



TV/Digital

Wednesday 24 Jul 2024 - Tuesday 30 Jul 2024 (week 30)

Television Advertised		Save	% Off	Retail	
1	Red Rock Deli Chips 150/165g (GA)	\$3.15	½	\$3.15	N/A
2	Arnott's Chocolate Biscuits 160-250g (excl. Tim Tam) (GA)	\$2.51	½	\$2.49	N/A
3	Uncle Tobys Muesli Bars 6pk (GA)	\$2.75	½	\$2.75	\$1.49 per 100g
4	Mars Medium Bars 35-56g (feat. M&Ms & Maltesers) (GA)	\$1.10	½	\$1.10	N/A
5	Cadbury Favourites 340/352g (GA)	\$8.50	½	\$8.49	N/A
6	Monster Energy Drink 4 x 500mL (GA)	\$7.38	½	\$7.37	\$3.69 per 1L
7	Moccona Freeze Dried Classic Coffee 400g (GA)	\$8.01		\$19.99	\$5.00 per 100g
8	Cold Power Laundry Liquid 2L/Powder 2kg (GA)	\$8.41		\$15.99	N/A

Television Advertised - Fri 26 Jul

1	Produce Line - Refer to Fresh Sheet (Produce)			\$0.00kg	N/A
2	National Pies Premium Pies 2pk excl Cottage (POT) (GA)	\$2.20		\$6.59	\$1.83 per 100g

Television Streaming

1	Red Rock Deli Chips 150/165g (GA)	\$3.15	½	\$3.15	N/A
2	Arnott's Chocolate Biscuits 160-250g (excl. Tim Tam) (GA)	\$2.51	½	\$2.49	N/A
3	Moccona Freeze Dried Classic Coffee 400g (GA)	\$8.01		\$19.99	\$5.00 per 100g
4	Cold Power Laundry Liquid 2L/Powder 2kg (GA)	\$8.41		\$15.99	N/A

Google Advertised - Give Away

1	Lotus Biscoff Classic 124g (GA)	\$0.94		\$1.85	\$1.49 per 100g
2	Bundaberg Brewed Soft Drink 10 x 375mL (GA)	\$2.85		\$14.85	\$3.96 per 1L
3	Duck River Butter Pat 500g (POT) (GA)	\$1.51		\$6.99	\$1.40 per 100g
4	Vegeta Superior Liquid Stock 500mL (GA)	\$3.26	½	\$2.99	60¢ per 100mL
5	Voltaren Selected Range (excl 20g) (GA)		30%		N/A

Facebook Advertised - Nestle Give Away

1	Nestle/Violet Crumble Medium Bars 35-55g (GA)	\$1.25	½	\$1.25	N/A
2	Nestle Milo Cereal 535-620g (GA)	\$5.01	½	\$4.79	N/A
3	Allen's Jelly/Mint Confectionery Range 140-200g (GA)	\$1.51		\$3.49	N/A
4	Maggi Gravy 24/27g (GA)	\$0.39		\$1.00	N/A
5	Maggi Cup Noodles 58-65g (GA)	\$0.70		\$1.80	N/A

Facebook Advertised - Red Rock Deli/Sakata Give Away

1	Red Rock Deli Chips 150/165g (GA)	\$3.15	½	\$3.15	N/A
2	Sakata Rice Crackers 90/100g (GA)	\$0.80		\$1.50	N/A
3	Red Rock Deli Crackers 115-135g (GA)	\$1.60		\$3.69	N/A

Facebook Advertised - Patties/Four 'n Twenty Give Away

1	Patties Party Pies/Pasties/Sausage Rolls 12pk (GA)	\$1.71		\$7.99	N/A
2	Four 'n Twenty Traditional Pies 4pk (GA)	\$1.00		\$7.99	\$1.14 per 100g
3	Four 'n Twenty Travellers 160g (GA)	\$1.25		\$2.75	\$1.72 per 100g

Facebook Advertised - JC's Give Away

1	JC's Quality Outback Mix 500g (Produce) (GA)	\$1.90		\$9.99ea	\$19.98 per 1kg
2	JC's Pistachios Salted A Grade 375g (Produce) (GA)	\$3.20		\$11.99ea	\$31.97 per 1kg
3	JC's Delicious Energy Mix 500g (Produce) (GA)	\$2.51		\$8.99ea	\$17.98 per 1kg
4	JC's Almonds Natural 500g (Produce) (GA)	\$2.60		\$8.99ea	\$17.98 per 1kg
5	JC's Mixed Nuts Salted/Unsalted 350g (Produce) (GA)	\$2.26		\$7.99ea	\$22.83 per 1kg

**TV/Digital****Wednesday 24 Jul 2024 - Tuesday 30 Jul 2024 (week 30)**

Wednesday Catalogue Email Header					
1	Uncle Tobys Muesli Bars 6pk (GA)	\$2.75	½	\$2.75	\$1.49 per 100g
2	Red Rock Deli Chips 150/165g (GA)	\$3.15	½	\$3.15	N/A
Friday Catalogue Email - Tikka Masala Lamb Loin Chops					
1	Wild Clover Lamb Loin Chops (Meat)			\$23.99kg	N/A

Website Banner					
1	Monster Energy Drink 4 x 500mL (GA)	\$7.38	½	\$7.37	\$3.69 per 1L
2	Arnott's Chocolate Biscuits 160-250g (excl. Tim Tam) (GA)	\$2.51	½	\$2.49	N/A

Radio Advertised					
1	Red Rock Deli Chips 150/165g (GA)	\$3.15	½	\$3.15	N/A
2	Arnott's Chocolate Biscuits 160-250g (excl. Tim Tam) (GA)	\$2.51	½	\$2.49	N/A
3	Uncle Tobys Muesli Bars 6pk (GA)	\$2.75	½	\$2.75	\$1.49 per 100g
4	Mars Medium Bars 35-56g (feat. M&Ms & Maltesers) (GA)	\$1.10	½	\$1.10	N/A
5	Cadbury Favourites 340/352g (GA)	\$8.50	½	\$8.49	N/A
6	Monster Energy Drink 4 x 500mL (GA)	\$7.38	½	\$7.37	\$3.69 per 1L
7	Moccona Freeze Dried Classic Coffee 400g (GA)	\$8.01		\$19.99	\$5.00 per 100g
8	Cold Power Laundry Liquid 2L/Powder 2kg (GA)	\$8.41		\$15.99	N/A



Press

Examiner / Mercury / Advocate

Wednesday 24 Jul 2024 - Tuesday 30 Jul 2024 (week 30)

Thursday 25 Jul - ALL PRESS		Save	% Off	Retail		
1	Yoplait Petit Miam Squeezie Yoghurt 70g (GA)	\$0.30		\$0.95	\$1.36 per 100g	
2	Mars Medium Bars 35-56g (feat. M&Ms & Maltesers) (GA)	TV	\$1.10	½	\$1.10	N/A
3	Uncle Tobys Muesli Bars 6pk (GA)	TV	\$2.75	½	\$2.75	\$1.49 per 100g
Friday 26 Jul - Advocate/Examiner - (Market Fresh)						
1	Produce Line - Refer to Fresh Sheet (Produce)	TV			\$.00kg	N/A
2	Daisy Mandarins (Produce)				\$3.90kg	N/A
3	Brushed Potatoes Bag 5kg (Produce)				\$6.90bag	\$1.38 per 1kg
Friday 26 Jul - Advocate/Examiner - (Market Fresh)						
1	Cripps Muffins 6pk (POT) (GA)		\$1.50		\$3.79	\$1.05 per 100g
2	Pandani Champagne Ham (Deli)				\$15.99kg	N/A
3	Wilderness Beef Eye Fillet Steak (Meat)				\$39.99kg	N/A
Friday 26 Jul - Mercury - (Market Fresh)						
1	Cripps Muffins 6pk (POT) (GA)		\$1.50		\$3.79	\$1.05 per 100g
2	Produce Line - Refer to Fresh Sheet (Produce)	TV			\$.00kg	N/A
3	Wilderness Beef Eye Fillet Steak (Meat)				\$39.99kg	N/A
Friday 26 Jul - Mercury						
1	Lotus Biscoff Classic 124g (GA)	Digital	\$0.94		\$1.85	\$1.49 per 100g
2	Patties Party Pies/Pasties/Sausage Rolls 12pk (GA)	Digital	\$1.71		\$7.99	N/A
3	Duck River Butter Pat 500g (POT) (GA)	Digital	\$1.51		\$6.99	\$1.40 per 100g
Saturday 27 Jul - Advocate & Examiner						
1	Lotus Biscoff Classic 124g (GA)	Digital	\$0.94		\$1.85	\$1.49 per 100g
2	Patties Party Pies/Pasties/Sausage Rolls 12pk (GA)	Digital	\$1.71		\$7.99	N/A
3	Duck River Butter Pat 500g (POT) (GA)	Digital	\$1.51		\$6.99	\$1.40 per 100g
Saturday 27 Jul - Mercury Front Page						
1	Red Rock Deli Chips 150/165g (GA)	TV	\$3.15	½	\$3.15	N/A
2	Arnott's Chocolate Biscuits 160-250g (excl. Tim Tam) (GA)	TV	\$2.51	½	\$2.49	N/A
3	Monster Energy Drink 4 x 500mL (GA)	TV	\$7.38	½	\$7.37	\$3.69 per 1L



Wednesday 24 Jul 2024 - Tuesday 30 Jul 2024 (week 30)

Front			Save	% Off	Retail	
1	Red Rock Deli Chips 150/165g (GA)	TV	\$3.15	½	\$3.15	N/A
2	Arnott's Chocolate Biscuits 160-250g (excl. Tim Tam) (GA)	TV	\$2.51	½	\$2.49	N/A
3	Cadbury Favourites 340/352g (GA)	TV	\$8.50	½	\$8.49	N/A
4	Uncle Tobys Muesli Bars 6pk (GA)	TV	\$2.75	½	\$2.75	\$1.49 per 100g
Page 2 - Marketing for Buy & Win Full Page						
Page 3 - Supplier Half Page - Coca-Cola						
1	Monster Energy Drink 4 x 500mL (GA)	TV	\$7.38	½	\$7.37	\$3.69 per 1L
2	Kirks Canned Soft Drink 10 x 375mL (GA)		\$5.61		\$7.99	\$2.13 per 1L
3	Powerade Sports Drink 600mL (GA)		\$1.71		\$2.49	\$4.15 per 1L
4	Kirks Soft Drink 1.25L (GA)		\$1.05		\$1.55	\$1.24 per 1L
5	Coca-Cola 12 x 300mL (GA)		\$5.51		\$12.99	\$3.61 per 1L
6	Coca-Cola Soft Drink 24 x 375mL (GA)		\$13.65		\$22.50	\$2.50 per 1L
7	Coca-Cola/Mt Franklin Sparkling Water 6 x 250mL (GA)		\$2.65		\$6.40	\$4.27 per 1L
Page 3 - Supplier Half Page - Moccona						
8	Moccona Freeze Dried Classic Coffee 400g (GA)	TV	\$8.01		\$19.99	\$5.00 per 100g
9	L'Or Espresso 20pk (GA)		\$3.51		\$9.49	\$9.13 per 100g
Page 4 - Buy & Win						
1	Mars Medium Bars 35-56g (feat. M&Ms & Maltesers) (GA)	TV	\$1.10	½	\$1.10	N/A
2	Bundaberg Brewed Soft Drink 10 x 375mL (GA)	Digital	\$2.85		\$14.85	\$3.96 per 1L
3	Duck River Butter Pat 500g (POT) (GA)	Digital	\$1.51		\$6.99	\$1.40 per 100g
4	Yoplait Petit Miam Squeezie Yoghurt 70g (GA)	Press	\$0.30		\$0.95	\$1.36 per 100g
5	Red Rock Deli Crackers 115-135g (GA)	Digital	\$1.60		\$3.69	N/A
6	Sakata Rice Crackers 90/100g (GA)	Digital	\$0.80		\$1.50	N/A
7	Kellogg's Coco Pops/Froot Loops/Just Right 285-460g (GA)		\$2.61		\$4.39	N/A
8	Duck Fresh Discs 36mL (GA)		\$4.29	½	\$4.20	\$11.67 per 100mL
9	Ziploc Sandwich/Snack Bags 30-40s (GA)		\$0.96		\$2.79	N/A
Page 5 - Buy & Wiin						
1	Nestle/Violet Crumble Medium Bars 35-55g (GA)	Digital	\$1.25	½	\$1.25	N/A
2	Nestle Milo Cereal 535-620g (GA)	Digital	\$5.01	½	\$4.79	N/A
3	Allen's Jelly/Mint Confectionery Range 140-200g (GA)	Digital	\$1.51		\$3.49	N/A
4	Lotus Biscoff Classic 124g (GA)	Digital	\$0.94		\$1.85	\$1.49 per 100g
5	Sanitarium Weet-Bix Bites 500/510g (GA)		\$2.33		\$4.66	N/A
6	Arnott's Cream Favourites 500g (GA)		\$2.61		\$4.99	\$1.00 per 100g
7	Bega Cheese Grated 500g (GA)		\$2.01		\$8.49	\$16.98 per 1kg
8	Johnno's Jam 450g (POT) (GA)		\$0.90		\$6.49	\$1.44 per 100g
9	Johnno's Salsa 300g (POT) (GA)		\$1.01		\$4.99	\$1.66 per 100g
Page 6 - Produce & Meat						
1	Brushed Potatoes Bag 5kg (Produce)	Press			\$6.90bag	\$1.38 per 1kg
2	Carrots 1kg (Produce)	Press			\$1.50bag	\$1.50 per 1kg
3	()				\$0.00kg	
4	JC's Quality Outback Mix 500g (Produce) (GA)	Digital	\$1.90		\$9.99ea	\$19.98 per 1kg
5	Wilderness Beef Eye Fillet Steak (Meat)	Press			\$39.99kg	N/A
6	Mini Boneless Pork Scotch Roast (Meat)				\$16.99kg	N/A
7	Wild Clover Lamb Loin Chops (Meat)	Digital			\$23.99kg	N/A
8	Nichols BBQ Chicken Breast Steaks (Meat)				\$19.99kg	N/A



Wednesday 24 Jul 2024 - Tuesday 30 Jul 2024 (week 30)

9	Value Buy BBQ Sausages 500gm (Meat)			\$5.99ea	\$11.98 per 1kg
Page 7 - Bakery & Deli					
1	Cripps Muffins 6pk (POT) (GA)	Press	\$1.50	\$3.79	\$1.05 per 100g
2	National Pies Premium Pies 2pk excl Cottage (POT) (GA)	TV	\$2.20	\$6.59	\$1.83 per 100g
3	Cripps Pikelets 8pk (POT) (GA)		\$0.66	\$2.99	\$1.50 per 100g
4	Golden Crumpet Rounds 6pk (GA)		\$1.76	\$1.99	66¢ per 100g
5	Happy Cake Co Bread/Loaf 500/550g		\$1.25	\$5.45	N/A
6	Pandani Champagne Ham (Deli)	Press		\$15.99kg	N/A
7	Pandani Rindless Short Cut Bacon (2.5kg) (Deli)			\$18.99kg	N/A
8	Nichols Chicken Kievs (ctn 20) (Deli)			\$5.99ea	N/A
9	Pandani Roast Beef (Deli)			\$28.99kg	
Page 8 - Supplier Quarter Page - Cold Power					
1	Cold Power Laundry Liquid 2L/Powder 2kg (GA)	TV	\$8.41	\$15.99	N/A
Page 8 - Supplier Quarter Page - Voltaren/Panadol					
2	Voltaren Selected Range (excl 20g) (GA)	Digital		0.3	N/A
3	Panadol Extra Caplet 20pk (GA)		\$1.49	\$5.50	28¢ per 1ea
Page 8 - Pets Half Page					
4	Supercoat Dog Food 6.7/7kg (GA)		\$9.71	\$29.99	N/A
5	Nature's Gift Canned Dog Food 1.2kg		\$1.80	\$4.69	39¢ per 100g
6	My Dog Chef Selection 6pk		\$2.15	\$7.85	\$1.31 per 100g
7	Fancy Feast Savoury Centres 85g (GA)		\$0.40	\$2.20	\$2.59 per 100g
8	Fancy Feast Inspirations 12pk (GA)		\$3.81	\$15.49	\$1.84 per 100g
9	Whiskas Dry Cat Food 1.8kg		\$3.86	\$11.99	67¢ per 100g
Page 9					
1	Maggi Gravy 24/27g (GA)	Digital	\$0.39	\$1.00	N/A
2	Maggi Cup Noodles 58-65g (GA)	Digital	\$0.70	\$1.80	N/A
3	Pump Water 1.25L		\$2.01	\$2.99	\$2.39 per 1L
4	Schweppes/Pepsi Cans 10 x 375mL		\$5.01	\$10.99	\$2.93 per 1L
5	100% Juicy Long Life Juice 2L (POT) (GA)		\$0.70	\$3.89	\$1.95 per 1L
6	V Energy Drink 4 x 500mL		\$10.50	½ \$10.40	\$5.20 per 1L
7	Heinz Baked Beans/Spaghetti 535/555g		\$1.26	\$2.99	N/A
8	Heinz Chunky/Classic Canned Soup 520/535g		\$0.66	\$3.99	N/A
9	Dolmio Extra Pasta Sauce 490/500g		\$1.31	\$3.49	N/A
10	Continental Classics Pasta & Sauce/Seasoned Rice 85-125g		\$0.71	\$2.69	N/A
11	Nescafe Blend 43 140/150g & Gold 90/100g		\$2.50	\$8.99	N/A
Page 10 - Supplier Half Page - Cadbury					
1	Cadbury Bites 110-150g (GA)		\$1.51	\$3.49	N/A
2	Cadbury Family Block Chocolate 160-190g (GA)		\$1.75	\$4.25	N/A
3	Cadbury Baking Blocks 180g/Chips 200g/Melts 225g (GA)		\$1.01	\$3.99	N/A
Page 10					
4	Arnott's Cracker Chips/Sourdough 150g/Flatbread Snacks 130g (GA)		\$2.51	½ \$2.49	N/A
5	Kellogg's Nutri-Grain/LCM Bars 12pk (GA)		\$2.01	\$5.99	N/A
6	Uncle Tobys Protein Bars 5pk (GA)		\$1.21	\$5.49	\$3.14 per 100g
7	Oreo Cookie 128-133g		\$1.40	½ \$1.40	N/A
Page 11					
1	Patties Party Pies/Pasties/Sausage Rolls 12pk (GA)	Digital	\$1.71	\$7.99	N/A



Wednesday 24 Jul 2024 - Tuesday 30 Jul 2024 (week 30)

2	Four 'n Twenty Traditional Pies 4pk (GA)	Digital	\$1.00		\$7.99	\$1.14 per 100g
3	On the Menu Beef Lasagne 2kg		\$4.51		\$9.99	50¢ per 100g
4	McCain Beer Batter Wedges/Chips 750g		\$1.01		\$4.79	\$6.39 per 1kg
5	Birds Eye Oven Bake Fish Fillets 425g		\$2.31		\$9.99	\$23.51 per 1kg
6	Dr Oetker Ristorante Pizza 310-390g		\$2.16		\$6.99	N/A
7	Peters Original Ice Cream 2L (GA)		\$1.81		\$5.69	28¢ per 100mL
8	Ashgrove Cheese 140g Excluding Fetta (POT) (GA)		\$2.05		\$5.45	\$38.93 per 1kg
9	Dairy Farmers Thick & Creamy Yoghurt 4pk		\$1.31		\$3.69	84¢ per 100g
10	Western Star Spreadable 500g		\$1.01		\$6.49	\$1.30 per 100g
11	Pauls Chilled Vanilla Custard 600g		\$0.70		\$3.69	62¢ per 100g
Page 12 - Black & Gold						
1	Black & Gold Dog Food 1.2kg				\$4.50	38¢ per 100g
2	Black & Gold Cat Litter 9kg				\$7.60	84¢ per 1kg
3	Black & Gold Foil Trays 6pk				\$2.50	42¢ per 1ea
4	Black & Gold Paracetamol 20pk				\$1.09	5¢ per 1ea
5	Black & Gold Household Regular Wipes 10pk				\$1.20	12¢ per 1ea
6	Black & Gold Vinegar White 2L				\$1.89	9¢ per 100mL
7	Black & Gold Vegetable Oil 2L				\$8.50	43¢ per 100mL
Page 13 - Black & Gold						
1	Black & Gold Pasta 500g				\$1.00	20¢ per 100g
2	Black & Gold Tomato Paste 500g				\$1.65	33¢ per 100g
3	Black & Gold White Sugar 2kg				\$3.20	16¢ per 100g
4	Black & Gold Tomatoes Chopped 400g				\$1.10	\$2.75 per 1kg
5	Black & Gold Shredded Cheese 500g				\$8.49	\$16.98 per 1kg
6	Black & Gold Garlic Bread 2x225g				\$2.49	55¢ per 100g
7	Black & Gold Chicken Nuggets 500g				\$4.49	\$8.98 per 1kg
8	Black & Gold Longlife Milk 1L				\$1.79	\$1.79 per 1L
Page 14						
1	Schwarzkopf Extra Care Hair Spray/Lacquer 250g/200mL		\$2.50		\$8.49	N/A
2	Schwarzkopf Extra Care Shampoo & Conditioner 400mL		\$3.51		\$6.49	\$1.62 per 100mL
3	Batiste Dry Shampoo 200mL (excl Naturally/Volume)		\$7.15	½	\$6.85	\$3.43 per 100mL
4	Nestle Soothers/Anticol 10pk (GA)		\$0.80		\$1.95	20¢ per 1ea
5	Palmolive Naturals Shower Gel 500mL		\$2.55		\$5.25	\$1.05 per 100mL
6	Morning Fresh Dishwashing Liquid 400mL		\$2.01		\$3.49	87¢ per 100mL
7	Décor Microwave Safe Soup Mug		\$1.36		\$3.99	N/A
Page 14 - Supplier Half Page - Sorbent/Handee						
8	Sorbent Toilet Tissue 24pk (GA)		\$5.00		\$12.99	30¢ per 100sh
9	Handee Ultra Paper Towel 4pk/Double 2pk (GA)		\$3.00		\$4.99	\$2.08 per 100ea
10	Sorbent White Facial Tissues 250s (GA)		\$0.50		\$2.49	\$1.00 per 100ea
Page 15 - Supplier Brand Logos						
Page 16 - Give Away Big Deals						
1	Mars Medium Bars 35-56g (feat. M&Ms & Maltesers) (GA)	TV	\$1.10	½	\$1.10	N/A
2	Monster Energy Drink 4 x 500mL (GA)	TV	\$7.38	½	\$7.37	\$3.69 per 1L
3	Moccona Freeze Dried Classic Coffee 400g (GA)	TV	\$8.01		\$19.99	\$5.00 per 100g
4	National Pies Premium Pies 2pk excl Cottage (POT) (GA)	TV	\$2.20		\$6.59	\$1.83 per 100g
5	Duck River Butter Pat 500g (POT) (GA)	Digital	\$1.51		\$6.99	\$1.40 per 100g



Wednesday 24 Jul 2024 - Tuesday 30 Jul 2024 (week 30)

6	Arnott's Cream Favourites 500g (GA)	\$2.61		\$4.99	\$1.00 per 100g
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Front Page			Save	% Off	Retail	
1	Red Rock Deli Chips 150/165g (GA)	TV	\$3.15	½	\$3.15	N/A
2	Arnott's Chocolate Biscuits 160-250g (excl. Tim Tam) (GA)	TV	\$2.51	½	\$2.49	N/A
3	Cadbury Favourites 340/352g (GA)	TV	\$8.50	½	\$8.49	N/A
4	Uncle Tobys Muesli Bars 6pk (GA)	TV	\$2.75	½	\$2.75	\$1.49 per 100g
Page 2 - Supplier Full Page - Coca-Cola						
1	Monster Energy Drink 4 x 500mL (GA)	TV	\$7.38	½	\$7.37	\$3.69 per 1L
2	Kirks Canned Soft Drink 10 x 375mL (GA)		\$5.61		\$7.99	\$2.13 per 1L
3	Powerade Sports Drink 600mL (GA)		\$1.71		\$2.49	\$4.15 per 1L
4	Kirks Soft Drink 1.25L (GA)		\$1.05		\$1.55	\$1.24 per 1L
5	Coca-Cola 12 x 300mL (GA)		\$5.51		\$12.99	\$3.61 per 1L
6	Coca-Cola Soft Drink 24 x 375mL (GA)		\$13.65		\$22.50	\$2.50 per 1L
7	Coca-Cola/Mt Franklin Sparkling Water 6 x 250mL (GA)		\$2.65		\$6.40	\$4.27 per 1L
Page 3 - Supplier Half Page - Moccona						
1	Moccona Freeze Dried Classic Coffee 400g (GA)	TV	\$8.01		\$19.99	\$5.00 per 100g
2	L'Or Espresso 20pk (GA)		\$3.51		\$9.49	\$9.13 per 100g
Page 3 - Supplier Quarter Page - Cold Power						
3	Cold Power Laundry Liquid 2L/Powder 2kg (GA)	TV	\$8.41		\$15.99	N/A
Page 3 - Supplier Quarter Page - Voltaren/Panadol						
4	Voltaren Selected Range (excl 20g) (GA)	Digital		0.3		N/A
5	Panadol Extra Caplet 20pk (GA)		\$1.49		\$5.50	28¢ per 1ea
Page 4 - Buy & Win						
1	Mars Medium Bars 35-56g (feat. M&Ms & Maltesers) (GA)	TV	\$1.10	½	\$1.10	N/A
2	Bundaberg Brewed Soft Drink 10 x 375mL (GA)	Digital	\$2.85		\$14.85	\$3.96 per 1L
3	Duck River Butter Pat 500g (POT) (GA)	Digital	\$1.51		\$6.99	\$1.40 per 100g
4	Yoplait Petit Miam Squeezie Yoghurt 70g (GA)	Press	\$0.30		\$0.95	\$1.36 per 100g
5	Red Rock Deli Crackers 115-135g (GA)	Digital	\$1.60		\$3.69	N/A
6	Sakata Rice Crackers 90/100g (GA)	Digital	\$0.80		\$1.50	N/A
7	Kellogg's Coco Pops/Froot Loops/Just Right 285-460g (GA)		\$2.61		\$4.39	N/A
8	Duck Fresh Discs 36mL (GA)		\$4.29	½	\$4.20	\$11.67 per 100mL
9	Ziploc Sandwich/Snack Bags 30-40s (GA)		\$0.96		\$2.79	N/A
Page 5 - Buy & Wiin						
1	Nestle/Violet Crumble Medium Bars 35-55g (GA)	Digital	\$1.25	½	\$1.25	N/A
2	Nestle Milo Cereal 535-620g (GA)	Digital	\$5.01	½	\$4.79	N/A
3	Allen's Jelly/Mint Confectionery Range 140-200g (GA)	Digital	\$1.51		\$3.49	N/A
4	Lotus Biscoff Classic 124g (GA)	Digital	\$0.94		\$1.85	\$1.49 per 100g
5	Sanitarium Weet-Bix Bites 500/510g (GA)		\$2.33		\$4.66	N/A
6	Arnott's Cream Favourites 500g (GA)		\$2.61		\$4.99	\$1.00 per 100g
7	Bega Cheese Grated 500g (GA)		\$2.01		\$8.49	\$16.98 per 1kg
8	Sorbent Toilet Tissue 24pk (GA)		\$5.00		\$12.99	30¢ per 100sh
9	Handee Ultra Paper Towel 4pk/Double 2pk (GA)		\$3.00		\$4.99	\$2.08 per 100ea
Page 6						
1	Oreo Cookie 128-133g		\$1.40	½	\$1.40	N/A
2	Arnott's Cracker Chips/Sourdough 150g/Flatbread Snacks 130g (GA)		\$2.51	½	\$2.49	N/A
3	V Energy Drink 4 x 500mL		\$10.50	½	\$10.40	\$5.20 per 1L
4	Cadbury Bites 110-150g (GA)		\$1.51		\$3.49	N/A
5	Cadbury Family Block Chocolate 160-190g (GA)		\$1.75		\$4.25	N/A
6	Kellogg's Nutri-Grain/LCM Bars 12pk (GA)		\$2.01		\$5.99	N/A



Wednesday 24 Jul 2024 - Tuesday 30 Jul 2024 (week 30)

7	Uncle Tobys Protein Bars 5pk (GA)		\$1.21		\$5.49	\$3.14 per 100g
8	Nestle Soothers/Anticol 10pk (GA)		\$0.80		\$1.95	20¢ per 1ea
9	Schweppes/Pepsi Cans 10 x 375mL		\$5.01		\$10.99	\$2.93 per 1L
10	Supercoat Dog Food 6.7/7kg (GA)		\$9.71		\$29.99	N/A
11	Palmolive Naturals Shower Gel 500mL		\$2.55		\$5.25	\$1.05 per 100mL
12	Morning Fresh Dishwashing Liquid 400mL		\$2.01		\$3.49	87¢ per 100mL
Page 7						
1	Maggi Gravy 24/27g (GA)	Digital	\$0.39		\$1.00	N/A
2	Maggi Cup Noodles 58-65g (GA)	Digital	\$0.70		\$1.80	N/A
3	Heinz Chunky/Classic Canned Soup 520/535g		\$0.66		\$3.99	N/A
4	Heinz Baked Beans/Spaghetti 535/555g		\$1.26		\$2.99	N/A
5	Dolmio Extra Pasta Sauce 490/500g		\$1.31		\$3.49	N/A
6	Nescafe Blend 43 140/150g & Gold 90/100g		\$2.50		\$8.99	N/A
7	Continental Classics Pasta & Sauce/Seasoned Rice 85-125g		\$0.71		\$2.69	N/A
8	100% Juicy Long Life Juice 2L (POT) (GA)		\$0.70		\$3.89	\$1.95 per 1L
Page 7 - Black & Gold Panel						
9	Black & Gold Pasta 500g				\$1.00	20¢ per 100g
10	Black & Gold Tomato Paste 500g				\$1.65	33¢ per 100g
11	Black & Gold White Sugar 2kg				\$3.20	16¢ per 100g
Page 8						
1	Brushed Potatoes Bag 5kg (Produce)	Press			\$6.90bag	\$1.38 per 1kg
2	Carrots 1kg (Produce)	Press			\$1.50bag	\$1.50 per 1kg
3	TBA					
4	Wilderness Beef Eye Fillet Steak (Meat)	Press			\$39.99kg	N/A
5	JC's Quality Outback Mix 500g (Produce) (GA)	Digital	\$1.90		\$9.99ea	\$19.98 per 1kg
6	National Pies Premium Pies 2pk excl Cottage (POT) (GA)	TV	\$2.20		\$6.59	\$1.83 per 100g
7	Dairy Farmers Thick & Creamy Yoghurt 4pk		\$1.31		\$3.69	84¢ per 100g
8	Ashgrove Cheese 140g Excluding Fetta (POT) (GA)		\$2.05		\$5.45	\$38.93 per 1kg
9	Four 'n Twenty Traditional Pies 4pk (GA)	Digital	\$1.00		\$7.99	\$1.14 per 100g
10	Patties Party Pies/Pasties/Sausage Rolls 12pk (GA)	Digital	\$1.71		\$7.99	N/A
11	On the Menu Beef Lasagne 2kg		\$4.51		\$9.99	50¢ per 100g
12	Peters Original Ice Cream 2L (GA)		\$1.81		\$5.69	28¢ per 100mL



Press

Examiner / Mercury / Advocate

Wednesday 24 Jul 2024 - Tuesday 30 Jul 2024 (week 30)

Alpha Sorted List - ALL PRESS (Including Digital)			Retail	
1	Allen's Jelly/Mint Confectionery Range 140-200g (GA)	Digital	\$3.49	N/A
2	Arnott's Chocolate Biscuits 160-250g (excl. Tim Tam) (GA)	TV	\$2.49	N/A
3	Bundaberg Brewed Soft Drink 10 x 375mL (GA)	Digital	\$14.85	\$3.96 per 1L
4	Cadbury Favourites 340/352g (GA)	TV	\$8.49	N/A
5	Cold Power Laundry Liquid 2L/Powder 2kg (GA)	TV	\$15.99	N/A
6	Cripps Muffins 6pk (POT) (GA)		\$3.79	\$1.05 per 100g
7	Duck River Butter Pat 500g (POT) (GA)	Digital	\$6.99	\$1.40 per 100g
8	Four 'n Twenty Traditional Pies 4pk (GA)	Digital	\$7.99	\$1.14 per 100g
9	Four 'n Twenty Travellers 160g (GA)	Digital	\$2.75	\$1.72 per 100g
10	Lotus Biscoff Classic 124g (GA)	Digital	\$1.85	\$1.49 per 100g
11	Maggi Cup Noodles 58-65g (GA)	Digital	\$1.80	N/A
12	Maggi Gravy 24/27g (GA)	Digital	\$1.00	N/A
13	Mars Medium Bars 35-56g (feat. M&Ms & Maltesers) (GA)	TV	\$1.10	N/A
14	Moccona Freeze Dried Classic Coffee 400g (GA)	TV	\$19.99	\$5.00 per 100g
15	Monster Energy Drink 4 x 500mL (GA)	TV	\$7.37	\$3.69 per 1L
16	National Pies Premium Pies 2pk excl Cottage (POT) (GA)	TV	\$6.59	\$1.83 per 100g
17	Nestle Milo Cereal 535-620g (GA)	Digital	\$4.79	N/A
18	Nestle/Violet Crumble Medium Bars 35-55g (GA)	Digital	\$1.25	N/A
19	Patties Party Pies/Pasties/Sausage Rolls 12pk (GA)	Digital	\$7.99	N/A
20	Red Rock Deli Chips 150/165g (GA)	TV	\$3.15	N/A
21	Red Rock Deli Crackers 115-135g (GA)	Digital	\$3.69	N/A
22	Sakata Rice Crackers 90/100g (GA)	Digital	\$1.50	N/A
23	Uncle Tobys Muesli Bars 6pk (GA)	TV	\$2.75	\$1.49 per 100g
24	Vegeta Superior Liquid Stock 500mL (GA)	Digital	\$2.99	60¢ per 100mL
25	Voltaren Selected Range (excl 20g) (GA)	Digital		N/A
26	Yoplait Petit Miam Squeezie Yoghurt 70g (GA)		\$0.95	\$1.36 per 100g



Catalogue

Wednesday 24 Jul 2024 - Tuesday 30 Jul 2024 (week 30)

Alpha Sorted List - Catalogue		Retail	
1	100% Juicy Long Life Juice 2L (POT) (GA)	\$3.89	\$1.95 per 1L
2	Arnott's Cracker Chips/Sourdough 150g/Flatbread Snacks 130g (GA)	\$2.49	N/A
3	Arnott's Cream Favourites 500g (GA)	\$4.99	\$1.00 per 100g
4	Ashgrove Cheese 140g Excluding Fetta (POT) (GA)	\$5.45	\$38.93 per 1kg
5	Batiste Dry Shampoo 200mL (excl Naturally/Volume)	\$6.85	\$3.43 per 100mL
6	Bega Cheese Grated 500g (GA)	\$8.49	\$16.98 per 1kg
7	Birds Eye Oven Bake Fish Fillets 425g	\$9.99	\$23.51 per 1kg
8	Cadbury Baking Blocks 180g/Chips 200g/Melts 225g (GA)	\$3.99	N/A
9	Cadbury Bites 110-150g (GA)	\$3.49	N/A
10	Cadbury Family Block Chocolate 160-190g (GA)	\$4.25	N/A
11	Coca-Cola 12 x 300mL (GA)	\$12.99	\$3.61 per 1L
12	Coca-Cola Soft Drink 24 x 375mL (GA)	\$22.50	\$2.50 per 1L
13	Coca-Cola/Mt Franklin Sparkling Water 6 x 250mL (GA)	\$6.40	\$4.27 per 1L
14	Continental Classics Pasta & Sauce/Seasoned Rice 85-125g	\$2.69	N/A
15	Cripps Pikelets 8pk (POT) (GA)	\$2.99	\$1.50 per 100g
16	Dairy Farmers Thick & Creamy Yoghurt 4pk	\$3.69	84¢ per 100g
17	Décor Microwave Safe Soup Mug	\$3.99	N/A
18	Dolmio Extra Pasta Sauce 490/500g	\$3.49	N/A
19	Dr Oetker Ristorante Pizza 310-390g	\$6.99	N/A
20	Duck Fresh Discs 36mL (GA)	\$4.20	\$11.67 per 100mL
21	Fancy Feast Inspirations 12pk (GA)	\$15.49	\$1.84 per 100g
22	Fancy Feast Savoury Centres 85g (GA)	\$2.20	\$2.59 per 100g
23	Golden Crumpet Rounds 6pk (GA)	\$1.99	66¢ per 100g
24	Handee Ultra Paper Towel 4pk/Double 2pk (GA)	\$4.99	\$2.08 per 100ea
25	Happy Cake Co Bread/Loaf 500/550g	\$5.45	N/A
26	Heinz Baked Beans/Spaghetti 535/555g	\$2.99	N/A
27	Heinz Chunky/Classic Canned Soup 520/535g	\$3.99	N/A
28	Johnno's Jam 450g (POT) (GA)	\$6.49	\$1.44 per 100g
29	Johnno's Salsa 300g (POT) (GA)	\$4.99	\$1.66 per 100g
30	Kellogg's Coco Pops/Froot Loops/Just Right 285-460g (GA)	\$4.39	N/A
31	Kellogg's Nutri-Grain/LCM Bars 12pk (GA)	\$5.99	N/A
32	Kirks Canned Soft Drink 10 x 375mL (GA)	\$7.99	\$2.13 per 1L
33	Kirks Soft Drink 1.25L (GA)	\$1.55	\$1.24 per 1L
34	L'Or Espresso 20pk (GA)	\$9.49	\$9.13 per 100g
35	McCain Beer Batter Wedges/Chips 750g	\$4.79	\$6.39 per 1kg
36	Morning Fresh Dishwashing Liquid 400mL	\$3.49	87¢ per 100mL
37	My Dog Chef Selection 6pk	\$7.85	\$1.31 per 100g
38	Nature's Gift Canned Dog Food 1.2kg	\$4.69	39¢ per 100g
39	Nescafe Blend 43 140/150g & Gold 90/100g	\$8.99	N/A
40	Nestle Soothers/Anticol 10pk (GA)	\$1.95	20¢ per 1ea
41	On the Menu Beef Lasagne 2kg	\$9.99	50¢ per 100g
42	Oreo Cookie 128-133g	\$1.40	N/A
43	Palmolive Naturals Shower Gel 500mL	\$5.25	\$1.05 per 100mL
44	Panadol Extra Caplet 20pk (GA)	\$5.50	28¢ per 1ea
45	Pauls Chilled Vanilla Custard 600g	\$3.69	62¢ per 100g
46	Peters Original Ice Cream 2L (GA)	\$5.69	28¢ per 100mL



Catalogue

Wednesday 24 Jul 2024 - Tuesday 30 Jul 2024 (week 30)

47	Popcorners 85g	\$1.99	\$2.34 per 100g
48	Powerade Sports Drink 600mL (GA)	\$2.49	\$4.15 per 1L
49	Pump Water 1.25L	\$2.99	\$2.39 per 1L
50	Sanitarium Weet-Bix Bites 500/510g (GA)	\$4.66	N/A
51	Schwarzkopf Extra Care Hair Spray/Lacquer 250g/200mL	\$8.49	N/A
52	Schwarzkopf Extra Care Shampoo & Conditioner 400mL	\$6.49	\$1.62 per 100mL
53	Schweppes/Pepsi Cans 10 x 375mL	\$10.99	\$2.93 per 1L
54	Sorbent Toilet Tissue 24pk (GA)	\$12.99	30¢ per 100sh
55	Sorbent White Facial Tissues 250s (GA)	\$2.49	\$1.00 per 100ea
56	Supercoat Dog Food 6.7/7kg (GA)	\$29.99	N/A
57	Uncle Tobys Protein Bars 5pk (GA)	\$5.49	\$3.14 per 100g
58	V Energy Drink 4 x 500mL	\$10.40	\$5.20 per 1L
59	Western Star Spreadable 500g	\$6.49	\$1.30 per 100g
60	Whiskas Dry Cat Food 1.8kg	\$11.99	67¢ per 100g
61	Ziploc Sandwich/Snack Bags 30-40s (GA)	\$2.79	N/A