

**TV/Digital****Wednesday 24 May 2023 - Tuesday 30 May 2023 (week 21)**

Television Advertised		Save	% Off	Retail	
1	Pringles Chips 134g	\$2.51	½	\$2.49	\$1.86 per 100g
2	White Wings Baking Mixes 410-560g	\$3.00	½	\$2.95	N/A
3	Suimin Cup Noodles 70g	\$0.98	½	\$0.97	\$1.39 per 100g
4	Tamar Valley Kids Pouches 110g (POT)	\$1.30	½	\$1.19	\$1.08 per 100g
5	Schwarzkopf Extra Care Shampoo & Conditioner 400mL	\$4.50	½	\$4.49	\$1.12 per 100mL
6	Impulse Body Spray 75mL (excl Luxe)	\$3.01	½	\$2.99	\$3.99 per 100mL
Television Advertised - Fri 26 May					
7	Produce Line - Refer to Fresh Sheet (Produce)			\$0.00kg	N/A

Google Advertised					
1	Peters Ice Cream 4L	\$2.40		\$9.99	25¢ per 100mL
2	Coca-Cola 30 x 375mL	\$13.55		\$25.55	\$2.27 per 1L
3	San Remo La Pasta Range 80g	\$0.25		\$1.00	\$1.25 per 100g
4	Twisties/Burger Rings/Toobs/Cheetos 125-270g	\$1.81		\$3.49	N/A

Facebook Advertised - Vegetable Frittata Recipe					
1	Bulla Cottage Cheese 200g	\$0.30		\$3.49	\$17.45 per 1kg
Facebook Advertised - V Tropical Tang (NEW)					
1	V Energy Drink 500mL (feat. Tropical Tang)	\$2.00		\$2.99	\$5.98 per 1L

Wednesday Catalogue Email Header					
1	Suimin Cup Noodles 70g	\$0.98	½	\$0.97	\$1.39 per 100g
2	Schwarzkopf Extra Care Shampoo & Conditioner 400mL	\$4.50	½	\$4.49	\$1.12 per 100mL
Friday Catalogue Email - Vegetable Frittata Recipe					
1	Bulla Cottage Cheese 200g	\$0.30		\$3.49	\$17.45 per 1kg

Website Banner					
1	Tamar Valley Kids Pouches 110g (POT)	\$1.30	½	\$1.19	\$1.08 per 100g
2	Pringles Chips 134g	\$2.51	½	\$2.49	\$1.86 per 100g

Radio Advertised					
1	Suimin Cup Noodles 70g	\$0.98	½	\$0.97	\$1.39 per 100g
2	White Wings Baking Mixes 410-560g	\$3.00	½	\$2.95	N/A
3	Tamar Valley Kids Pouches 110g (POT)	\$1.30	½	\$1.19	\$1.08 per 100g
4	Schwarzkopf Extra Care Shampoo & Conditioner 400mL	\$4.50	½	\$4.49	\$1.12 per 100mL



Press

Examiner / Mercury / Advocate

Wednesday 24 May 2023 - Tuesday 30 May 2023 (week 21)

Thursday 25 May - ALL PRESS		Save	% Off	Retail	
1	International Roast Coffee 500g	\$4.96		\$10.99	\$2.20 per 100g
2	Pascall/The Natural Confectionery Bags 150-300g/Cadbury Bites 110-150g	\$1.01		\$2.99	N/A
3	Chum Canned Dog Food 1.2kg	\$1.30		\$3.29	27¢ per 100g
Friday 26 May - Mercury - (Market Fresh)					
1	National Pies Party Pies/Sausage Rolls 12pk (POT)	\$2.50		\$7.99	\$1.11 per 100g
2	Beef Porterhouse Steak (Meat)			\$32.99kg	N/A
3	Produce Line - Refer to Fresh Sheet (Produce) TV			\$0.00kg	N/A
Friday 26 May - Mercury					
1	Red Bull Energy Drink 4 x 250mL	\$4.01		\$7.99	\$7.99 per 1L
2	Bega Cheese Slices/Blocks 500g	\$1.51		\$7.99	\$15.98 per 1kg
3	Four 'n Twenty Traditional Pies 4pk	\$1.00		\$7.99	\$1.14 per 100g
Friday 26 May - Advocate/Examiner - (Market Fresh)					
1	National Pies Party Pies/Sausage Rolls 12pk (POT)	\$2.50		\$7.99	\$1.11 per 100g
2	Beef Porterhouse Steak (Meat)			\$32.99kg	N/A
3	Marion Bay Chicken Breast Chunks (Deli)			\$11.99kg	N/A
Friday 26 May - Advocate/Examiner - (Market Fresh)					
1	Navel Oranges 3kg (Produce)			\$5.90bag	\$1.97 per 1kg
2	Grey Pumpkin (Produce)			\$1.50kg	N/A
3	Produce Line - Refer to Fresh Sheet (Produce) TV			\$0.00kg	N/A
Saturday 27 May - Advocate & Examiner					
1	Red Bull Energy Drink 4 x 250mL	\$4.01		\$7.99	\$7.99 per 1L
2	Bega Cheese Slices/Blocks 500g	\$1.51		\$7.99	\$15.98 per 1kg
3	Four 'n Twenty Traditional Pies 4pk	\$1.00		\$7.99	\$1.14 per 100g
Saturday 27 May - Mercury Front Page					
1	Suimin Cup Noodles 70g TV	\$0.98	½	\$0.97	\$1.39 per 100g
2	Tamar Valley Kids Pouches 110g (POT) TV	\$1.30	½	\$1.19	\$1.08 per 100g



Wednesday 24 May 2023 - Tuesday 30 May 2023 (week 21)

Front			Save	% Off	Retail	
1	Pringles Chips 134g	TV	\$2.51	½	\$2.49	\$1.86 per 100g
2	Suimin Cup Noodles 70g	TV	\$0.98	½	\$0.97	\$1.39 per 100g
3	Tamar Valley Kids Pouches 110g (POT)	TV	\$1.30	½	\$1.19	\$1.08 per 100g
4	Schwarzkopf Extra Care Shampoo & Conditioner 400mL	TV	\$4.50	½	\$4.49	\$1.12 per 100mL
5	Beef Porterhouse Steak (Meat)	Press			\$32.99kg	N/A
Page 2						
1	Nestle Medium Chocolate Bars 35-55g		\$1.10	½	\$1.10	N/A
2	Ritz Cracker Bites 160g		\$2.30	½	\$1.99	\$1.24 per 100g
3	White Wings Baking Mixes 410-560g	TV	\$3.00	½	\$2.95	N/A
4	Jarrah Coffee 250g		\$3.75	½	\$3.75	\$1.50 per 100g
5	Red Bull Energy Drink 4 x 250mL	Press	\$4.01		\$7.99	\$7.99 per 1L
6	Peters Ice Cream 4L	Digital	\$2.40		\$9.99	25¢ per 100mL
Page 3						
1	Feline First Clumping Cat Litter 7.5kg		\$8.50	½	\$7.49	\$1.00 per 1kg
2	Ajax Antibacterial Wipes 110s		\$5.54	½	\$5.35	5¢ per 1ea
3	Impulse Body Spray 75mL (excl Luxe)	TV	\$3.01	½	\$2.99	\$3.99 per 100mL
4	Finish Ultimate All in 1 Dish Tablets 36pk		\$22.50	½	\$22.50	63¢ per 1ea
5	Sard OxyPlus 1kg		\$4.51	½	\$4.49	\$4.49 per 1kg
Page 4 - Meat & Produce						
1	Navel Oranges 3kg (Produce)	Press			\$5.90bag	\$1.97 per 1kg
2	Grey Pumpkin (Produce)	Press			\$1.50kg	N/A
3	Brussels Sprouts (Produce)				\$7.95kgkg	N/A
4	JC's Walnuts Natural 350g (Produce)		\$1.56		\$7.99ea	\$22.83 per 1kg
5	Scottsdale Pork Pickled Pork (POT) (Meat)				\$13.99kg	N/A
6	Lamb Leg Netted & Boneless (Meat)				\$22.99kg	N/A
7	Scottsdale Pork Pork Scotch Steaks (Meat)				\$21.99kg	N/A
8	Ingham's Thigh Fillets (Meat)				\$17.99kg	N/A
Page 5 - Deli & Bakery						
1	Marion Bay Chicken Breast Chunks (Deli)	Press			\$11.99kg	N/A
2	Pandani Frankfurts/Saveloys 2kg (Deli)				\$12.99kg	N/A
3	Pandani Streaky Bacon (Deli)				\$22.99kg	N/A
4	Pandani Sliced Silverside (Deli)				\$24.99kg	N/A
5	National Pies Party Pies/Sausage Rolls 12pk (POT)	Press	\$2.50		\$7.99	\$1.11 per 100g
6	William's Wraps 8pk (POT)		\$1.00		\$3.99	71¢ per 100g
7	Central Cake Co French Vanilla/Jelly Slice 2pk (POT)		\$1.10		\$6.49	N/A
8	Mighty Soft Sliced Bread 700g (POT)	LPE			\$3.80	54¢ per 100g
Page 6 - Price Match						
Page 7 - Price Match						
Page 8						
1	Coca-Cola 30 x 375mL	Digital	\$13.55		\$25.55	\$2.27 per 1L
2	Coca-Cola/Fanta/Sprite Soft Drink 1.25L		\$0.60		\$2.25	\$1.80 per 1L
3	Hartz Soft Drink/Mixer 1.25L (POT)		\$0.30		\$1.69	\$1.35 per 1L
4	Powerade Sports Drink 600mL		\$1.60		\$2.40	\$4.00 per 1L
5	Cadbury Family Block Chocolate 160-190g		\$1.65		\$3.85	N/A
6	Arnott's Tim Tam Biscuits 165-200g (excl Deluxe)		\$1.01		\$3.49	N/A



Wednesday 24 May 2023 - Tuesday 30 May 2023 (week 21)

7	Twisties/Burger Rings/Toobs/Cheetos 125-270g	Digital	\$1.81		\$3.49	N/A
8	Pascall/The Natural Confectionery Bags 150-300g/Cadbury Bites 110-150g	Press	\$1.01		\$2.99	N/A
Page 8 - V Tropical Tang (NEW) Side Panel						
9	V Energy Drink 500mL (feat. Tropical Tang)	Digital	\$2.00		\$2.99	\$5.98 per 1L
10	V Energy Drink 4 x 500mL		\$7.90		\$11.99	\$6.00 per 1L
Page 9						
1	San Remo La Pasta Range 80g	Digital	\$0.25		\$1.00	\$1.25 per 100g
2	Kantong Simmer Sauce 505-520g		\$0.70		\$3.69	N/A
3	Gravox Liquid Gravy/Sauce 165g		\$0.81		\$2.69	\$1.63 per 100g
4	Nestle Milo 700g		\$3.00		\$9.99	\$1.43 per 100g
5	Bega Cream Cheese Spread 250g		\$0.50		\$4.49	\$1.80 per 100g
6	Green's Pancake Shake Mix 325/375g		\$0.80		\$2.49	N/A
7	Kellogg's Rice Bubbles/Coco Pops/Froot Loops/Just Right 285-460g/Corn Flakes 725g		\$0.96		\$5.99	N/A
8	Golden Circle Long Life Juice 2L		\$1.20		\$3.99	\$2.00 per 1L
Page 9 - Black & Gold Side Panel						
9	Black & Gold Vinegar White 2L				\$1.89	\$94.50 per 100mL
10	Black & Gold White Sugar 2kg				\$2.49	\$124.50 per 100g
11	Black & Gold Tomatoes Chopped 400g				\$1.10	\$2.75 per 1kg
Page 10						
1	Four 'n Twenty Traditional Pies 4pk	Press	\$1.00		\$7.99	\$1.14 per 100g
2	McCain Man Size Frozen Meals 480/500g		\$2.50		\$7.99	N/A
3	Dr Oetker Ristorante Pizza 310-390g		\$2.16		\$6.99	N/A
4	Peters Drumstick 4/6pk		\$1.51		\$7.99	N/A
5	Zoosh Dip 185g		\$0.81		\$2.69	\$1.45 per 100g
6	Bulla Cottage Cheese 200g	Digital	\$0.30		\$3.49	\$17.45 per 1kg
7	Bega Cheese Slices/Blocks 500g	Press	\$1.51		\$7.99	\$15.98 per 1kg
8	Nuttelext Spread Original/Lite/Buttery 500g		\$0.71		\$4.49	90¢ per 100g
9	Devondale Dairy/Extra Soft Butter Tub 500g		\$1.51		\$5.99	\$1.20 per 100g
Page 11						
1	iCare Toilet Tissue 24pk		\$3.00		\$10.99	25¢ per 100sh
2	Colgate Total Toothpaste Advanced 115g		\$1.51		\$4.99	\$4.34 per 100g
3	BabyLove Sleepy Nights 8-12s		\$1.50		\$9.99	N/A
4	Soph Dishwashing Liquid 1L		\$0.50		\$2.69	27¢ per 100mL
5	Glade Airfreshener 200g		\$1.00		\$2.75	\$1.38 per 100g
6	Jiffy Economy Firelighters 24s		\$1.50		\$3.99	17¢ per 1ea
7	Pedigree Dry Dog Food 8kg		\$11.00		\$20.99	26¢ per 100g
8	Chum Canned Dog Food 1.2kg	Press	\$1.30		\$3.29	27¢ per 100g
9	Purina One Pouch 70g		\$0.45		\$1.75	\$2.50 per 100g
Page 12 - Coffee Feature						
1	Jarrah Coffee 250g		\$3.75	½	\$3.75	\$1.50 per 100g
2	International Roast Coffee 500g	Press	\$4.96		\$10.99	\$2.20 per 100g
3	Nescafe Blend 43 140/150g/Gold 90/100g excl. Decaf/Short Black		\$1.50		\$9.99	N/A
4	Grinders Coffee 1kg		\$7.00		\$27.99	\$2.80 per 100g
5	Bickford's Iced Coffee Syrup 500mL		\$1.30		\$5.99	\$11.98 per 1L
6	Dare Iced Coffee 500mL		\$1.14		\$2.85	\$5.70 per 1L
7	Uncle Tobys Dairy Oat/Almond Milk 1L (excl Barista Oat)		\$0.96		\$2.99	\$2.99 per 1L



Extended Catalogue

Wednesday 24 May 2023 - Tuesday 30 May 2023 (week 21)

Page 13 - Vegetable Frittata Recipe Full Page (Digital Only)					
1	Bulla Cottage Cheese 200g	Digital	\$0.30	\$3.49	\$17.45 per 1kg



Wednesday 24 May 2023 - Tuesday 30 May 2023 (week 21)

Front Page			% Off	Retail	
1	Pringles Chips 134g	TV	½	\$2.49	\$1.86 per 100g
2	Suimin Cup Noodles 70g	TV	½	\$0.97	\$1.39 per 100g
3	Tamar Valley Kids Pouches 110g (POT)	TV	½	\$1.19	\$1.08 per 100g
4	Schwarzkopf Extra Care Shampoo & Conditioner 400mL	TV	½	\$4.49	\$1.12 per 100mL
5	Beef Porterhouse Steak (Meat)	Press		\$32.99kg	N/A
Page 2					
1	Nestle Medium Chocolate Bars 35-55g		½	\$1.10	N/A
2	Ritz Cracker Bites 160g		½	\$1.99	\$1.24 per 100g
3	White Wings Baking Mixes 410-560g	TV	½	\$2.95	N/A
4	Jarrah Coffee 250g		½	\$3.75	\$1.50 per 100g
5	Feline First Clumping Cat Litter 7.5kg		½	\$7.49	\$1.00 per 1kg
6	Impulse Body Spray 75mL (excl Luxe)	TV	½	\$2.99	\$3.99 per 100mL
7	Ajax Antibacterial Wipes 110s		½	\$5.35	5¢ per 1ea
Page 2 - V Tropical Tang (NEW) Side Panel					
8	V Energy Drink 500mL (feat. Tropical Tang)	Digital		\$2.99	\$5.98 per 1L
9	V Energy Drink 4 x 500mL			\$11.99	\$6.00 per 1L
Page 3					
1	Coca-Cola 30 x 375mL	Digital		\$25.55	\$2.27 per 1L
2	Red Bull Energy Drink 4 x 250mL	Press		\$7.99	\$7.99 per 1L
3	Twisties/Burger Rings/Toobs/Cheetos 125-270g	Digital		\$3.49	N/A
4	Pascall/The Natural Confectionery Bags 150-300g/Cadbury Bites 110-150g	Press		\$2.99	N/A
5	San Remo La Pasta Range 80g	Digital		\$1.00	\$1.25 per 100g
6	International Roast Coffee 500g	Press		\$10.99	\$2.20 per 100g
7	Pedigree Dry Dog Food 8kg			\$20.99	26¢ per 100g
8	Chum Canned Dog Food 1.2kg	Press		\$3.29	27¢ per 100g
Page 3 - Price Match Side Panel					
Page 4					
1	Navel Oranges 3kg (Produce)	Press		\$5.90bag	\$1.97 per 1kg
2	Grey Pumpkin (Produce)	Press		\$1.50kg	N/A
3	JC's Walnuts Natural 350g (Produce)			\$7.99ea	\$22.83 per 1kg
4	National Pies Party Pies/Sausage Rolls 12pk (POT)	Press		\$7.99	\$1.11 per 100g
5	Bulla Cottage Cheese 200g	Digital		\$3.49	\$17.45 per 1kg
6	Bega Cheese Slices/Blocks 500g	Press		\$7.99	\$15.98 per 1kg
7	Zoosh Dip 185g			\$2.69	\$1.45 per 100g
8	Peters Ice Cream 4L	Digital		\$9.99	25¢ per 100mL
9	Peters Drumstick 4/6pk			\$7.99	N/A
10	Four 'n Twenty Traditional Pies 4pk	Press		\$7.99	\$1.14 per 100g
Page 5 - Price Match Full Page (Digital Only)					
Page 6 - Vegetable Frittata Recipe Full Page (Digital Only)					
1	Bulla Cottage Cheese 200g	Digital		\$3.49	\$17.45 per 1kg



Press

Examiner / Mercury / Advocate

Wednesday 24 May 2023 - Tuesday 30 May 2023 (week 21)

Alpha Sorted List - ALL PRESS (Including Digital)		Retail	
1	!Four 'n Twenty Traditional Pies 4pk	\$7.99	\$1.14 per 100g
2	Bega Cheese Slices/Blocks 500g	\$7.99	\$15.98 per 1kg
3	Bulla Cottage Cheese 200g Digital	\$3.49	\$17.45 per 1kg
4	Chum Canned Dog Food 1.2kg	\$3.29	27¢ per 100g
5	Coca-Cola 30 x 375mL Digital	\$25.55	\$2.27 per 1L
6	Impulse Body Spray 75mL (excl Luxe) TV	\$2.99	\$3.99 per 100mL
7	International Roast Coffee 500g	\$10.99	\$2.20 per 100g
8	National Pies Party Pies/Sausage Rolls 12pk (POT)	\$7.99	\$1.11 per 100g
9	Pascall/The Natural Confectionery Bags 150-300g/Cadbury Bites 110-115g	\$2.99	N/A
10	Peters Ice Cream 4L Digital	\$9.99	25¢ per 100mL
11	Pringles Chips 134g TV	\$2.49	\$1.86 per 100g
12	Red Bull Energy Drink 4 x 250mL	\$7.99	\$7.99 per 1L
13	San Remo La Pasta Range 80g Digital	\$1.00	\$1.25 per 100g
14	Schwarzkopf Extra Care Shampoo & Conditioner 400mL TV	\$4.49	\$1.12 per 100mL
15	Suimin Cup Noodles 70g TV	\$0.97	\$1.39 per 100g
16	Tamar Valley Kids Pouches 110g (POT) TV	\$1.19	\$1.08 per 100g
17	Twisties/Burger Rings/Toobs/Cheetos 125-270g Digital	\$3.49	N/A
18	V Energy Drink 500mL (feat. Tropical Tang) Digital	\$2.99	\$5.98 per 1L
19	White Wings Baking Mixes 410-560g TV	\$2.95	N/A



Catalogue

Wednesday 24 May 2023 - Tuesday 30 May 2023 (week 21)

Alpha Sorted List - Catalogue		Retail	
1	Ajax Antibacterial Wipes 110s	\$5.35	5¢ per 1ea
2	Arnott's Tim Tam Biscuits 165-200g (excl Deluxe)	\$3.49	N/A
3	BabyLove Sleepy Nights 8-12s	\$9.99	N/A
4	Bega Cream Cheese Spread 250g	\$4.49	\$1.80 per 100g
5	Bickford's Iced Coffee Syrup 500mL	\$5.99	\$11.98 per 1L
6	Black & Gold Tomatoes Chopped 400g	\$1.10	\$2.75 per 1kg
7	Black & Gold Vinegar White 2L	\$1.89	\$94.50 per 100mL
8	Black & Gold White Sugar 2kg	\$2.49	\$124.50 per 100g
9	Cadbury Family Block Chocolate 160-190g	\$3.85	N/A
10	Central Cake Co French Vanilla/Jelly Slice 2pk (POT)	\$6.49	N/A
11	Coca-Cola/Fanta/Sprite Soft Drink 1.25L	\$2.25	\$1.80 per 1L
12	Colgate Total Toothpaste Advanced 115g	\$4.99	\$4.34 per 100g
13	Dare Iced Coffee 500mL	\$2.85	\$5.70 per 1L
14	Devondale Dairy/Extra Soft Butter Tub 500g	\$5.99	\$1.20 per 100g
15	Dr Oetker Ristorante Pizza 310-390g	\$6.99	N/A
16	Feline First Clumping Cat Litter 7.5kg	\$7.49	\$1.00 per 1kg
17	Finish Ultimate All in 1 Dish Tablets 36pk	\$22.50	63¢ per 1ea
18	Glade Airfreshener 200g	\$2.75	\$1.38 per 100g
19	Golden Circle Long Life Juice 2L	\$3.99	\$2.00 per 1L
20	Gravox Liquid Gravy/Sauce 165g	\$2.69	\$1.63 per 100g
21	Green's Pancake Shake Mix 325/375g	\$2.49	N/A
22	Grinders Coffee 1kg	\$27.99	\$2.80 per 100g
23	Hartz Soft Drink/Mixer 1.25L (POT)	\$1.69	\$1.35 per 1L
24	iCare Toilet Tissue 24pk	\$10.99	25¢ per 100sh
25	Jarrah Coffee 250g	\$3.75	\$1.50 per 100g
26	Jiffy Economy Firelighters 24s	\$3.99	17¢ per 1ea
27	Kantong Simmer Sauce 505-520g	\$3.69	N/A
28	Kellogg's Rice Bubbles/Coco Pops/Froot Loops/Just Right 285-460g/C	\$5.99	N/A
29	McCain Man Size Frozen Meals 480/500g	\$7.99	N/A
30	Mighty Soft Sliced Bread 700g (POT) LPE	\$3.80	54¢ per 100g
31	Nescafe Blend 43 140/150g/Gold 90/100g excl. Decaf/Short Black	\$9.99	N/A
32	Nestle Medium Chocolate Bars 35-55g	\$1.10	N/A
33	Nestle Milo 700g	\$9.99	\$1.43 per 100g
34	Nuttelext Spread Original/Lite/Buttery 500g	\$4.49	90¢ per 100g
35	Pedigree Dry Dog Food 8kg	\$20.99	26¢ per 100g
36	Peters Drumstick 4/6pk	\$7.99	N/A
37	Powerade Sports Drink 600mL	\$2.40	\$4.00 per 1L
38	Purina One Pouch 70g	\$1.75	\$2.50 per 100g
39	Ritz Cracker Bites 160g	\$1.99	\$1.24 per 100g
40	Sard OxyPlus 1kg	\$4.49	\$4.49 per 1kg
41	Soph Dishwashing Liquid 1L	\$2.69	27¢ per 100mL
42	Uncle Tobys Dairy Oat/Almond Milk 1L (excl Barista Oat)	\$2.99	\$2.99 per 1L
43	V Energy Drink 4 x 500mL	\$11.99	\$6.00 per 1L
44	William's Wraps 8pk (POT)	\$3.99	71¢ per 100g
45	Zoosh Dip 185g	\$2.69	\$1.45 per 100g