

**TV/Digital****Wednesday 05 Jul 2023 - Tuesday 11 Jul 2023 (week 27)**

Television Advertised		Save	% Off	Retail	
1	The Natural Confectionery Company Bags 180-230g (GA)	\$2.01	½	\$1.99	N/A
2	Sanitarium Up & Go 250mL 3pk (GA)	\$3.00	½	\$2.99	\$3.99 per 1L
3	Arnott's Tim Tam Biscuits 165-200g (excl Deluxe) (GA)	\$2.25	½	\$2.25	N/A
4	Somat Range - All 50% Off (GA)				
5	Coca-Cola 30 x 375mL (GA)	\$13.55		\$25.55	\$2.27 per 1L
6	Sorbent Toilet Tissue 24pk (GA)	\$5.00		\$12.99	30¢ per 100sh
7	Moccona Premium Classic 100g/Infused Coffee 95g (GA)	\$6.46	½	\$5.99	N/A
8	Bundaberg Soft Drink 4 x 375mL (GA)	\$2.40		\$4.99	\$3.33 per 1L
9	Felix Cat Food 12pk (GA)	\$3.51		\$10.99	\$1.08 per 100g
Television Advertised - Fri 07 Jul					
10	Produce Line - Refer to Fresh Sheet (Produce)			\$0.00kg	N/A
11	William's Wraps 8pk (POT) (GA)	\$2.50	½	\$2.49	44¢ per 100g
12	Yoplait Yoghurt 1kg (GA)	\$1.01		\$3.99	40¢ per 100g

Catch Up Television Advertised - Throughout July					
1	Vegeta Range - All 50% Off (GA)				
2	Macleans Range - All 50% Off (GA)				
3	100% Juicy Long Life Juice 2L (POT) (GA)	\$1.30		\$3.29	\$1.65 per 1L
4	Ashgrove Cheese 140g Excluding Fetta (POT) (GA)	\$2.51		\$4.99	\$35.64 per 1kg
5	Cripps Crumpet Splits 6pk (POT) (GA)	\$1.95	½	\$1.95	46¢ per 100g
Catch Up Television Advertised - Throughout July					
1	Community Co Cordial Syrup 1L (GA)			\$3.69	\$3.69 per 1L
2	Community Co Sauce 500mL (GA)			\$1.99	40¢ per 100mL
3	Community Co Passata 690g (GA)			\$2.69	39¢ per 100g
4	Community Co Diced Peach In Juice 4x125g (GA)			\$3.50	\$7.00 per 1kg

Google Advertised					
1	Yoplait Yoghurt 1kg (GA)	\$1.01		\$3.99	40¢ per 100g
2	100% Juicy Long Life Juice 2L (POT) (GA)	\$1.30		\$3.29	\$1.65 per 1L
3	Four 'n Twenty Sausage Rolls/Party Pies 12pk (GA)	\$2.01		\$4.99	N/A
4	Ashgrove Cheese 140g Excluding Fetta (POT) (GA)	\$2.51		\$4.99	\$35.64 per 1kg
5	Peters Original Ice Cream 2L (GA)	\$1.94		\$5.25	26¢ per 100mL
6	Windex Glass Cleaner 500mL (GA)	\$2.90	½	\$2.89	58¢ per 100mL
7	Campbell's Canned Soup 495-510g	\$2.60	½	\$2.25	N/A
8	Nabisco In A Biskit 160g	\$1.75	½	\$1.75	\$1.09 per 100g

Facebook Advertised - Competition Introduction					
1	Sanitarium Up & Go 250mL 3pk (GA)	\$3.00	½	\$2.99	\$3.99 per 1L
2	Arnott's Tim Tam Biscuits 165-200g (excl Deluxe) (GA)	\$2.25	½	\$2.25	N/A
3	William's Wraps 8pk (POT) (GA)	\$2.50	½	\$2.49	44¢ per 100g
Facebook Advertised - Vegeta Half Price Throughout July					
Facebook Advertised - National Pies - New					
1	National Pizza Pocket 2pk/Pie & Sausage Roll 3pk (NEW) (GA)	\$2.30		\$6.49	\$1.80 per 100g
Facebook Advertised - Cadbury Feature					
1	Cadbury Medium Bars 30-60g (GA)	\$1.00	½	\$1.00	N/A
2	Cadbury Drinking Chocolate 250g (GA)	\$0.96		\$3.69	\$1.48 per 100g

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3	Cadbury Ice Cream Tubs 460mL (GA)	\$3.00		\$9.99	\$2.17 per 100mL
4	Cadbury Cookies 156g (GA)	\$1.01		\$2.99	\$1.92 per 100g
5	Cadbury Favourites 520/570g (GA)	\$11.50	½	\$11.49	N/A

Buy Outs - Header

1	The Natural Confectionery Company Bags 180-230g (GA)	\$2.01	½	\$1.99	N/A
2	Sanitarium Up & Go 250mL 3pk (GA)	\$3.00	½	\$2.99	\$3.99 per 1L
3	Arnott's Tim Tam Biscuits 165-200g (excl Deluxe) (GA)	\$2.25	½	\$2.25	N/A
4	Cripps Crumpet Splits 6pk (POT) (GA)	\$1.95	½	\$1.95	46¢ per 100g

Buy Outs - Sides

1	Bundaberg Soft Drink 4 x 375mL (GA)	\$2.40		\$4.99	\$3.33 per 1L
2	Moccona Premium Classic 100g/Infused Coffee 95g (GA)	\$6.46	½	\$5.99	N/A
3	Smith's Potato Chips 130-175g (GA)	\$1.90		\$2.90	N/A
4	Sorbent Toilet Tissue 24pk (GA)	\$5.00		\$12.99	30¢ per 100sh
5	Felix Cat Food 12pk (GA)	\$3.51		\$10.99	\$1.08 per 100g
6	Handee Ultra Paper Towel 2pk (GA)	\$1.30		\$2.69	\$2.24 per 100ea

Buy Outs - Medium Rectangle

1	Coca-Cola 30 x 375mL (GA)	\$13.55		\$25.55	\$2.27 per 1L
2	Peters Original Ice Cream 2L (GA)	\$1.94		\$5.25	26¢ per 100mL
3	100% Juicy Long Life Juice 2L (POT) (GA)	\$1.30		\$3.29	\$1.65 per 1L

Wednesday Catalogue Email Header

1	Arnott's Tim Tam Biscuits 165-200g (excl Deluxe) (GA)	\$2.25	½	\$2.25	N/A
2	Coca-Cola 30 x 375mL (GA)	\$13.55		\$25.55	\$2.27 per 1L

Friday Catalogue Email - Roast Tomato & Basil Soup Recipe

1	Vegeta Stock Powder 180-250g (GA)	\$2.01	½	\$1.99	N/A
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Website Banner

1	Sanitarium Up & Go 250mL 3pk (GA)	\$3.00	½	\$2.99	\$3.99 per 1L
2	William's Wraps 8pk (POT) (GA)	\$2.50	½	\$2.49	44¢ per 100g

Radio Advertised

1	Arnott's Tim Tam Biscuits 165-200g (excl Deluxe) (GA)	\$2.25	½	\$2.25	N/A
2	Sorbent Toilet Tissue 24pk (GA)	\$5.00		\$12.99	30¢ per 100sh
3	Bundaberg Soft Drink 4 x 375mL (GA)	\$2.40		\$4.99	\$3.33 per 1L
4	The Natural Confectionery Company Bags 180-230g (GA)	\$2.01	½	\$1.99	N/A
5	Coca-Cola 30 x 375mL (GA)	\$13.55		\$25.55	\$2.27 per 1L
6	Moccona Premium Classic 100g/Infused Coffee 95g (GA)	\$6.46	½	\$5.99	N/A
7	Smith's Potato Chips 130-175g (GA)	\$1.90		\$2.90	N/A
8	Somat Range - All 50% Off (GA)				



Press

Examiner / Mercury / Advocate

Wednesday 05 Jul 2023 - Tuesday 11 Jul 2023 (week 27)

Thursday 06 Jul - ALL PRESS		Save	% Off	Retail	
1	Continental Cup-a-Soup 2pk	\$1.69	½	\$1.50	N/A
2	San Remo La Pasta Range 120g	\$1.10	½	\$1.00	83¢ per 100g
3	Lynx Antiperspirant/Deodorant 165mL	\$4.30	½	\$3.99	\$2.42 per 100mL
Friday 07 Jul - Mercury - (Market Fresh)					
1	Cripps Crumpet Splits 6pk (POT) (GA) Digital	\$1.95	½	\$1.95	46¢ per 100g
2	Scottsdale Pork Artisan Pork Sausages 475g (Meat)			\$9.99ea	\$21.03 per 1kg
3	Produce Line - Refer to Fresh Sheet (Produce) Digital			\$0.00kg	N/A
Friday 07 Jul - Mercury					
1	Arnott's Cream Favourites 500g (GA)	\$3.28	½	\$3.27	65¢ per 100g
2	Connoisseur Ice Cream Stick 4/6pk (GA)	\$2.96		\$6.99	N/A
3	Handee Ultra Paper Towel 2pk (GA) Digital	\$1.30		\$2.69	\$2.24 per 100ea
Friday 07 Jul - Advocate/Examiner - (Market Fresh)					
1	Cripps Crumpet Splits 6pk (POT) (GA) Digital	\$1.95	½	\$1.95	46¢ per 100g
2	Scottsdale Pork Artisan Pork Sausages 475g (Meat)			\$9.99ea	\$21.03 per 1kg
3	Ingham's Mixed Chicken Pieces (Deli)			\$5.99kg	N/A
Friday 07 Jul - Advocate/Examiner - (Market Fresh)					
1	Produce Line - Refer to Fresh Sheet (Produce)			\$0.00kg	N/A
2	Produce Line - Refer to Fresh Sheet (Produce)			\$0.00kg	N/A
3	Produce Line - Refer to Fresh Sheet (Produce) Digital			\$0.00kg	N/A
Saturday 08 Jul - Advocate & Examiner					
1	Arnott's Cream Favourites 500g (GA)	\$3.28	½	\$3.27	65¢ per 100g
2	Connoisseur Ice Cream Stick 4/6pk (GA)	\$2.96		\$6.99	N/A
3	Handee Ultra Paper Towel 2pk (GA) Digital	\$1.30		\$2.69	\$2.24 per 100ea
Saturday 08 Jul - Mercury Front Page					
1	Arnott's Tim Tam Biscuits 165-200g (excl Deluxe) (GA) TV	\$2.25	½	\$2.25	N/A
2	Sanitarium Up & Go 250mL 3pk (GA) TV	\$3.00	½	\$2.99	\$3.99 per 1L



Wednesday 05 Jul 2023 - Tuesday 11 Jul 2023 (week 27)

Front		Save	% Off	Retail	
1	Sanitarium Up & Go 250mL 3pk (GA) TV	\$3.00	½	\$2.99	\$3.99 per 1L
2	The Natural Confectionery Company Bags 180-230g (GA) TV	\$2.01	½	\$1.99	N/A
3	Arnott's Tim Tam Biscuits 165-200g (excl Deluxe) (GA) TV	\$2.25	½	\$2.25	N/A
4	William's Wraps 8pk (POT) (GA) Digital	\$2.50	½	\$2.49	44¢ per 100g
Page 2 - Marketing for Buy & Win Full Page					
Page 3 - Coca-Cola Half Page					
1	Coca-Cola 30 x 375mL (GA) TV	\$13.55		\$25.55	\$2.27 per 1L
2	Coca-Cola/Fanta/Sprite Soft Drink 1.25L (GA)	\$0.60		\$2.25	\$1.80 per 1L
3	Coca-Cola/Fanta/Sprite 10 x 375mL (GA)	\$3.65		\$10.60	\$2.83 per 1L
Page 3 - Cadbury Half Page					
4	Cadbury Medium Bars 30-60g (GA) Digital	\$1.00	½	\$1.00	N/A
5	Cadbury Drinking Chocolate 250g (GA) Digital	\$0.96		\$3.69	\$1.48 per 100g
6	Cadbury Ice Cream Tubs 460mL (GA) Digital	\$3.00		\$9.99	\$2.17 per 100mL
7	Cadbury Cookies 156g (GA) Digital	\$1.01		\$2.99	\$1.92 per 100g
8	Cadbury Share Pack 144-180g (GA)	\$1.01		\$3.99	N/A
9	Cadbury Favourites 520/570g (GA) Digital	\$11.50	½	\$11.49	N/A
Page 4 - Buy & Win					
1	Bundaberg Soft Drink 4 x 375mL (GA) TV	\$2.40		\$4.99	\$3.33 per 1L
2	100% Juicy Long Life Juice 2L (POT) (GA) Digital	\$1.30		\$3.29	\$1.65 per 1L
3	Powerade Sports Drink 1L (GA)	\$2.26		\$3.49	\$3.49 per 1L
4	Mother Energy Drink 10 x 375mL (GA)	\$4.49		\$11.50	\$3.07 per 1L
5	Smith's Potato Chips 130-175g (GA) Digital	\$1.90		\$2.90	N/A
6	JC's Mixed Nuts Salted/Unsalted 350g (Produce) (GA)	\$2.26		\$7.99ea	\$22.83 per 1kg
7	Lotus Biscoff Classic 250g (GA)	\$0.90		\$3.49	\$1.40 per 100g
8	Doritos Corn Chips 150/170g (GA)	\$1.31		\$3.49	N/A
9	Arnott's Multipacks 7/8pk (excl. Wagon Wheels) (GA)	\$1.30		\$3.49	N/A
10	Sanitarium Marmite 250g (GA)	\$0.90		\$3.49	\$1.40 per 100g
11	Vegeta Stock Powder 180-250g (GA) Digital	\$2.01	½	\$1.99	N/A
12	Chupa Chups Crazy Sour Dip 108g (GA)	\$1.50		\$4.49	\$4.16 per 100g
Page 5 - Buy & Win					
1	Ashgrove Cheese 140g Excluding Fetta (POT) (GA) Digital	\$2.51		\$4.99	\$35.64 per 1kg
2	Juicy Isle Chilled Fruit Drink 2L (POT) (GA)	\$0.64		\$3.35	\$1.68 per 1L
3	Community Co Soy Milk 1L (GA)			\$2.75	\$2.75 per 1L
4	On the Menu Beef Lasagne 1kg LPE			\$7.99	80¢ per 100g
5	Peters Original Ice Cream 2L (GA) Digital	\$1.94		\$5.25	26¢ per 100mL
6	Connoisseur Ice Cream Stick 4/6pk (GA) Press	\$2.96		\$6.99	N/A
7	Four 'n Twenty Sausage Rolls/Party Pies 12pk (GA) Digital	\$2.01		\$4.99	N/A
8	Macleans Range - All 50% Off (GA) Digital				
9	Windex Glass Cleaner 500mL (GA) Digital	\$2.90	½	\$2.89	58¢ per 100mL
10	Cold Power Range - All 50% Off (GA)				
11	Handee Ultra Paper Towel 2pk (GA) Digital	\$1.30		\$2.69	\$2.24 per 100ea
12	Felix Cat Food 12pk (GA) TV	\$3.51		\$10.99	\$1.08 per 100g
Page 6 - Meat & Produce					
1	Produce Line - Refer to Fresh Sheet (Produce) Press			\$0.00kg	N/A
2	Produce Line - Refer to Fresh Sheet (Produce) Press			\$0.00kg	N/A



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3	Produce Line - Refer to Fresh Sheet (Produce)			\$.00kg	N/A
4	JC's Delicious Energy Mix 500g (Produce) (GA)	\$2.50		\$8.99ea	\$17.98 per 1kg
5	Scottsdale Pork Artisan Pork Sausages 475g (Meat)	Press		\$9.99ea	\$21.03 per 1kg
6	Eye Fillet Steak (Meat)			\$39.99kg	N/A
7	Scottsdale Pork Boneless Pork Shoulder Roast (Meat)			\$12.99kg	N/A
8	Petuna Atlantic Salmon MAP 2pk 280g (ctn 8) (Meat)			\$10.99ea	\$39.25 per 1kg
Page 7 - Deli & Bakery					
1	Ingham's Mixed Chicken Pieces (Deli)	Press		\$5.99kg	N/A
2	Pandani Sliced Silverside (Deli)			\$24.99kg	N/A
3	Marion Bay Chicken Breast Chunks (Deli)			\$11.99kg	N/A
4	Pandani Ham Steaks (Deli)			\$14.99kg	N/A
5	Cripps Crumpet Splits 6pk (POT) (GA)	Digital	\$1.95	½	\$1.95 46¢ per 100g
6	Cripps Master Loaf 680/700g (POT) (GA)		\$0.86		\$3.69 N/A
7	National Pizza Pocket 2pk/Pie & Sausage Roll 3pk (NEW) (GA)	Digital	\$2.30		\$6.49 \$1.80 per 100g
8	Central Cake Co Lemon/Caramel/Hedgehog/Brownie Fingers 6pk (POT)		\$2.10		\$7.49 N/A
Page 8					
1	Pascall Confectionery Bags 150-280g (GA)		\$1.31		\$2.69 N/A
2	M&M's/Maltesers/Pods 130-180g		\$1.30		\$3.99 N/A
3	Schweppes Traditional/Mineral Water/Mixers 1.1L		\$0.20		\$1.99 \$1.81 per 1L
4	Cottee's Cordial Syrup Double Concentrate 1L		\$0.91		\$4.99 \$4.99 per 1L
5	Red Bull Energy Drink 473mL		\$1.11		\$3.99 \$8.44 per 1L
Page 8 - Arnott's Side Panel					
6	Arnott's Cream Favourites 500g (GA)	Press	\$3.28	½	\$3.27 65¢ per 100g
7	Arnott's Savoy/Jatz 225/250g (GA)		\$0.75		\$2.75 N/A
8	Arnott's Deluxe Tim Tam Biscuits 175g (GA)		\$2.91	>½	\$2.38 \$1.36 per 100g
9	Arnott's Vita Weat Crisp Bread 250g (GA)		\$1.56		\$2.79 \$1.12 per 100g
Page 9					
1	Leggo's Tomato Paste 140g 2pk		\$0.86		\$2.99 \$1.07 per 100g
2	Yarra Valley Jam 475g (NEW)		\$1.00		\$4.99 \$1.05 per 100g
3	Fountain Squeezy Tomato/BBQ Sauce 500mL		\$0.50		\$2.99 60¢ per 100mL
4	Community Co Pasta 500g (GA)				\$1.89 N/A
5	Nescafé Coffee Sachets 10pk/Gold 8pk		\$3.01		\$4.99 N/A
6	Uncle Tobys Quick/Traditional Oats 1kg		\$2.10		\$5.49 55¢ per 100g
7	Kellogg's Rice Bubbles/Coco Pops/Froot Loops/Just Right 285-460g (excl. Gluten Free)		\$1.51		\$5.49 N/A
8	Tetley Tea Cup Bag 100pk		\$1.66		\$3.99 \$2.22 per 100g
Page 9 - Moccona Side Panel					
9	Moccona Premium Classic 100g/Infused Coffee 95g (GA)	TV	\$6.46	½	\$5.99 N/A
10	Moccona Capsules 10pk		\$0.50		\$4.99 \$9.60 per 100g
Page 10					
1	Yoplait Yoghurt 1kg (GA)	Digital	\$1.01		\$3.99 40¢ per 100g
2	Nuttelek Spread Original/Lite/Buttery 500g		\$0.71		\$4.49 90¢ per 100g
3	Bega Block Cheese 500g		\$1.51		\$7.99 \$15.98 per 1kg
4	Perfect Italiano Grated Cheese 150g		\$1.00		\$2.99 \$19.93 per 1kg
5	Birds Eye Potato Mash 800g		\$2.51		\$4.99 \$6.24 per 1kg
6	Four 'n Twenty Angus Beef Pies 4pk (GA)		\$2.86		\$7.99 \$1.14 per 100g
7	McCain Pub Size Frozen Meals 480/500g		\$2.50		\$7.99 N/A



Wednesday 05 Jul 2023 - Tuesday 11 Jul 2023 (week 27)

8	Ingham's Chicken Kiev 350g		\$2.51		\$9.99	\$28.54 per 1kg
Page 10 - Community Co Side Panel						
9	Community Co Frozen Beef Burgers 640g (NEW) (GA)				\$11.99	\$18.73 per 1kg
10	Community Co Frozen Fruit 500g (NEW) (GA)				\$7.29	\$14.58 per 1kg
11	Community Co Vegetable Gyoza 500g (NEW) (GA)				\$8.99	\$1.80 per 100g
Page 11						
1	Colgate Total Advanced Toothpaste 200g		\$5.01	½	\$4.99	\$2.50 per 100g
2	Sunsilk Shampoo/Conditioner 700mL		\$6.49	½	\$6.40	91¢ per 100mL
3	Sorbent Toilet Tissue 24pk (GA)	TV	\$5.00		\$12.99	30¢ per 100sh
4	BabyLove Disposable Nappies 15-28pk		\$1.50		\$9.99	N/A
5	Panadol Liquid Caps 20pk (GA)		\$0.51		\$5.49	27¢ per 1ea
6	Multix Super Strong Tidy Bags 18pk/Colour Scent Tidy Bags 35pk		\$0.96		\$2.99	N/A
7	Pedigree Canned Dog Food 1.2kg		\$1.04		\$4.75	40¢ per 100g
8	Whiskas Canned Cat Food 400g		\$0.90		\$2.10	53¢ per 100g
Page 11 - Somat Side Panel						
9	Somat Range - All 50% Off (GA)	TV				
Page 12						
1	Nabisco In A Biskit 160g	Digital	\$1.75	½	\$1.75	\$1.09 per 100g
2	Campbell's Canned Soup 495-510g	Digital	\$2.60	½	\$2.25	N/A
3	Continental Cup-a-Soup 2pk	Press	\$1.69	½	\$1.50	N/A
4	San Remo La Pasta Range 120g	Press	\$1.10	½	\$1.00	83¢ per 100g
5	Lynx Antiperspirant/Deodorant 165mL	Press	\$4.30	½	\$3.99	\$2.42 per 100mL
Page 13 - Ashgrove Cheese Full Page (Digital Only)						
1	Ashgrove Cheese 140g Excluding Fetta (POT) (GA)	Digital	\$2.51		\$4.99	\$35.64 per 1kg
Page 14 - Vegeta Full Page (Digital Only)						
Page 15 - Roast Tomato & Basil Soup Recipe Full Page (Digital Only)						
1	Vegeta Stock Powder 180-250g (GA)	Digital	\$2.01	½	\$1.99	N/A
Page 16 - Purina Full Page (Digital Only)						
1	Supercoat Dog Food 2.6/2.8kg (GA)		\$5.01		\$12.99	N/A
2	Felix Cat Food 12pk (GA)	TV	\$3.51		\$10.99	\$1.08 per 100g
3	Friskies Dry Cat Food 1kg (GA)		\$2.26		\$5.99	60¢ per 100g
Page 17 - LPE Full Page (Digital Only)						
1	Tonight Simmer Sauces 475-500g	LPE	\$0.50		\$3.50	N/A
2	SunRice Microwave Rice Cups 240/250g	LPE			\$2.75	N/A
3	Cheezels/Chickadees 190g	LPE	\$0.49		\$3.50	\$1.84 per 100g
4	Nice & Natural Nut Bars 6pk	LPE	\$0.25		\$4.00	N/A
5	Morning Sun Muesli 650g	LPE	\$0.19		\$4.30	66¢ per 100g
6	Bickford's Blackcurrant Juice Syrup 750mL	LPE	\$0.39		\$6.00	\$8.00 per 1L
7	McCain Peas/Corn & Peas/Corn/Carrots 500g	LPE			\$3.75	\$7.50 per 1kg



Standard Catalogue

Wednesday 05 Jul 2023 - Tuesday 11 Jul 2023 (week 27)

Front Page		% Off	Retail	
1	Sanitarium Up & Go 250mL 3pk (GA)	TV	½	\$2.99 \$3.99 per 1L
2	The Natural Confectionery Company Bags 180-230g (GA)	TV	½	\$1.99 N/A
3	Arnott's Tim Tam Biscuits 165-200g (excl Deluxe) (GA)	TV	½	\$2.25 N/A
4	William's Wraps 8pk (POT) (GA)	Digital	½	\$2.49 44¢ per 100g
Page 2 - Marketing for Buy & Win Full Page				
Page 3 - Coca-Cola Half Page				
1	Coca-Cola 30 x 375mL (GA)	TV		\$25.55 \$2.27 per 1L
2	Coca-Cola/Fanta/Sprite Soft Drink 1.25L (GA)			\$2.25 \$1.80 per 1L
3	Coca-Cola/Fanta/Sprite 10 x 375mL (GA)			\$10.60 \$2.83 per 1L
Page 3 - Cadbury Half Page				
4	Cadbury Medium Bars 30-60g (GA)	Digital	½	\$1.00 N/A
5	Cadbury Drinking Chocolate 250g (GA)	Digital		\$3.69 \$1.48 per 100g
6	Cadbury Ice Cream Tubs 460mL (GA)	Digital		\$9.99 \$2.17 per 100mL
7	Cadbury Cookies 156g (GA)	Digital		\$2.99 \$1.92 per 100g
8	Cadbury Share Pack 144-180g (GA)			\$3.99 N/A
9	Cadbury Favourites 520/570g (GA)	Digital	½	\$11.49 N/A
Page 4 - Buy & Win				
1	Bundaberg Soft Drink 4 x 375mL (GA)	TV		\$4.99 \$3.33 per 1L
2	100% Juicy Long Life Juice 2L (POT) (GA)	Digital		\$3.29 \$1.65 per 1L
3	Powerade Sports Drink 1L (GA)			\$3.49 \$3.49 per 1L
4	Mother Energy Drink 10 x 375mL (GA)			\$11.50 \$3.07 per 1L
5	Smith's Potato Chips 130-175g (GA)	Digital		\$2.90 N/A
6	Chupa Chups Crazy Sour Dip 108g (GA)			\$4.49 \$4.16 per 100g
7	Lotus Biscoff Classic 250g (GA)			\$3.49 \$1.40 per 100g
8	Arnott's Cream Favourites 500g (GA)	Press	½	\$3.27 65¢ per 100g
9	Arnott's Savoy/Jatz 225/250g (GA)			\$2.75 N/A
10	Doritos Corn Chips 150/170g (GA)			\$3.49 N/A
11	Vegeta Stock Powder 180-250g (GA)	Digital	½	\$1.99 N/A
12	Moccona Premium Classic 100g/Infused Coffee 95g (GA)	TV	½	\$5.99 N/A
Page 5 - Buy & Win				
1	Ashgrove Cheese 140g Excluding Fetta (POT) (GA)	Digital		\$4.99 \$35.64 per 1kg
2	National Pizza Pocket 2pk/Pie & Sausage Roll 3pk (NEW) (GA)	Digital		\$6.49 \$1.80 per 100g
3	Cripps Master Loaf 680/700g (POT) (GA)			\$3.69 N/A
4	JC's Mixed Nuts Salted/Unsalted 350g (Produce) (GA)			\$7.99ea \$22.83 per 1kg
5	Peters Original Ice Cream 2L (GA)	Digital		\$5.25 26¢ per 100mL
6	Connoisseur Ice Cream Stick 4/6pk (GA)	Press		\$6.99 N/A
7	Four 'n Twenty Sausage Rolls/Party Pies 12pk (GA)	Digital		\$4.99 N/A
8	Macleans Range - All 50% Off (GA)	Digital		
9	Cold Power Range - All 50% Off (GA)			
10	Handee Ultra Paper Towel 2pk (GA)	Digital		\$2.69 \$2.24 per 100ea
11	Sorbent Toilet Tissue 24pk (GA)	TV		\$12.99 30¢ per 100sh
12	Felix Cat Food 12pk (GA)	TV		\$10.99 \$1.08 per 100g
Page 6				
1	Nabisco In A Biskit 160g	Digital	½	\$1.75 \$1.09 per 100g
2	Campbell's Canned Soup 495-510g	Digital	½	\$2.25 N/A
3	Continental Cup-a-Soup 2pk	Press	½	\$1.50 N/A
4	San Remo La Pasta Range 120g	Press	½	\$1.00 83¢ per 100g
5	Lynx Antiperspirant/Deodorant 165mL	Press	½	\$3.99 \$2.42 per 100mL



Wednesday 05 Jul 2023 - Tuesday 11 Jul 2023 (week 27)

6	Windex Glass Cleaner 500mL (GA)	Digital	½	\$2.89	58¢ per 100mL
Page 7					
1	Cottee's Cordial Syrup Double Concentrate 1L			\$4.99	\$4.99 per 1L
2	M&M's/Maltesers/Pods 130-180g			\$3.99	N/A
3	Leggo's Tomato Paste 140g 2pk			\$2.99	\$1.07 per 100g
4	Nescafé Coffee Sachets 10pk/Gold 8pk			\$4.99	N/A
5	Uncle Tobys Quick/Traditional Oats 1kg			\$5.49	55¢ per 100g
6	Kellogg's Rice Bubbles/Coco Pops/Froot Loops/Just Right 285-460g (excl. Gluten Free)			\$5.49	N/A
7	Pedigree Canned Dog Food 1.2kg			\$4.75	40¢ per 100g
8	Whiskas Canned Cat Food 400g			\$2.10	53¢ per 100g
Page 7 - Somat Side Panel					
9	Somat Range - All 50% Off (GA)	TV			
Page 8					
1	Produce Line - Refer to Fresh Sheet (Produce)	Press		\$.00kg	N/A
2	Produce Line - Refer to Fresh Sheet (Produce)	Press		\$.00kg	N/A
3	JC's Delicious Energy Mix 500g (Produce) (GA)			\$8.99ea	\$17.98 per 1kg
4	Cripps Crumpet Splits 6pk (POT) (GA)	Digital	½	\$1.95	46¢ per 100g
5	Scottsdale Pork Artisan Pork Sausages 475g (Meat)	Press		\$9.99ea	\$21.03 per 1kg
6	Bega Block Cheese 500g			\$7.99	\$15.98 per 1kg
7	Nuttelek Spread Original/Lite/Buttery 500g			\$4.49	90¢ per 100g
8	Yoplait Yoghurt 1kg (GA)	Digital		\$3.99	40¢ per 100g
9	Birds Eye Potato Mash 800g			\$4.99	\$6.24 per 1kg
10	McCain Pub Size Frozen Meals 480/500g			\$7.99	N/A
11	Ingham's Chicken Kiev 350g			\$9.99	\$28.54 per 1kg
Page 9 - Ashgrove Cheese Full Page (Digital Only)					
1	Ashgrove Cheese 140g Excluding Fetta (POT) (GA)	Digital		\$4.99	\$35.64 per 1kg
Page 10 - Vegeta Full Page (Digital Only)					
Page 11 - Roast Tomato & Basil Soup Recipe Full Page (Digital Only)					
1	Vegeta Stock Powder 180-250g (GA)	Digital	½	\$1.99	N/A
Page 12 - Purina Full Page (Digital Only)					
1	Supercoat Dog Food 2.6/2.8kg (GA)			\$12.99	N/A
2	Felix Cat Food 12pk (GA)	TV		\$10.99	\$1.08 per 100g
3	Friskies Dry Cat Food 1kg (GA)			\$5.99	60¢ per 100g
Page 13 - LPE Full Page (Digital Only)					
1	Tonight Simmer Sauces 475-500g	LPE		\$3.50	N/A
2	SunRice Microwave Rice Cups 240/250g	LPE		\$2.75	N/A
3	Cheezels/Chickadees 190g	LPE		\$3.50	\$1.84 per 100g
4	Nice & Natural Nut Bars 6pk	LPE		\$4.00	N/A
5	Morning Sun Muesli 650g	LPE		\$4.30	66¢ per 100g
6	Bickford's Blackcurrant Juice Syrup 750mL	LPE		\$6.00	\$8.00 per 1L
7	McCain Peas/Corn & Peas/Corn/Carrots 500g	LPE		\$3.75	\$7.50 per 1kg

**LIFT OUT****Wednesday 5th July - Tuesday 18th July 2023**

Front Page		Save	% Off	Retail	
Page 2 - Marketing for Buy & Win Double Page Spread					
Page 3 - Marketing for Buy & Win Double Page Spread					
Page 4 - Coca-Cola Full Page					
1	Coca-Cola/Fanta/Sprite Soft Drink 2L (GA)	LPE		\$3.65	\$1.83 per 1L
2	Kirks Mixers 6 x 250mL (NEW) (GA)	LPE	\$1.99	\$6.00	\$4.00 per 1L
3	Mother Energy Drink 500mL (GA)	LPE	-\$0.15	\$2.90	\$5.80 per 1L
4	Monster Energy Drink 500mL (GA)	LPE	-\$0.10	\$2.90	\$5.80 per 1L
Page 5 - Mondelez Half Page					
1	Cadbury Favourites 520/570g (GA)		\$11.50 ½	\$11.49	N/A
Page 5 - Peters Half Page					
2	Cadbury Ice Cream Tubs 460mL (GA)		\$3.00	\$9.99	\$2.17 per 100mL
Page 6 - Arnott's Half Page					
1	Arnott's Tim Tam Biscuits 165-200g (excl Deluxe) (GA)		\$2.25 ½	\$2.25	N/A
2	Arnott's Cream Favourites 500g (GA)		\$3.28 ½	\$3.27	65¢ per 100g
Page 6 - Bundaberg Half Page					
3	Bundaberg Soft Drink 4 x 375mL (GA)		\$2.40	\$4.99	\$3.33 per 1L
Page 7 - LPE Full Page					
1	Bundaberg Ginger Beer 750mL (GA)	LPE	\$0.39	\$3.00	\$4.00 per 1L
2	Arnott's Multipack Variety 12/15pk (GA)	LPE		\$5.50	N/A
3	Lotus Biscuit Spread (GA)	LPE	-\$1.01	\$6.50	N/A
4	On the Menu Frozen Meals 320g (GA)	LPE		\$4.99	\$1.56 per 100g
5	On the Menu Beef Lasagne 1kg (GA)	LPE		\$7.99	80¢ per 100g
6	Ziploc Storage Bags 19/24pk (GA)	LPE		\$3.50	N/A
7	Lucky Dog Dry Dog Food 3kg (GA)	LPE	\$1.00	\$10.00	33¢ per 100g
8	Fancy Feast Cat Food 85g (GA)	LPE		\$1.60	\$1.88 per 100g
Page 8 - Juicy Isle Half Page					
1	100% Juicy Long Life Juice 2L (POT) (GA)		\$1.30	\$3.29	\$1.65 per 1L
2	Juicy Isle Orange Juice No Added Sugar 2L (POT) (GA)		\$1.10	\$4.49	\$2.25 per 1L
3	Juicy Isle Chilled Fruit Drink 2L (POT) (GA)		\$0.64	\$3.35	\$1.68 per 1L
4	Pure Tassie Sparkling Water 750mL (GA)		\$1.00	\$2.69	\$3.59 per 1L
Page 8 - Ashgrove Half Page					
5	Ashgrove Cheese 140g Excluding Fetta (POT) (GA)		\$2.51	\$4.99	\$35.64 per 1kg
6	Ashgrove Cheese 450/500g (POT) (GA)		\$2.86	\$9.99	N/A
7	Ashgrove Signature Cheese Crunchettes 40g (GA)		\$1.36	\$3.99	\$9.98 per 100g
Page 9 - Tas Bakeries Half Page					
1	National Pizza Pocket 2pk/Pie & Sausage Roll 3pk (NEW) (GA)		\$2.30	\$6.49	\$1.80 per 100g
Page 9 - Cripps Quarter Panel					
2	Cripps Crumpet Splits 6pk (POT) (GA)		\$1.95 ½	\$1.95	46¢ per 100g
Page 9 - Williams Quarter Panel					
3	William's Wraps 8pk (POT) (GA)		\$2.50 ½	\$2.49	44¢ per 100g
Page 10 - Sanitarium Half Page					
1	Sanitarium Up & Go 250mL 3pk (GA)		\$3.00 ½	\$2.99	\$3.99 per 1L
Page 10 - Community Co Half Page					
2	Community Co Cordial Syrup 1L (GA)			\$3.69	\$3.69 per 1L

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**LIFT OUT****Wednesday 5th July - Tuesday 18th July 2023**

3	Community Co Diced Peach In Juice 4x125g (GA)			\$3.50	\$7.00 per 1kg
4	Community Co Sauce 500mL (GA)			\$1.99	40¢ per 100mL
5	Community Co Frozen Beef Burgers 640g (NEW) (GA)			\$11.99	\$18.73 per 1kg
Page 11 - Moccona Full Page					
Page 12 - Vegeta Half Page					
1	Vegeta Range - All 50% Off (GA)				
Page 12 - JC's Half Page					
2	JC's Quality Outback Mix 500g (Produce) (GA)	\$1.90		\$9.99ea	\$19.98 per 1kg
3	JC's Delicious Energy Mix 500g (Produce) (GA)	\$2.50		\$8.99ea	\$17.98 per 1kg
4	JC's Mixed Nuts Salted/Unsalted 350g (Produce) (GA)	\$2.26		\$7.99ea	\$22.83 per 1kg
5	JC's Walnuts Natural 350g (Produce) (GA)	\$1.56		\$7.99ea	\$22.83 per 1kg
6	JC's Almonds Natural 500g (Produce) (GA)	\$2.60		\$8.99ea	\$17.98 per 1kg
7	JC's Pistachios Salted 375g (Produce) (GA)	\$3.20		\$11.99ea	\$31.97 per 1kg
Page 13 - Four 'n Twenty Half Page					
1	Four 'n Twenty Angus Beef Pies 4pk (GA)	\$2.86		\$7.99	\$1.14 per 100g
Page 13 - Henkel Half Page					
2	Cold Power Range - All 50% Off (GA)				
Page 14 - Sorbent Half Page					
1	Sorbent Toilet Tissue 32pk	LPE		\$18.99	33¢ per 100sh
Page 14 - Purina Half Page					
2	Felix Cat Food 12pk (GA)	\$3.51		\$10.99	\$1.08 per 100g
3	Supercoat Dog Food 2.6/2.8kg (GA)	\$5.01		\$12.99	N/A
4	Friskies Dry Cat Food 1kg (GA)	\$2.26		\$5.99	60¢ per 100g
Page 15 - Macleans Half Page					
1	Macleans Range - All 50% Off (GA)				
Page 15 - SC Johnson Half Page					
2	Drano Bathroom Max Gel 1.2L (GA)	\$4.00		\$17.99	\$1.50 per 100mL
Page 16 - Community Co - Tomato & Sausage Bake Recipe Full Page					
1	Community Co Pasta 500g (GA)			\$1.89	N/A
2	Community Co Passata 690g (GA)			\$2.69	39¢ per 100g
Page 17 - Beef Koftas Recipe Half Page					
Page 17 - Roasted Broccoli Salad Recipe Half Page					
Page 18 - Pesto Eggs on Toast Recipe Half Page					
Page 18 - Weet-bix Power Bars Recipe Half Page					
Page 19 - Roast Vegetable Slice Recipe Half Page					
Page 19 - Potato Salad Recipe Half Page					
Page 20 - Mocha Banana Muffins Recipe Half Page					
Page 20 - Caramilk Brownie Recipe Half Page					



Press

Examiner / Mercury / Advocate

Wednesday 05 Jul 2023 - Tuesday 11 Jul 2023 (week 27)

Alpha Sorted List - ALL PRESS (Including Digital)			Retail	
1	!Community Co Cordial Syrup 1L (GA)	Digital	\$3.69	\$3.69 per 1L
2	!Community Co Diced Peach In Juice 4x125g (GA)	Digital	\$3.50	\$7.00 per 1kg
3	!Community Co Passata 690g (GA)	Digital	\$2.69	39¢ per 100g
4	!Community Co Sauce 500mL (GA)	Digital	\$1.99	40¢ per 100mL
5	!San Remo La Pasta Range 120g		\$1.00	83¢ per 100g
6	100% Juicy Long Life Juice 2L (POT) (GA)	Digital	\$3.29	\$1.65 per 1L
7	Arnott's Cream Favourites 500g (GA)		\$3.27	65¢ per 100g
8	Arnott's Tim Tam Biscuits 165-200g (excl Deluxe) (GA)	TV	\$2.25	N/A
9	Ashgrove Cheese 140g Excluding Fetta (POT) (GA)	Digital	\$4.99	\$35.64 per 1kg
10	Bundaberg Soft Drink 4 x 375mL (GA)	TV	\$4.99	\$3.33 per 1L
11	Cadbury Cookies 156g (GA)	Digital	\$2.99	\$1.92 per 100g
12	Cadbury Drinking Chocolate 250g (GA)	Digital	\$3.69	\$1.48 per 100g
13	Cadbury Favourites 520/570g (GA)	Digital	\$11.49	N/A
14	Cadbury Ice Cream Tubs 460mL (GA)	Digital	\$9.99	\$2.17 per 100mL
15	Cadbury Medium Bars 30-60g (GA)	Digital	\$1.00	N/A
16	Campbell's Canned Soup 495-510g	Digital	\$2.25	N/A
17	Coca-Cola 30 x 375mL (GA)	TV	\$25.55	\$2.27 per 1L
18	Connoisseur Ice Cream Stick 4/6pk (GA)		\$6.99	N/A
19	Continental Cup-a-Soup 2pk		\$1.50	N/A
20	Cripps Crumpet Splits 6pk (POT) (GA)	Digital	\$1.95	46¢ per 100g
21	Felix Cat Food 12pk (GA)	TV	\$10.99	\$1.08 per 100g
22	Four 'n Twenty Sausage Rolls/Party Pies 12pk (GA)	Digital	\$4.99	N/A
23	Handee Ultra Paper Towel 2pk (GA)	Digital	\$2.69	\$2.24 per 100ea
24	Lynx Antiperspirant/Deodorant 165mL		\$3.99	\$2.42 per 100mL
25	Moccona Premium Classic 100g/Infused Coffee 95g (GA)	TV	\$5.99	N/A
26	Nabisco In A Biskit 160g	Digital	\$1.75	\$1.09 per 100g
27	National Pizza Pocket 2pk/Pie & Sausage Roll 3pk (NEW) (GA)	Digital	\$6.49	\$1.80 per 100g
28	Peters Original Ice Cream 2L (GA)	Digital	\$5.25	26¢ per 100mL
29	Sanitarium Up & Go 250mL 3pk (GA)	TV	\$2.99	\$3.99 per 1L
30	Smith's Potato Chips 130-175g (GA)	Digital	\$2.90	N/A
31	Somat Range - All 50% Off (GA)	TV		
32	Sorbent Toilet Tissue 24pk (GA)	TV	\$12.99	30¢ per 100sh
33	The Natural Confectionery Company Bags 180-230g (GA)	TV	\$1.99	N/A
34	Vegeta Range - All 50% Off (GA)	Digital		
35	Vegeta Stock Powder 180-250g (GA)	Digital	\$1.99	N/A
36	William's Wraps 8pk (POT) (GA)	Digital	\$2.49	44¢ per 100g
37	Windex Glass Cleaner 500mL (GA)	Digital	\$2.89	58¢ per 100mL
38	Yoplait Yoghurt 1kg (GA)	Digital	\$3.99	40¢ per 100g



Catalogue

Wednesday 05 Jul 2023 - Tuesday 11 Jul 2023 (week 27)

Alpha Sorted List - Catalogue		Retail	
1	Arnott's Deluxe Tim Tam Biscuits 175g (GA)	\$2.38	\$1.36 per 100g
2	Arnott's Multipacks 7/8pk (excl. Wagon Wheels) (GA)	\$3.49	N/A
3	Arnott's Savoy/Jatz 225/250g (GA)	\$2.75	N/A
4	Arnott's Vita Weat Crisp Bread 250g (GA)	\$2.79	\$1.12 per 100g
5	BabyLove Disposable Nappies 15-28pk	\$9.99	N/A
6	Bega Block Cheese 500g	\$7.99	\$15.98 per 1kg
7	Bickford's Blackcurrant Juice Syrup 750mL LPE	\$6.00	\$8.00 per 1L
8	Birds Eye Potato Mash 800g	\$4.99	\$6.24 per 1kg
9	Cadbury Share Pack 144-180g (GA)	\$3.99	N/A
10	Central Cake Co Lemon/Caramel/Hedgehog/Brownie Fingers 6pk (POT	\$7.49	N/A
11	Cheezels/Chickadees 190g LPE	\$3.50	\$1.84 per 100g
12	Chupa Chups Crazy Sour Dip 108g (GA)	\$4.49	\$4.16 per 100g
13	Coca-Cola/Fanta/Sprite 10 x 375mL (GA)	\$10.60	\$2.83 per 1L
14	Coca-Cola/Fanta/Sprite Soft Drink 1.25L (GA)	\$2.25	\$1.80 per 1L
15	Cold Power Range - All 50% Off (GA)		
16	Colgate Total Advanced Toothpaste 200g	\$4.99	\$2.50 per 100g
17	Community Co Frozen Beef Burgers 640g (NEW) (GA)	\$11.99	\$18.73 per 1kg
18	Community Co Frozen Fruit 500g (NEW) (GA)	\$7.29	\$14.58 per 1kg
19	Community Co Pasta 500g (GA)	\$1.89	N/A
20	Community Co Soy Milk 1L (GA)	\$2.75	\$2.75 per 1L
21	Community Co Vegetable Gyoza 500g (NEW) (GA)	\$8.99	\$1.80 per 100g
22	Cottee's Cordial Syrup Double Concentrate 1L	\$4.99	\$4.99 per 1L
23	Cripps Master Loaf 680/700g (POT) (GA)	\$3.69	N/A
24	Doritos Corn Chips 150/170g (GA)	\$3.49	N/A
25	Fountain Squeezy Tomato/BBQ Sauce 500mL	\$2.99	60¢ per 100mL
26	Four 'n Twenty Angus Beef Pies 4pk (GA)	\$7.99	\$1.14 per 100g
27	Friskies Dry Cat Food 1kg (GA)	\$5.99	60¢ per 100g
28	Ingham's Chicken Kiev 350g	\$9.99	\$28.54 per 1kg
29	JC's Delicious Energy Mix 500g (Produce) (GA)	\$8.99ea	\$17.98 per 1kg
30	JC's Mixed Nuts Salted/Unsalted 350g (Produce) (GA)	\$7.99ea	\$22.83 per 1kg
31	Juicy Isle Chilled Fruit Drink 2L (POT) (GA)	\$3.35	\$1.68 per 1L
32	Kellogg's Rice Bubbles/Coco Pops/Froot Loops/Just Right 285-460g (ex	\$5.49	N/A
33	Leggo's Tomato Paste 140g 2pk	\$2.99	\$1.07 per 100g
34	Lotus Biscoff Classic 250g (GA)	\$3.49	\$1.40 per 100g
35	M&M's/Maltesers/Pods 130-180g	\$3.99	N/A
36	McCain Peas/Corn & Peas/Corn/Carrots 500g LPE	\$3.75	\$7.50 per 1kg
37	McCain Pub Size Frozen Meals 480/500g	\$7.99	N/A
38	Moccona Capsules 10pk	\$4.99	\$9.60 per 100g
39	Morning Sun Muesli 650g LPE	\$4.30	66¢ per 100g
40	Mother Energy Drink 10 x 375mL (GA)	\$11.50	\$3.07 per 1L
41	Multix Super Strong Tidy Bags 18pk/Colour Scent Tidy Bags 35pk	\$2.99	N/A
42	Nescafé Coffee Sachets 10pk/Gold 8pk	\$4.99	N/A
43	Nice & Natural Nut Bars 6pk LPE	\$4.00	N/A
44	Nuttele Spread Original/Lite/Buttery 500g	\$4.49	90¢ per 100g
45	On the Menu Beef Lasagne 1kg LPE	\$7.99	80¢ per 100g
46	Panadol Liquid Caps 20pk (GA)	\$5.49	27¢ per 1ea



Catalogue

Wednesday 05 Jul 2023 - Tuesday 11 Jul 2023 (week 27)

47	Pascall Confectionery Bags 150-280g (GA)		\$2.69	N/A
48	Pedigree Canned Dog Food 1.2kg		\$4.75	40¢ per 100g
49	Perfect Italiano Grated Cheese 150g		\$2.99	\$19.93 per 1kg
50	Powerade Sports Drink 1L (GA)		\$3.49	\$3.49 per 1L
51	Red Bull Energy Drink 473mL		\$3.99	\$8.44 per 1L
52	Sanitarium Marmite 250g (GA)		\$3.49	\$1.40 per 100g
53	Schweppes Traditional/Mineral Water/Mixers 1.1L		\$1.99	\$1.81 per 1L
54	SunRice Microwave Rice Cups 240/250g	LPE	\$2.75	N/A
55	Sunsilk Shampoo/Conditioner 700mL		\$6.40	91¢ per 100mL
56	Supercoat Dog Food 2.6/2.8kg (GA)		\$12.99	N/A
57	Tetley Tea Cup Bag 100pk		\$3.99	\$2.22 per 100g
58	Tonight Simmer Sauces 475-500g	LPE	\$3.50	N/A
59	Uncle Tobys Quick/Traditional Oats 1kg		\$5.49	55¢ per 100g
60	Whiskas Canned Cat Food 400g		\$2.10	53¢ per 100g
61	Yarra Valley Jam 475g (NEW)		\$4.99	\$1.05 per 100g