03 Mar - ALL PRESS		Save	% Off	Retail			
1	Dove Antiperspirant 220-254mL	\$3.80	½	\$3.69	N/A		
2	Moccona Coffee Sachets 10pk	\$1.01		\$3.99	N/A		
3	Vita-Cee Juice 2L (POT)	\$0.39		\$4.49	\$2.25 per 1L		
Friday 04 Mar - Mercury - (Market Fresh)							
1	Mission Wraps 6/8pk	\$1.01		\$3.99	N/A		
2	Nichols Whole Bagged Chicken (Meat)			\$4.99kg	N/A		
3	Produce Line - Refer to Fresh Sheet (Produce)		TV	\$0.00kg	N/A		
Friday 04 Mar - Advocate/Examiner - (Market Fresh)							
1	Mission Wraps 6/8pk	\$1.01		\$3.99	N/A		
2	Nichols Whole Bagged Chicken (Meat)			\$4.99kg	N/A		
3	Pandani Premium Boneless Leg Ham (Deli)			\$18.99kg	N/A		
Friday 04 Mar - Advocate/Examiner - (Market Fresh)							
1	Capsicum (Green/Red) (Produce)			\$8.95kg	N/A		
2	Potatoes Brushed 2.5kg (Produce)			\$4.50bag	\$1.80 per 1kg		
3	Produce Line - Refer to Fresh Sheet (Produce)		TV	\$0.00kg	N/A		
Saturday 05 Mar - Advocate & Examiner							
1	Sorbent Toilet Tissue 24pk	\$7.00		\$11.99	28¢ per 100sh		
2	Pascall/The Natural Confectionery Bags 150-280g/Cadbury Bites 110-150g	\$1.51		\$2.49	N/A		
3	Smith's Potato Chips/Doritos Corn Chips 130-175g	\$1.06		\$2.69	N/A		
Saturday 05 Mar - Mercury Front Page							
1	Arnott's Shapes 140-190g		TV	\$1.60	½	\$1.60	N/A
2	John West Tuna 95g		TV	\$1.21	½	\$1.19	\$12.53 per 1kg



Wednesday 02 Mar 2022 - Tuesday 08 Mar 2022 (week 10)

Front		Save	% Off	Retail		
1	Arnott's Shapes 140-190g	TV	\$1.60	½	\$1.60	N/A
2	Golden Circle Fruit Drink 1L	TV	\$1.45	½	\$1.40	\$1.40 per 1L
3	John West Tuna 95g	TV	\$1.21	½	\$1.19	\$12.53 per 1kg
4	Kellogg's Nutri Grain/Coco Pops/Special K/Sultana Bran 500-730g	Digital	\$3.81	½	\$3.79	N/A
5	Nichols Whole Bagged Chicken (Meat)	Press			\$4.99kg	N/A
Page 2 - Meat & Produce						
1	Capsicum (Green/Red) (Produce)	Press			\$8.95kg	N/A
2	Potatoes Brushed 2.5kg (Produce)	Press			\$4.50bag	\$1.80 per 1kg
3	Brown Onion 1kg Bag (Produce)				\$1.50bag	\$1.50 per 1kg
4	JC's Pistachios Salted A Grade 375g (Produce)		\$2.40		\$10.99ea	\$29.31 per 1kg
5	Lamb Loin Chops (Meat)				\$26.99kg	N/A
6	Beef Porterhouse Steak (Meat)				\$33.99kg	N/A
7	Nichols Nibbles Marinated Chicken Wings 1kg (Meat)				\$6.49kg	
8	Scottsdale Pork Pork Scotch Steaks (Meat)				\$19.99kg	N/A
Page 3 - Deli & Bakery						
1	Pandani Premium Boneless Leg Ham (Deli)	Press			\$18.99kg	N/A
2	Nichols Chicken Thigh Fillet (Deli)				\$11.49kg	N/A
3	Pandani Rindless Middle Bacon (Deli)				\$14.99kg	N/A
4	Ingham's Chicken Drumsticks (Deli)				\$2.49kg	N/A
5	Mission Wraps 6/8pk	Press	\$1.01		\$3.99	N/A
6	Mighty Soft Sliced Bread 700g (POT)		\$1.10		\$2.99	43¢ per 100g
7	National Pies Meat Pies/Pasties 2pk (POT)		\$2.36		\$4.99	\$1.39 per 100g
8	Cripps Master Muffins 6pk (POT)		\$1.66		\$3.49	97¢ per 100g
Page 4						
1	Cadbury Fingers 114g/Freddo Biscuit 167g		\$1.51	½	\$1.49	N/A
2	Maltesers Block Chocolate 146g		\$2.51	½	\$2.49	\$1.71 per 100g
3	Pascall/The Natural Confectionery Bags 150-280g/Cadbury Bites 110-150g	Press	\$1.51		\$2.49	N/A
4	Smith's Potato Chips/Doritos Corn Chips 130-175g	Press	\$1.06		\$2.69	N/A
5	Cheezels/Chickadees 125g		\$0.80		\$1.99	\$1.59 per 100g
6	Arnott's Savoy/Jatz 225/250g		\$0.71		\$2.49	N/A
7	Coca-Cola/Lift/Fanta/Sprite 375mL 10pk		\$4.30		\$8.49	\$2.26 per 1L
8	Coca-Cola 375mL 30pk		\$6.50		\$20.49	\$1.82 per 1L
9	Pepsi/Solo/Sunkist/7Up Soft Drink 1.25L		\$0.56		\$1.79	\$1.43 per 1L
10	Cottee's Cordial Syrup Double Concentrate 1L	Digital	\$0.95		\$4.25	\$4.25 per 1L
11	Powerade Sports Drink 1L		\$2.26		\$3.49	\$3.49 per 1L
12	Mount Franklin Spring Water 1L		\$0.90		\$1.99	\$1.99 per 1L
Page 5						
1	Moccona Coffee Sachets 10pk	Press	\$1.01		\$3.99	N/A
2	Kellogg's Nutri-Grain/LCM Bars 6pk		\$0.51		\$3.49	N/A
3	Heinz Baked Beans/Spaghetti 300g		\$0.96		\$1.79	60¢ per 100g
4	Nestle Melts/Choc Bits/Plastowe Blocks 150-290g		\$0.46		\$3.49	N/A
5	Vegeta Superior Liquid Stock 500mL		\$2.90	½	\$2.79	56¢ per 100mL
6	Praise Squeeze Mayonnaise 490/555g		\$0.60		\$3.99	N/A
7	MasterFoods Tartare/Seafood Cocktail Sauce 220/260g		\$0.36		\$2.29	N/A
8	Leggo's Pesto 190g		\$0.66		\$3.99	\$2.10 per 100g
9	Golden Circle Corn Kernels/Green Peas 410g		\$0.61		\$1.49	\$3.63 per 1kg



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10	MasterFoods Wet Spices 160-170g		\$0.56		\$2.49	N/A
11	Fountain Squeezy Tomato/BBQ Sauce 500mL		\$0.70		\$2.79	56¢ per 100mL
Page 6						
1	Devondale Butter Pat 500g		\$1.51		\$4.99	\$1.00 per 100g
2	Bega Block Cheese 500g		\$1.61		\$6.99	\$13.98 per 1kg
3	Mainland On the Go Cheese & Crackers 50g/Artisan 36/38g		\$0.60		\$1.99	N/A
4	Ashgrove Cheese 140g Excluding Fetta (POT)		\$1.50		\$3.99	\$28.50 per 1kg
5	Vita-Cee Juice 2L (POT)	Press	\$0.39		\$4.49	\$2.25 per 1L
6	Weight Watchers Frozen Meals 300-370g		\$4.00	½	\$3.99	N/A
7	Peters Lemonade or Raspberry & Lemonade Icy Poles 8pk		\$1.00		\$3.99	N/A
8	Mars Ice Cream 4/6pk		\$4.30	½	\$4.29	N/A
Page 6 - Lent Side Panel						
9	Birds Eye Fish Fingers 375g	Digital	\$1.01		\$4.99	\$13.31 per 1kg
10	Birds Eye Oven Bake Fish Fillets 425g		\$2.30		\$7.99	\$18.80 per 1kg
Page 7						
1	Dove Antiperspirant 220-254mL	Press	\$3.80	½	\$3.69	N/A
2	Palmolive Liquid Soap Refill 500mL		\$3.00	½	\$2.99	60¢ per 100mL
3	Schwarzkopf Extra Care Shampoo & Conditioner 400mL		\$3.01		\$4.99	\$1.25 per 100mL
4	Sorbent Toilet Tissue 24pk	Press	\$7.00		\$11.99	28¢ per 100sh
5	Bref Cubes 50g 2pk/Power Active 50g/Lemon 50mL		\$2.01		\$2.99	N/A
6	Pine-o-Cleen Disinfectant 1.25L		\$1.36		\$4.99	40¢ per 100mL
7	Earth Choice Dishwash 500mL		\$1.01		\$1.99	40¢ per 100mL
8	Dynamo Professional 1.8L		\$8.01		\$11.99	\$6.66 per 1L
9	My Dog Tray 100g	TV	\$0.49		\$1.00	\$1.00 per 100g
10	Dine Cat Food Tray 85g	Digital	\$0.40		\$0.79	93¢ per 100g
11	Whiskas Dry Cat Food 800g	Digital	\$0.90		\$4.49	56¢ per 100g
12	Chum Dry Dog Food 8kg		\$2.50		\$19.99	25¢ per 100g
Page 8						
1	Cadbury/Fry's/Europe/Toblerone Medium Bars 30-60g	TV	\$1.00	½	\$1.00	N/A
2	Arnott's Obsessions 115/120g (NEW)	Digital	\$3.00	½	\$2.99	N/A
3	Dilmah Inspirations 10/20pk		\$2.01	½	\$1.99	N/A
4	Connoisseur Ice Cream 1L	Digital	\$5.00		\$6.99	70¢ per 100mL
5	Kleenex Viva Paper Towel 6pk	TV	\$5.00		\$5.99	\$1.66 per 100ea
Page 9 - Spicy Tuna San Choy Bau Recipe Full Page (Digital Only)						
1	John West Tuna 95g	TV	\$1.21	½	\$1.19	\$12.53 per 1kg



Wednesday 02 Mar 2022 - Tuesday 08 Mar 2022 (week 10)

Front Page		Save	% Off	Retail		
1	Arnott's Shapes 140-190g	TV	\$1.60	½	\$1.60	N/A
2	Golden Circle Fruit Drink 1L	TV	\$1.45	½	\$1.40	\$1.40 per 1L
3	John West Tuna 95g	TV	\$1.21	½	\$1.19	\$12.53 per 1kg
4	Kellogg's Nutri Grain/Coco Pops/Special K/Sultana Bran 500-730g	Digital	\$3.81	½	\$3.79	N/A
5	Nichols Whole Bagged Chicken (Meat)	Press			\$4.99kg	N/A
Page 2 - Half Price Half Page						
1	Cadbury/Fry's/Europe/Toblerone Medium Bars 30-60g	TV	\$1.00	½	\$1.00	N/A
2	Cadbury Fingers 114g/Freddo Biscuit 167g		\$1.51	½	\$1.49	N/A
3	Arnott's Obsessions 115/120g (NEW)	Digital	\$3.00	½	\$2.99	N/A
4	Palmolive Liquid Soap Refill 500mL		\$3.00	½	\$2.99	60¢ per 100mL
5	Dove Antiperspirant 220-254mL	Press	\$3.80	½	\$3.69	N/A
Page 2						
6	Pascall/The Natural Confectionery Bags 150-280g/Cadbury Bites 110	Press	\$1.51		\$2.49	N/A
7	Smith's Potato Chips/Doritos Corn Chips 130-175g	Press	\$1.06		\$2.69	N/A
8	Arnott's Savoy/Jatz 225/250g		\$0.71		\$2.49	N/A
9	Coca-Cola/Lift/Fanta/Sprite 375mL 10pk		\$4.30		\$8.49	\$2.26 per 1L
10	Pepsi/Solo/Sunkist/7Up Soft Drink 1.25L		\$0.56		\$1.79	\$1.43 per 1L
11	Cottee's Cordial Syrup Double Concentrate 1L	Digital	\$0.95		\$4.25	\$4.25 per 1L
Page 3						
1	Moccona Coffee Sachets 10pk	Press	\$1.01		\$3.99	N/A
2	Kellogg's Nutri-Grain/LCM Bars 6pk		\$0.51		\$3.49	N/A
3	Praise Squeeze Mayonnaise 490/555g		\$0.60		\$3.99	N/A
4	Golden Circle Corn Kernels/Green Peas 410g		\$0.61		\$1.49	\$3.63 per 1kg
5	MasterFoods Tartare/Seafood Cocktail Sauce 220/260g		\$0.36		\$2.29	N/A
6	Leggo's Pesto 190g		\$0.66		\$3.99	\$2.10 per 100g
7	Kleenex Viva Paper Towel 6pk	TV	\$5.00		\$5.99	\$1.66 per 100ea
8	Sorbent Toilet Tissue 24pk	Press	\$7.00		\$11.99	28¢ per 100sh
9	Earth Choice Dishwash 500mL		\$1.01		\$1.99	40¢ per 100mL
10	My Dog Tray 100g	TV	\$0.49		\$1.00	\$1.00 per 100g
11	Dine Cat Food Tray 85g	Digital	\$0.40		\$0.79	93¢ per 100g
12	Whiskas Dry Cat Food 800g	Digital	\$0.90		\$4.49	56¢ per 100g
Page 4						
1	Capsicum (Green/Red) (Produce)	Press			\$8.95kg	N/A
2	Potatoes Brushed 2.5kg (Produce)	Press			\$4.50bag	\$1.80 per 1kg
3	JC's Pistachios Salted A Grade 375g (Produce)		\$2.40		\$10.99ea	\$29.31 per 1kg
4	Mission Wraps 6/8pk	Press	\$1.01		\$3.99	N/A
5	Devondale Butter Pat 500g		\$1.51		\$4.99	\$1.00 per 100g
6	Mainland On the Go Cheese & Crackers 50g/Artisan 36/38g		\$0.60		\$1.99	N/A
7	Vita-Cee Juice 2L (POT)	Press	\$0.39		\$4.49	\$2.25 per 1L
8	Connoisseur Ice Cream 1L	Digital	\$5.00		\$6.99	70¢ per 100mL
9	Peters Lemonade or Raspberry & Lemonade Icy Poles 8pk		\$1.00		\$3.99	N/A
10	Birds Eye Fish Fingers 375g	Digital	\$1.01		\$4.99	\$13.31 per 1kg
Page 5 - Spicy Tuna San Choy Bau Recipe Full Page (Digital Only)						
1	John West Tuna 95g	TV	\$1.21	½	\$1.19	\$12.53 per 1kg



Press

Examiner / Mercury / Advocate

Wednesday 02 Mar 2022 - Tuesday 08 Mar 2022 (week 10)

Alpha Sorted List - ALL PRESS (Including Digital)			Retail	
1	Arnott's Obsessions 115/120g (NEW)	Digital	\$2.99	N/A
2	Arnott's Shapes 140-190g	TV	\$1.60	N/A
3	Birds Eye Fish Fingers 375g	Digital	\$4.99	\$13.31 per 1kg
4	Cadbury/Fry's/Europe/Toblerone Medium Bars 30-60g	TV	\$1.00	N/A
5	ZZZ			
6	Connoisseur Ice Cream 1L	Digital	\$6.99	70¢ per 100mL
7	Cottee's Cordial Syrup Double Concentrate 1L	Digital	\$4.25	\$4.25 per 1L
8	Dine Cat Food Tray 85g	Digital	\$0.79	93¢ per 100g
9	Dove Antiperspirant 220-254mL		\$3.69	N/A
10	Golden Circle Fruit Drink 1L	TV	\$1.40	\$1.40 per 1L
11	John West Tuna 95g	TV	\$1.19	\$12.53 per 1kg
12	Kellogg's Nutri Grain/Coco Pops/Special K/Sultana Bran 500-730g	Digital	\$3.79	N/A
13	Kleenex Viva Paper Towel 6pk	TV	\$5.99	\$1.66 per 100ea
14	ZZZ			
15	Mission Wraps 6/8pk		\$3.99	N/A
16	Moccona Coffee Sachets 10pk		\$3.99	N/A
17	My Dog Tray 100g	TV	\$1.00	\$1.00 per 100g
18	Pascal/The Natural Confectionery Bags 150-280g/Cadbury Bites 110-115g		\$2.49	N/A
19	Smith's Potato Chips/Doritos Corn Chips 130-175g		\$2.69	N/A
20	Sorbent Toilet Tissue 24pk		\$11.99	28¢ per 100sh
21	Vita-Cee Juice 2L (POT)		\$4.49	\$2.25 per 1L
22	Whiskas Dry Cat Food 800g	Digital	\$4.49	56¢ per 100g



Catalogue

Wednesday 02 Mar 2022 - Tuesday 08 Mar 2022 (week 10)

Alpha Sorted List - Catalogue		Retail	
1	Arnott's Savoy/Jatz 225/250g	\$2.49	N/A
2	Ashgrove Cheese 140g Excluding Fetta (POT)	\$3.99	\$28.50 per 1kg
3	Bega Block Cheese 500g	\$6.99	\$13.98 per 1kg
4	Birds Eye Oven Bake Fish Fillets 425g	\$7.99	\$18.80 per 1kg
5	Bref Cubes 50g 2pk/Power Active 50g/Lemon 50mL	\$2.99	N/A
6	Bundaberg Ginger Beer 750mL	LPE \$2.95	\$3.93 per 1L
7	Cadbury Fingers 114g/Freddo Biscuit 167g	\$1.49	N/A
8	Campbell's Canned Soup 495-510g (excl Bone Broth)	LPE \$2.79	N/A
9	Cheezels/Chickadees 125g	\$1.99	\$1.59 per 100g
10	Chris' Dip 200g Ex. Plant Based	LPE \$3.49	\$1.75 per 100g
11	Chum Dry Dog Food 8kg	\$19.99	25¢ per 100g
12	Coca-Cola 375mL 30pk	\$20.49	\$1.82 per 1L
13	Cripps Master Muffins 6pk (POT)	\$3.49	97¢ per 100g
14	Devondale Butter Pat 500g	\$4.99	\$1.00 per 100g
15	Dilmah Inspirations 10/20pk	\$1.99	N/A
16	Dynamo Professional 1.8L	\$11.99	\$6.66 per 1L
17	Earth Choice Dishwash 500mL	\$1.99	40¢ per 100mL
18	Fountain Squeezy Tomato/BBQ Sauce 500mL	\$2.79	56¢ per 100mL
19	Golden Circle Corn Kernels/Green Peas 410g	\$1.49	\$3.63 per 1kg
20	ZZZ		
21	Heinz Baked Beans/Spaghetti 300g	\$1.79	60¢ per 100g
22	Kellogg's Nutri-Grain/LCM Bars 6pk	\$3.49	N/A
23	Leggo's Pesto 190g	\$3.99	\$2.10 per 100g
24	Maggi Recipe Base Sachets 21-43g	LPE \$1.59	N/A
25	Mainland On the Go Cheese & Crackers 50g/Artisan 36/38g	\$1.99	N/A
26	Maltesers Block Chocolate 146g	\$2.49	\$1.71 per 100g
27	Mars Ice Cream 4/6pk	\$4.29	N/A
28	MasterFoods Tartare/Seafood Cocktail Sauce 220/260g	\$2.29	N/A
29	MasterFoods Wet Spices 160-170g	\$2.49	N/A
30	Mighty Soft Sliced Bread 700g (POT)	\$2.99	43¢ per 100g
31	Mount Franklin Spring Water 1L	\$1.99	\$1.99 per 1L
32	National Pies Meat Pies/Pasties 2pk (POT)	\$4.99	\$1.39 per 100g
33	Nescafe Blend 43/Espresso 250g	LPE \$10.75	\$4.30 per 100g
34	Nestle Melts/Choc Bits/Plaistone Blocks 150-290g	\$3.49	N/A
35	Palmolive Liquid Soap Refill 500mL	\$2.99	60¢ per 100mL
36	Pepsi/Solo/Sunkist/7Up Soft Drink 1.25L	\$1.79	\$1.43 per 1L
37	Peters Lemonade or Raspberry & Lemonade Icy Poles 8pk	\$3.99	N/A
38	Pine-o-Cleen Disinfectant 1.25L	\$4.99	40¢ per 100mL
39	Powerade Sports Drink 1L	\$3.49	\$3.49 per 1L
40	Praise Squeeze Mayonnaise 490/555g	\$3.99	N/A
41	Radiant Laundry Powder 1kg/Liquid 1L	LPE \$6.00	N/A
42	Schwarzkopf Extra Care Shampoo & Conditioner 400mL	\$4.99	\$1.25 per 100mL
43	Vegeta Superior Liquid Stock 500mL	\$2.79	56¢ per 100mL
44	Weight Watchers Frozen Meals 300-370g	\$3.99	N/A
45	White King Bleach 2.5L	LPE \$3.99	\$1.60 per 1L