



Wednesday 19 Jul 2023 - Tuesday 25 Jul 2023 (week 29)

Television Advertised		Save	% Off	Retail	
1	Cadbury Ice Cream 4pk (GA)	\$5.00	½	\$4.99	N/A
2	Cadbury Medium Bars 30-60g (GA)	\$1.11	>½	\$0.89	N/A
3	Arnott's Shapes 130-190g (GA)	\$1.75	½	\$1.75	N/A
4	Sorbent Toilet Tissue Hypo-Allergenic 12pk (GA)	\$6.00	½	\$5.99	28¢ per 100sh
5	Moccona Freeze Dried Classic Coffee 400g (GA)	\$9.01		\$18.99	\$4.75 per 100g
6	Coca-Cola/Fanta/Sprite Soft Drink 1.25L (GA)	\$0.86		\$1.99	\$1.59 per 1L
7	Four 'n Twenty Traditional Pies 4pk (GA)	\$2.00		\$6.99	\$1.00 per 100g
8	Doritos Corn Chips 150/170g (GA)	\$1.90		\$2.90	N/A
Television Advertised - Fri 21 Jul					
7	Produce Line - Refer to Fresh Sheet (Produce)			\$0.00kg	N/A
8	National Pies Party Pies/Sausage Rolls 12pk (POT) (GA) (feat New Line)	\$2.50		\$7.99	\$1.11 per 100g

Google Advertised					
1	Vegeta Range - All 50% Off (GA)				
2	Macleans Range - All 50% Off (GA)				
3	Sanitarium So Good UHT Reg/Lite Soy Milk 1L (GA)	\$0.86		\$1.99	\$1.99 per 1L
4	Fab Range - All 40% Off (GA)				
5	The Natural Confectionery Company Bags 180-230g (GA)	\$2.01	½	\$1.99	N/A
6	White Wings Baking Mixes 410-560g	\$3.00	½	\$2.95	N/A
7	Perfect Italiano Grated Cheese 450g	\$2.01		\$6.99	\$15.53 per 1kg
8	Oreo Cookie 131-147g	\$1.25	½	\$1.25	N/A

Facebook Advertised - Generic Giveaway Specials					
1	Moccona Freeze Dried Classic Coffee 400g (GA)	\$9.01		\$18.99	\$4.75 per 100g
2	Bundaberg Ginger Beer/Soft Drink 6 x 200mL (GA)	\$3.65	½	\$3.65	\$3.04 per 1L
3	Four 'n Twenty Traditional Pies 4pk (GA)	\$2.00		\$6.99	\$1.00 per 100g
4	Cadbury Ice Cream 4pk (GA)	\$5.00	½	\$4.99	N/A
5	Arnott's Shapes 130-190g (GA)	\$1.75	½	\$1.75	N/A

Facebook Advertised - Kirks Mixer (NEW)					
1	Kirks Mixers 6 x 250mL (NEW) (GA)	LPE		\$6.00	\$4.00 per 1L

Facebook Advertised - Community Co					
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

Facebook Advertised - JC's					
1	JC's Delicious Energy Mix 500g (Produce) (GA)	\$2.50		\$8.99ea	\$17.98 per 1kg
2	JC's Quality Outback Mix 500g (Produce) (GA)	\$1.90		\$9.99ea	\$19.98 per 1kg
3	JC's Mixed Nuts Salted/Unsalted 350g (Produce) (GA)	\$2.26		\$7.99ea	\$22.83 per 1kg

Buy Outs - Header					
1	Cadbury Ice Cream 4pk (GA)	\$5.00	½	\$4.99	N/A
2	Cadbury Medium Bars 30-60g (GA)	\$1.11	>½	\$0.89	N/A
3	Arnott's Shapes 130-190g (GA)	\$1.75	½	\$1.75	N/A
4	Sorbent Toilet Tissue Hypo-Allergenic 12pk (GA)	\$6.00	½	\$5.99	28¢ per 100sh



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Buy Outs - Sides					
1	Coca-Cola/Fanta/Sprite 10 x 375mL (GA)	\$4.90		\$9.35	\$2.49 per 1L
2	Purina One Pouch 70g (GA)	\$0.55		\$1.75	\$2.50 per 100g
3	Windex Trigger Surface & Glass Cleaner 750mL (GA)	\$2.00		\$3.99	53¢ per 100mL
4	Ashgrove Cheese 450/500g (POT) (GA)	\$2.86		\$9.99	N/A
5	Yoplait Yoghurt 6pk (GA)	\$2.01		\$4.49	47¢ per 100g
6	Peters Ice Cream 4L (GA)	\$2.40		\$9.99	25¢ per 100mL

Buy Outs - Medium Rectangle					
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 Diced Peach In Juice 4x125g (GA)			\$3.50	\$7.00 per 1kg

Wednesday Catalogue Email Header					
1	Sorbent Toilet Tissue Hypo-Allergenic 12pk (GA)	\$6.00	½	\$5.99	28¢ per 100sh
2	Coca-Cola/Fanta/Sprite Soft Drink 1.25L (GA)	\$0.86		\$1.99	\$1.59 per 1L

Friday Catalogue Email - Mocha Banana Muffins Recipe					
1	Moccona Freeze Dried Classic Coffee 400g (GA)	\$9.01		\$18.99	\$4.75 per 100g

Website Banner					
1	Cadbury Medium Bars 30-60g (GA)	\$1.11	>½	\$0.89	N/A
2	Cadbury Ice Cream 4pk (GA)	\$5.00	½	\$4.99	N/A
3	Cadbury Cookies 156g (GA)	\$2.01	½	\$1.99	\$1.28 per 100g

Radio Advertised					
1	Cadbury Medium Bars 30-60g (GA)	\$1.11	>½	\$0.89	N/A
2	Bundaberg Ginger Beer/Soft Drink 6 x 200mL (GA)	\$3.65	½	\$3.65	\$3.04 per 1L
3	Sorbent Toilet Tissue Hypo-Allergenic 12pk (GA)	\$6.00	½	\$5.99	28¢ per 100sh
4	Macleans Range - All 50% Off (GA)				
5	Yoplait Yoghurt 6pk (GA)	\$2.01		\$4.49	47¢ per 100g
6	Coca-Cola/Fanta/Sprite Soft Drink 1.25L (GA)	\$0.86		\$1.99	\$1.59 per 1L
7	Four 'n Twenty Traditional Pies 4pk (GA)	\$2.00		\$6.99	\$1.00 per 100g
8	Vegeta Range - All 50% Off (GA)				



Press

Examiner / Mercury / Advocate

Wednesday 19 Jul 2023 - Tuesday 25 Jul 2023 (week 29)

Thursday 20 Jul - ALL PRESS		Save	% Off	Retail	
1	Uncle Toby's Quick or Traditional Oats 500g	\$2.39	½	\$2.30	46¢ per 100g
2	Campbell's Canned Soup 495-510g	\$2.60	½	\$2.25	N/A
3	Schwarzkopf Extra Care Shampoo & Conditioner 400mL	\$4.50	½	\$4.49	\$1.12 per 100mL
Friday 21 Jul - Mercury - (Market Fresh)					
1	William's Wraps 8pk (POT) (GA)	\$2.50	½	\$2.49	44¢ per 100g
2	Beef Rump Steak (Meat)			\$23.99kg	N/A
3	Produce Line - Refer to Fresh Sheet (Produce)	TV		\$0.00kg	N/A
Friday 21 Jul - Mercury					
1	Handee Ultra Paper Towel 3pk (GA)	\$2.00		\$3.99	\$2.22 per 100ea
2	Arnott's Shapes 130-190g (GA)	TV	½	\$1.75	N/A
3	Moccona Freeze Dried Classic Coffee 400g (GA)	TV		\$18.99	\$4.75 per 100g
Friday 21 Jul - Advocate/Examiner - (Market Fresh)					
1	William's Wraps 8pk (POT) (GA)	\$2.50	½	\$2.49	44¢ per 100g
2	Beef Rump Steak (Meat)			\$23.99kg	N/A
3	Pandani Champagne Ham (Deli)			\$15.99kg	N/A
Friday 21 Jul - Advocate/Examiner - (Market Fresh)					
1	Red Capsicums (Produce)			\$3.90kg	N/A
2	Lemons (Produce)			\$3.90kg	N/A
3	Produce Line - Refer to Fresh Sheet (Produce)	TV		\$0.00kg	N/A
Saturday 22 Jul - Advocate & Examiner					
1	Handee Ultra Paper Towel 3pk (GA)	\$2.00		\$3.99	\$2.22 per 100ea
2	Arnott's Shapes 130-190g (GA)	TV	½	\$1.75	N/A
3	Moccona Freeze Dried Classic Coffee 400g (GA)	TV		\$18.99	\$4.75 per 100g
Saturday 22 Jul - Mercury Front Page					
1	Cadbury Medium Bars 30-60g (GA)	TV	>½	\$0.89	N/A
2	Cadbury Ice Cream 4pk (GA)	TV	½	\$4.99	N/A
Saturday 22 Jul - Mercury Page					
1	Reeses Peanut Butter Miniatures 150g (GA)			\$3.99	\$2.66 per 100g
2	Juicy Isle Cordial 2L (POT) (GA)			\$3.49	\$1.75 per 1L
3	Coca-Cola/Fanta/Sprite 10 x 375mL (GA)	Digital		\$9.35	\$2.49 per 1L
4	JC's Quality Outback Mix 500g (Produce) (GA)	Digital		\$9.99ea	\$19.98 per 1kg
5	Cadbury Cookies 156g (GA)	Digital	½	\$1.99	\$1.28 per 100g
6	Powerade Sports Drink 1L (GA)			\$3.49	\$3.49 per 1L
7	Ashgrove Cheese 450/500g (POT) (GA)	Digital		\$9.99	N/A
8	Yoplait Yoghurt 6pk (GA)	Digital		\$4.49	47¢ per 100g
9	Peters Ice Cream 4L (GA)	Digital		\$9.99	25¢ per 100mL
10	Purina One Pouch 70g (GA)	Digital		\$1.75	\$2.50 per 100g
11	Panadol Optizorb 20pk (GA)			\$3.99	20¢ per 1ea
12	Windex Trigger Surface & Glass Cleaner 750mL (GA)	Digital		\$3.99	53¢ per 100mL



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Front			Save	% Off	Retail	
1	Cadbury Medium Bars 30-60g (GA)	TV	\$1.11	>½	\$0.89	N/A
2	Sorbent Toilet Tissue Hypo-Allergenic 12pk (GA)	TV	\$6.00	½	\$5.99	28¢ per 100sh
3	Four 'n Twenty Traditional Pies 4pk (GA)	TV	\$2.00		\$6.99	\$1.00 per 100g
4	Coca-Cola/Fanta/Sprite Soft Drink 1.25L (GA)	TV	\$0.86		\$1.99	\$1.59 per 1L
Page 2 - Marketing for Buy & Win Half Page						
Page 2 - Coca-Cola Half Page						
1	Coca-Cola/Fanta/Sprite 10 x 375mL (GA)	Digital	\$4.90		\$9.35	\$2.49 per 1L
2	Kirks Mixers 6 x 250mL (NEW) (GA)	LPE			\$6.00	\$4.00 per 1L
3	Powerade Sports Drink 1L (GA)	Press	\$2.26		\$3.49	\$3.49 per 1L
4	Mother Energy Drink 10 x 375mL (GA)		\$4.49		\$11.50	\$3.07 per 1L
Page 3 - Ashgrove Half Page						
1	Ashgrove Cheese 450/500g (POT) (GA)	Digital	\$2.86		\$9.99	N/A
Page 3 - Sanitarium Quarter Panel						
2	Sanitarium So Good UHT Reg/Lite Soy Milk 1L (GA)	Digital	\$0.86		\$1.99	\$1.99 per 1L
Page 3 - Vegeta Quarter Panel						
3	Vegeta Range - All 50% Off (GA)	Digital				
Page 4 - Buy & Win						
1	Bundaberg Ginger Beer/Soft Drink 6 x 200mL (GA)	Digital	\$3.65	½	\$3.65	\$3.04 per 1L
2	The Natural Confectionery Company Bags 180-230g (GA)	Digital	\$2.01	½	\$1.99	N/A
3	Cadbury Cookies 156g (GA)	Digital	\$2.01	½	\$1.99	\$1.28 per 100g
4	JC's Mixed Nuts Salted/Unsalted 350g (Produce) (GA)	Digital	\$2.26		\$7.99ea	\$22.83 per 1kg
5	Reeses Peanut Butter Miniatures 150g (GA)	Press	\$1.96		\$3.99	\$2.66 per 100g
6	Smith's Potato Chips 130-175g (GA)		\$1.31		\$3.49	N/A
7	Juicy Isle Cordial 2L (POT) (GA)	Press	\$0.66		\$3.49	\$1.75 per 1L
8	Pure Tassie Sparkling Water 750mL (POT) (GA)		\$1.00		\$2.69	\$3.59 per 1L
9	Lotus Biscuit Spread 380/400g (GA)	LPE			\$6.50	N/A
10	Monster Energy Drink 500mL (GA)	LPE			\$2.90	\$5.80 per 1L
11	Cadbury Large Block Chocolate 315-360g (GA)		\$2.00		\$5.99	N/A
12	Coca-Cola 30 x 375mL (GA)		\$13.55		\$25.55	\$2.27 per 1L
Page 5 - Buy & Win						
1	Cadbury Ice Cream 4pk (GA)	TV	\$5.00	½	\$4.99	N/A
2	Community Co Entertainment Snack Pack 1kg (GA)				\$10.29	\$1.03 per 100g
3	Ashgrove Cheese 140g Excluding Fetta (POT) (GA)		\$2.51		\$4.99	\$35.64 per 1kg
4	Peters Ice Cream 4L (GA)	Digital	\$2.40		\$9.99	25¢ per 100mL
5	Yoplait Yoghurt 6pk (GA)	Digital	\$2.01		\$4.49	47¢ per 100g
6	On the Menu Burgers/Rolls 175-210g (GA)		\$0.51		\$3.99	N/A
7	Sorbent White Facial Tissues 250s (GA)		\$0.50		\$2.49	\$1.00 per 100ea
8	Panadol Optizorb 20pk (GA)	Press	\$0.60		\$3.99	20¢ per 1ea
9	Handee Ultra Paper Towel 3pk (GA)	Press	\$2.00		\$3.99	\$2.22 per 100ea
10	Macleans Range - All 50% Off (GA)	Digital				
11	Fab Range - All 40% Off (GA)	Digital				
12	Ziploc Storage Bags 19/24pk (GA)	LPE			\$3.50	N/A
Page 6 - Produce & Meat						
1	Red Capsicums (Produce)	Press			\$3.90kg	N/A
2	Lemons (Produce)	Press			\$3.90kg	N/A
3	Brussels Sprouts (Produce)				\$4.95kg	N/A



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4	JC's Quality Outback Mix 500g (Produce) (GA)	Digital	\$1.90		\$9.99ea	\$19.98 per 1kg
5	Beef Rump Steak (Meat)	Press			\$23.99kg	N/A
6	Ingham's Creamy Garlic Stuffed Chicken Breasts 700g (Meat)				\$10.99ea	\$15.70 per 1kg
7	Lamb Loin Chops (Meat)				\$26.99kg	N/A
8	Scottsdale Pork Meaty Pork Ribs (Meat)				\$17.99kg	N/A
Page 7 - Deli & Bakery						
1	Pandani Champagne Ham (Deli)	Press			\$15.99kg	N/A
2	Ingham's Chicken Breast Supreme (Deli)				\$17.99kg	N/A
3	Tibaldi Diced Lean Bacon (2.5kg) (Deli)				\$10.99kg	N/A
4	Pandani Rindless Short Cut Bacon (Deli)				\$19.99kg	N/A
5	National Pies Party Pies/Sausage Rolls 12pk (POT) (GA) (feat New Line)	Digital	\$2.50		\$7.99	\$1.11 per 100g
6	William's Wraps 8pk (POT) (GA)	Press	\$2.50	½	\$2.49	44¢ per 100g
7	Cripps Premium Shortbread 200g (POT) (GA)		\$0.90		\$4.39	\$2.20 per 100g
8	Baker's Oven Rollettes 250g				\$5.29	\$2.12 per 100g
Page 8						
1	Arnett's Shapes 130-190g (GA)	TV	\$1.75	½	\$1.75	N/A
2	Cadbury Breakaway Biscuit 180g (GA)		\$2.20	½	\$2.19	\$1.22 per 100g
3	Nestle Block Chocolate 118-200g		\$1.51		\$3.99	N/A
4	Arnett's Tim Tam Biscuits 165-200g (excl Deluxe) (GA)		\$1.01		\$3.49	N/A
5	Twisties/Cheetos/Burger Rings 65-90g		\$1.00		\$1.99	N/A
6	Pascall Confectionery Bags 150-280g (GA)		\$1.31		\$2.69	N/A
7	Fronti Red Sparkling Grape Drink 750mL		\$1.00		\$3.99	\$5.32 per 1L
8	Schweppes Traditional/Mineral Water/Mixers 1.1L		\$0.90		\$1.75	\$1.59 per 1L
Page 8 - Doritos Side Panel						
9	Doritos Corn Chips 150/170g (GA)	TV	\$1.90		\$2.90	N/A
10	Doritos Salsa 280/300g (GA)		\$0.54		\$2.75	N/A
Page 9						
1	Vegemite 380g/Bega Peanut Butter (excl Protein) 470g		\$1.26		\$5.99	N/A
2	Maggi Cup Noodles 58-65g		\$0.70		\$1.80	N/A
3	Kantong Simmer Sauce 505-520g		\$0.90		\$3.49	N/A
4	TCC Coconut Milk 400mL		\$0.81		\$1.49	37¢ per 100mL
5	Leggo's Pesto 190g		\$0.90		\$4.49	\$2.36 per 100g
Page 9 - Moccona Side Panel						
6	Moccona Freeze Dried Classic Coffee 400g (GA)	TV	\$9.01		\$18.99	\$4.75 per 100g
Page 10						
1	Connoisseur Ice Cream Stick 4/6pk (GA)		\$1.96		\$7.99	N/A
2	Nanna's Snack Fruit Pies 4pk/Family 600g		\$1.01		\$3.99	N/A
3	McCain Pizza Singles 380/400g		\$1.76		\$6.99	\$1.75 per 100g
4	Perfect Italiano Grated Cheese 450g	Digital	\$2.01		\$6.99	\$15.53 per 1kg
5	Zoosh Dip 185g		\$0.81		\$2.69	\$1.45 per 100g
6	Tibaldi Signature Ham off the Bone 120g		\$1.01		\$3.99	\$33.25 per 1kg
7	Pauls Chilled Vanilla Custard 600g		\$0.70		\$3.69	62¢ per 100g
Page 10 - Juicy Isle Side Panel						
8	Juicy Isle Orange Juice No Added Sugar 2L (POT) (GA)		\$1.10		\$4.49	\$2.25 per 1L
9	Juicy Isle Chilled Fruit Drink 2L (POT) (GA)		\$0.64		\$3.35	\$1.68 per 1L
Page 11						
1	Dove Roll-On Antiperspirant 50mL		\$2.34	½	\$2.25	\$4.50 per 100mL



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2	Dove Bodywash 1L		\$8.50	½	\$8.49	85¢ per 100mL
3	Dove Beauty Bar 2pk		\$2.30	½	\$2.30	\$1.28 per 100g
4	Dove Beauty Bar 4pk		\$3.85	½	\$3.85	\$1.07 per 100g
5	BabyLove Sleepy Nights 8-12pk		\$1.50		\$9.99	N/A
6	Windex Trigger Surface & Glass Cleaner 750mL (GA)	Digital	\$2.00		\$3.99	53¢ per 100mL
7	Jiffy Economy Firelighters 24s		\$1.50		\$3.99	17¢ per 1ea
8	Pedigree Canned Dog Food 700g		\$0.51		\$2.99	43¢ per 100g
Page 11 - Purina Side Panel						
9	Purina One Pouch 70g (GA)	Digital	\$0.55		\$1.75	\$2.50 per 100g
10	Lucky Dog Dry Dog Food 3kg (GA)	LPE			\$10.00	33¢ per 100g
11	Fancy Feast Cat Food 85g (GA)	LPE			\$1.60	\$1.88 per 100g
Page 12						
1	Oreo Cookie 131-147g	Digital	\$1.25	½	\$1.25	N/A
2	White Wings Baking Mixes 410-560g	Digital	\$3.00	½	\$2.95	N/A
3	Uncle Toby's Quick or Traditional Oats 500g	Press	\$2.39	½	\$2.30	46¢ per 100g
4	Campbell's Canned Soup 495-510g	Press	\$2.60	½	\$2.25	N/A
5	Dove Antiperspirant 220-254mL		\$4.50	½	\$4.49	N/A
6	Schwarzkopf Extra Care Shampoo & Conditioner 400mL	Press	\$4.50	½	\$4.49	\$1.12 per 100mL
Page 13 - LPE Full Page (Digital Only)						
1	Meadowlea Spread 500g	LPE			\$4.50	90¢ per 100g
2	McCain Super Fries 900g	LPE			\$4.50	\$5.00 per 1kg
3	San Remo La Pasta Range 80g	LPE			\$1.10	\$1.38 per 100g
4	Bushells Tea Cup Bags 100pk	LPE			\$3.75	\$2.08 per 100g
5	La Famiglia Just for 2 Garlic Bread 170g	LPE			\$2.80	\$1.65 per 100g
6	Ajax Spray n' Wipe Trigger 475/500mL	LPE			\$3.50	N/A
Page 14 - Community Co Full Page (Digital Only)						
1	Community Co Cordial Syrup 1L (GA)	Digital			\$3.69	\$3.69 per 1L
2	Community Co Sauce 500mL (GA)	Digital			\$1.99	40¢ per 100mL
3	Community Co Passata 690g (GA)	Digital			\$2.69	39¢ per 100g
4	Community Co Diced Peach In Juice 4x125g (GA)	Digital			\$3.50	\$7.00 per 1kg
5	Community Co Pasta 500g (GA)				\$1.89	38¢ per 100g
6	Community Co Canola Oil 750mL (GA)				\$4.99	67¢ per 100mL
Page 15 - Mocha Banana Muffins Recipe Full Page (Digital Only)						
1	Moccona Freeze Dried Classic Coffee 400g (GA)	TV	\$9.01		\$18.99	\$4.75 per 100g
Page 16 - Panadol Full Page (Digital Only)						
1	Panadol Optizorb 20pk (GA)	Press	\$0.60		\$3.99	20¢ per 1ea
2	Panadol Liquid Caps 20pk (GA)		\$0.51		\$5.49	27¢ per 1ea
Page 17 - Lotus Spread Full Page (Digital Only)						
1	Lotus Biscuit Spread 380/400g (GA)	LPE			\$6.50	N/A
Page 18 Yoplait Full Page (Digital Only)						
1	Yoplait Yoghurt 6pk (GA)	Digital	\$2.01		\$4.49	47¢ per 100g
2	Yoplait Yoghurt 12pk (GA)		\$1.51		\$6.49	54¢ per 100g



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Front Page		% Off	Retail	
1	Cadbury Medium Bars 30-60g (GA)	TV	>½	\$0.89 N/A
2	Sorbent Toilet Tissue Hypo-Allergenic 12pk (GA)	TV	½	\$5.99 28¢ per 100sh
3	Four 'n Twenty Traditional Pies 4pk (GA)	TV		\$6.99 \$1.00 per 100g
4	Coca-Cola/Fanta/Sprite Soft Drink 1.25L (GA)	TV		\$1.99 \$1.59 per 1L
Page 2 - Marketing for Buy & Win Half Page				
Page 2 - Coca-Cola Half Page				
1	Coca-Cola/Fanta/Sprite 10 x 375mL (GA)	Digital		\$9.35 \$2.49 per 1L
2	Kirks Mixers 6 x 250mL (NEW) (GA)	LPE		\$6.00 \$4.00 per 1L
3	Powerade Sports Drink 1L (GA)	Press		\$3.49 \$3.49 per 1L
4	Mother Energy Drink 10 x 375mL (GA)			\$11.50 \$3.07 per 1L
Page 3 - Ashgrove Half Page				
1	Ashgrove Cheese 450/500g (POT) (GA)	Digital		\$9.99 N/A
Page 3 - Sanitarium Quarter Panel				
2	Sanitarium So Good UHT Reg/Lite Soy Milk 1L (GA)	Digital		\$1.99 \$1.99 per 1L
Page 3 - Vegeta Quarter Panel				
3	Vegeta Range - All 50% Off (GA)	Digital		
Page 4 - Buy & Win				
1	Bundaberg Ginger Beer/Soft Drink 6 x 200mL (GA)	Digital	½	\$3.65 \$3.04 per 1L
2	The Natural Confectionery Company Bags 180-230g (GA)	Digital	½	\$1.99 N/A
3	Cadbury Cookies 156g (GA)	Digital	½	\$1.99 \$1.28 per 100g
4	Arnott's Shapes 130-190g (GA)	TV	½	\$1.75 N/A
5	Reeses Peanut Butter Miniatures 150g (GA)	Press		\$3.99 \$2.66 per 100g
6	Smith's Potato Chips 130-175g (GA)			\$3.49 N/A
7	Juicy Isle Cordial 2L (POT) (GA)	Press		\$3.49 \$1.75 per 1L
8	Pure Tassie Sparkling Water 750mL (POT) (GA)			\$2.69 \$3.59 per 1L
9	Lotus Biscuit Spread 380/400g (GA)	LPE		\$6.50 N/A
10	Monster Energy Drink 500mL (GA)	LPE		\$2.90 \$5.80 per 1L
11	Lucky Dog Dry Dog Food 3kg (GA)	LPE		\$10.00 33¢ per 100g
12	Ziploc Storage Bags 19/24pk (GA)	LPE		\$3.50 N/A
Page 5 - Buy & Win				
1	Cadbury Ice Cream 4pk (GA)	TV	½	\$4.99 N/A
2	Sorbent White Facial Tissues 250s (GA)			\$2.49 \$1.00 per 100ea
3	Yoplait Yoghurt 6pk (GA)	Digital		\$4.49 47¢ per 100g
4	National Pies Party Pies/Sausage Rolls 12pk (POT) (GA) (feat New Line)	Digital		\$7.99 \$1.11 per 100g
5	William's Wraps 8pk (POT) (GA)	Press	½	\$2.49 44¢ per 100g
6	JC's Mixed Nuts Salted/Unsalted 350g (Produce) (GA)	Digital		\$7.99ea \$22.83 per 1kg
7	Peters Ice Cream 4L (GA)	Digital		\$9.99 25¢ per 100mL
8	Panadol Optizorb 20pk (GA)	Press		\$3.99 20¢ per 1ea
9	Purina One Pouch 70g (GA)	Digital		\$1.75 \$2.50 per 100g
10	Macleans Range - All 50% Off (GA)	Digital		
11	Fab Range - All 40% Off (GA)	Digital		
12	Handee Ultra Paper Towel 3pk (GA)	Press		\$3.99 \$2.22 per 100ea
Page 6				
1	Oreo Cookie 131-147g	Digital	½	\$1.25 N/A



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2	Cadbury Breakaway Biscuit 180g (GA)		½	\$2.19	\$1.22 per 100g
3	White Wings Baking Mixes 410-560g	Digital	½	\$2.95	N/A
4	Uncle Toby's Quick or Traditional Oats 500g	Press	½	\$2.30	46¢ per 100g
5	Campbell's Canned Soup 495-510g	Press	½	\$2.25	N/A
6	Dove Antiperspirant 220-254mL		½	\$4.49	N/A
7	Schwarzkopf Extra Care Shampoo & Conditioner 400mL	Press	½	\$4.49	\$1.12 per 100mL
Page 6 - Doritos Side Panel					
8	Doritos Corn Chips 150/170g (GA)	TV		\$2.90	N/A
9	Doritos Salsa 280/300g (GA)			\$2.75	N/A
Page 7					
1	Nestle Block Chocolate 118-200g			\$3.99	N/A
2	Schweppes Traditional/Mineral Water/Mixers 1.1L			\$1.75	\$1.59 per 1L
3	Maggi Cup Noodles 58-65g			\$1.80	N/A
4	Kantong Simmer Sauce 505-520g			\$3.49	N/A
5	Vegemite 380g/Bega Peanut Butter (excl Protein) 470g			\$5.99	N/A
6	Pedigree Canned Dog Food 700g			\$2.99	43¢ per 100g
7	Jiffy Economy Firelighters 24s			\$3.99	17¢ per 1ea
8	Windex Trigger Surface & Glass Cleaner 750mL (GA)	Digital		\$3.99	53¢ per 100mL
Page 7 - Moccona Side Panel					
9	Moccona Freeze Dried Classic Coffee 400g (GA)	TV		\$18.99	\$4.75 per 100g
Page 8					
1	Red Capsicums (Produce)	Press		\$3.90kg	N/A
2	Lemons (Produce)	Press		\$3.90kg	N/A
3	JC's Quality Outback Mix 500g (Produce) (GA)	Digital		\$9.99ea	\$19.98 per 1kg
4	Beef Rump Steak (Meat)	Press		\$23.99kg	N/A
5	Baker's Oven Rollettes 250g			\$5.29	\$2.12 per 100g
6	Perfect Italiano Grated Cheese 450g	Digital		\$6.99	\$15.53 per 1kg
7	Zoosh Dip 185g			\$2.69	\$1.45 per 100g
8	Tibaldi Signature Ham off the Bone 120g			\$3.99	\$33.25 per 1kg
9	Nanna's Snack Fruit Pies 4pk/Family 600g			\$3.99	N/A
10	Connoisseur Ice Cream Stick 4/6pk (GA)			\$7.99	N/A
11	McCain Pizza Singles 380/400g			\$6.99	\$1.75 per 100g
Page 9 - LPE Full Page (Digital Only)					
1	Meadowlea Spread 500g	LPE		\$4.50	90¢ per 100g
2	McCain Super Fries 900g	LPE		\$4.50	\$5.00 per 1kg
3	San Remo La Pasta Range 80g	LPE		\$1.10	\$1.38 per 100g
4	Bushells Tea Cup Bags 100pk	LPE		\$3.75	\$2.08 per 100g
5	La Famiglia Just for 2 Garlic Bread 170g	LPE		\$2.80	\$1.65 per 100g
6	Ajax Spray n' Wipe Trigger 475/500mL	LPE		\$3.50	N/A
Page 10 - Community Co Full Page (Digital Only)					
1	Community Co Cordial Syrup 1L (GA)	Digital		\$3.69	\$3.69 per 1L
2	Community Co Sauce 500mL (GA)	Digital		\$1.99	40¢ per 100mL
3	Community Co Passata 690g (GA)	Digital		\$2.69	39¢ per 100g
4	Community Co Diced Peach In Juice 4x125g (GA)	Digital		\$3.50	\$7.00 per 1kg
5	Community Co Pasta 500g (GA)			\$1.89	38¢ per 100g
6	Community Co Canola Oil 750mL (GA)			\$4.99	67¢ per 100mL



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Page 11 - Mocha Banana Muffins Recipe Full Page (Digital Only)				
1	Moccona Freeze Dried Classic Coffee 400g (GA)	TV	\$18.99	\$4.75 per 100g
Page 12 - Panadol Full Page (Digital Only)				
1	Panadol Optizorb 20pk (GA)	Press	\$3.99	20¢ per 1ea
2	Panadol Liquid Caps 20pk (GA)		\$5.49	27¢ per 1ea
Page 13 - Lotus Spread Full Page (Digital Only)				
1	Lotus Biscuit Spread 380/400g (GA)	LPE	\$6.50	N/A
Page 14 Yoplait Full Page (Digital Only)				
1	Yoplait Yoghurt 6pk (GA)	Digital	\$4.49	47¢ per 100g
2	Yoplait Yoghurt 12pk (GA)		\$6.49	54¢ per 100g



Press

Examiner / Mercury / Advocate

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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	!Four 'n Twenty Traditional Pies 4pk (GA)	TV	\$6.99	\$1.00 per 100g
6	!Moccona Freeze Dried Classic Coffee 400g (GA)	TV	\$18.99	\$4.75 per 100g
7	Arnott's Shapes 130-190g (GA)	TV	\$1.75	N/A
8	Ashgrove Cheese 450/500g (POT) (GA)	Digital	\$9.99	N/A
9	Bundaberg Ginger Beer/Soft Drink 6 x 200mL (GA)	Digital	\$3.65	\$3.04 per 1L
10	Cadbury Cookies 156g (GA)	Digital	\$1.99	\$1.28 per 100g
11	Cadbury Ice Cream 4pk (GA)	TV	\$4.99	N/A
12	Cadbury Medium Bars 30-60g (GA)	TV	\$0.89	N/A
13	Campbell's Canned Soup 495-510g		\$2.25	N/A
14	Coca-Cola/Fanta/Sprite 10 x 375mL (GA)	Digital	\$9.35	\$2.49 per 1L
15	Coca-Cola/Fanta/Sprite Soft Drink 1.25L (GA)	TV	\$1.99	\$1.59 per 1L
16	Doritos Corn Chips 150/170g (GA)	TV	\$2.90	N/A
17	Fab Range - All 40% Off (GA)	Digital		
18	Handee Ultra Paper Towel 3pk (GA)		\$3.99	\$2.22 per 100ea
19	JC's Quality Outback Mix 500g (Produce) (GA)	Digital	\$9.99ea	\$19.98 per 1kg
20	Juicy Isle Cordial 2L (POT) (GA)		\$3.49	\$1.75 per 1L
21	Macleans Range - All 50% Off (GA)	Digital		
22	National Pies Party Pies/Sausage Rolls 12pk (POT) (GA) (feat New Line	Digital	\$7.99	\$1.11 per 100g
23	Oreo Cookie 131-147g	Digital	\$1.25	N/A
24	Panadol Optizorb 20pk (GA)		\$3.99	20¢ per 1ea
25	Perfect Italiano Grated Cheese 450g	Digital	\$6.99	\$15.53 per 1kg
26	Peters Ice Cream 4L (GA)	Digital	\$9.99	25¢ per 100mL
27	Powerade Sports Drink 1L (GA)		\$3.49	\$3.49 per 1L
28	Purina One Pouch 70g (GA)	Digital	\$1.75	\$2.50 per 100g
29	Reeses Peanut Butter Miniatures 150g (GA)		\$3.99	\$2.66 per 100g
30	Sanitarium So Good UHT Reg/Lite Soy Milk 1L (GA)	Digital	\$1.99	\$1.99 per 1L
31	Schwarzkopf Extra Care Shampoo & Conditioner 400mL		\$4.49	\$1.12 per 100mL
32	Sorbent Toilet Tissue Hypo-Allergenic 12pk (GA)	TV	\$5.99	28¢ per 100sh
33	The Natural Confectionery Company Bags 180-230g (GA)	Digital	\$1.99	N/A
34	Uncle Toby's Quick or Traditional Oats 500g		\$2.30	46¢ per 100g
35	Vegeta Range - All 50% Off (GA)	Digital		
36	White Wings Baking Mixes 410-560g	Digital	\$2.95	N/A
37	William's Wraps 8pk (POT) (GA)		\$2.49	44¢ per 100g
38	Windex Trigger Surface & Glass Cleaner 750mL (GA)	Digital	\$3.99	53¢ per 100mL
39	Yoplait Yoghurt 6pk (GA)	Digital	\$4.49	47¢ per 100g



Catalogue

Wednesday 19 Jul 2023 - Tuesday 25 Jul 2023 (week 29)

Alpha Sorted List - Catalogue			Retail	
1	Ajax Spray n' Wipe Trigger 475/500mL	LPE	\$3.50	N/A
2	Arnott's Tim Tam Biscuits 165-200g (excl Deluxe) (GA)		\$3.49	N/A
3	Ashgrove Cheese 140g Excluding Fetta (POT) (GA)		\$4.99	\$35.64 per 1kg
4	BabyLove Sleepy Nights 8-12pk		\$9.99	N/A
5	Baker's Oven Rollettes 250g		\$5.29	\$2.12 per 100g
6	Bushells Tea Cup Bags 100pk	LPE	\$3.75	\$2.08 per 100g
7	Cadbury Breakaway Biscuit 180g (GA)		\$2.19	\$1.22 per 100g
8	Cadbury Large Block Chocolate 315-360g (GA)		\$5.99	N/A
9	Coca-Cola 30 x 375mL (GA)		\$25.55	\$2.27 per 1L
10	Community Co Canola Oil 750mL (GA)		\$4.99	67¢ per 100mL
11	Community Co Entertainment Snack Pack 1kg (GA)		\$10.29	\$1.03 per 100g
12	Community Co Pasta 500g (GA)		\$1.89	38¢ per 100g
13	Connoisseur Ice Cream Stick 4/6pk (GA)		\$7.99	N/A
14	Cripps Premium Shortbread 200g (POT) (GA)		\$4.39	\$2.20 per 100g
15	Doritos Salsa 280/300g (GA)		\$2.75	N/A
16	Dove Antiperspirant 220-254mL		\$4.49	N/A
17	Dove Beauty Bar 2pk		\$2.30	\$1.28 per 100g
18	Dove Beauty Bar 4pk		\$3.85	\$1.07 per 100g
19	Dove Bodywash 1L		\$8.49	85¢ per 100mL
20	Dove Roll-On Antiperspirant 50mL		\$2.25	\$4.50 per 100mL
21	Fancy Feast Cat Food 85g (GA)	LPE	\$1.60	\$1.88 per 100g
22	Fronti Red Sparkling Grape Drink 750mL		\$3.99	\$5.32 per 1L
23	Jiffy Economy Firelighters 24s		\$3.99	17¢ per 1ea
24	Juicy Isle Chilled Fruit Drink 2L (POT) (GA)		\$3.35	\$1.68 per 1L
25	Juicy Isle Orange Juice No Added Sugar 2L (POT) (GA)		\$4.49	\$2.25 per 1L
26	Kantong Simmer Sauce 505-520g		\$3.49	N/A
27	Kirks Mixers 6 x 250mL (NEW) (GA)	LPE	\$6.00	\$4.00 per 1L
28	La Famiglia Just for 2 Garlic Bread 170g	LPE	\$2.80	\$1.65 per 100g
29	Leggo's Pesto 190g		\$4.49	\$2.36 per 100g
30	Lotus Biscuit Spread 380/400g (GA)	LPE	\$6.50	N/A
31	Lucky Dog Dry Dog Food 3kg (GA)	LPE	\$10.00	33¢ per 100g
32	Maggi Cup Noodles 58-65g		\$1.80	N/A
33	McCain Pizza Singles 380/400g		\$6.99	\$1.75 per 100g
34	McCain Super Fries 900g	LPE	\$4.50	\$5.00 per 1kg
35	Meadowlea Spread 500g	LPE	\$4.50	90¢ per 100g
36	Monster Energy Drink 500mL (GA)	LPE	\$2.90	\$5.80 per 1L
37	Mother Energy Drink 10 x 375mL (GA)		\$11.50	\$3.07 per 1L
38	Nanna's Snack Fruit Pies 4pk/Family 600g		\$3.99	N/A
39	Nestle Block Chocolate 118-200g		\$3.99	N/A
40	On the Menu Burgers/Rolls 175-210g (GA)		\$3.99	N/A
41	Panadol Liquid Caps 20pk (GA)		\$5.49	27¢ per 1ea
42	Pascall Confectionery Bags 150-280g (GA)		\$2.69	N/A
43	Pauls Chilled Vanilla Custard 600g		\$3.69	62¢ per 100g
44	Pedigree Canned Dog Food 700g		\$2.99	43¢ per 100g
45	Pure Tassie Sparkling Water 750mL (POT) (GA)		\$2.69	\$3.59 per 1L
46	San Remo La Pasta Range 80g	LPE	\$1.10	\$1.38 per 100g



Catalogue

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47	Schweppes Traditional/Mineral Water/Mixers 1.1L		\$1.75	\$1.59 per 1L
48	Smith's Potato Chips 130-175g (GA)		\$3.49	N/A
49	Sorbent White Facial Tissues 250s (GA)		\$2.49	\$1.00 per 100ea
50	TCC Coconut Milk 400mL		\$1.49	37¢ per 100mL
51	Tibaldi Signature Ham off the Bone 120g		\$3.99	\$33.25 per 1kg
52	Twisties/Cheetos/Burger Rings 65-90g		\$1.99	N/A
53	Vegemite 380g/Bega Peanut Butter (excl Protein) 470g		\$5.99	N/A
54	Yoplait Yoghurt 12pk (GA)		\$6.49	54¢ per 100g
55	Ziploc Storage Bags 19/24pk (GA)	LPE	\$3.50	N/A
56	Zoosh Dip 185g		\$2.69	\$1.45 per 100g