



## Wednesday 02 Aug 2023 - Tuesday 08 Aug 2023 (week 31)

| Television Advertised |                                                           | Save    | % Off | Retail  |                 |
|-----------------------|-----------------------------------------------------------|---------|-------|---------|-----------------|
| 1                     | Pepsi/Solo/Sunkist/Lemonade Canned Soft Drinks 24 x 375mL | \$15.95 | ½     | \$15.90 | \$1.77 per 1L   |
| 2                     | Nestle Block Chocolate 118-200g                           | \$2.75  | ½     | \$2.75  | N/A             |
| 3                     | Kellogg's Nutri-Grain/LCM Bars 6pk                        | \$2.51  | ½     | \$2.49  | N/A             |
| 4                     | Indomie Noodle Cup 75g                                    | \$1.00  | ½     | \$1.00  | \$1.33 per 100g |
| 5                     | M&M's/Maltesers/Pods 130-180g                             | \$2.85  | ½     | \$2.85  | N/A             |
| 6                     | Kettle Potato Chips 150/165g                              | \$3.01  | ½     | \$2.99  | N/A             |
| 7                     | Nescafé Coffee Sachets 10pk/Gold 8pk                      | \$4.01  | ½     | \$3.99  | N/A             |
| 8                     | Campbell's Real Stock 1L                                  | \$2.25  | ½     | \$2.25  | 23¢ per 100mL   |

### Television Advertised - Fri 04 Aug

|   |                                               |  |  |          |     |
|---|-----------------------------------------------|--|--|----------|-----|
| 9 | Produce Line - Refer to Fresh Sheet (Produce) |  |  | \$0.00kg | N/A |
|---|-----------------------------------------------|--|--|----------|-----|

### Television Advertised - LPE August

|   |                             |     |  |        |                 |
|---|-----------------------------|-----|--|--------|-----------------|
| 1 | San Remo La Pasta Range 80g | LPE |  | \$1.10 | \$1.38 per 100g |
| 2 | Bushells Tea Cup Bags 100pk | LPE |  | \$3.75 | \$2.08 per 100g |
| 3 | McCain Super Fries 900g     | LPE |  | \$4.50 | \$5.00 per 1kg  |
| 4 | Fancy Feast Cat Food 85g    | LPE |  | \$1.60 | \$1.88 per 100g |

### Google Advertised

|   |                                              |        |   |        |               |
|---|----------------------------------------------|--------|---|--------|---------------|
| 1 | Tamar Valley Yoghurt 700g (POT)              | \$2.51 |   | \$4.99 | 71¢ per 100g  |
| 2 | Bulla Creamy Classics 2L/Creamy Classics 4pk | \$2.01 |   | \$6.99 | N/A           |
| 3 | Radox Shower Gel 1L                          | \$5.70 | ½ | \$5.70 | 57¢ per 100mL |
| 4 | Coca-Cola/Fanta/Sprite Soft Drink 1.25L      | \$0.86 |   | \$1.99 | \$1.59 per 1L |

### Facebook Advertised - Cripps Pikelets NEW LINE

|   |                                                   |        |  |        |                 |
|---|---------------------------------------------------|--------|--|--------|-----------------|
| 1 | Cripps Pikelets 8pk (POT) (feat. NEW Honey & Oat) | \$1.16 |  | \$2.49 | \$1.25 per 100g |
|---|---------------------------------------------------|--------|--|--------|-----------------|

### Facebook Advertised - Half Price Specials

|   |                                                           |         |    |         |                 |
|---|-----------------------------------------------------------|---------|----|---------|-----------------|
| 1 | Pepsi/Solo/Sunkist/Lemonade Canned Soft Drinks 24 x 375mL | \$15.95 | ½  | \$15.90 | \$1.77 per 1L   |
| 2 | Kellogg's Nutri-Grain/LCM Bars 6pk                        | \$2.51  | ½  | \$2.49  | N/A             |
| 3 | M&M's/Maltesers/Pods 130-180g                             | \$2.85  | ½  | \$2.85  | N/A             |
| 4 | Kettle Potato Chips 150/165g                              | \$3.01  | ½  | \$2.99  | N/A             |
| 5 | Campbell's Real Stock 1L                                  | \$2.25  | ½  | \$2.25  | 23¢ per 100mL   |
| 6 | Indomie Noodle Cup 75g                                    | \$1.00  | ½  | \$1.00  | \$1.33 per 100g |
| 7 | Nanna's Crumble 550g                                      | \$3.01  | ½  | \$2.99  | 54¢ per 100g    |
| 8 | Morning Fresh Dishwashing Liquid 900mL                    | \$4.75  | ½  | \$4.75  | 53¢ per 100mL   |
| 9 | Mighty Soft Raisin Toast 600g                             | \$4.04  | >½ | \$3.25  | 54¢ per 100g    |

### Wednesday Catalogue Email Header

|   |                                                           |         |   |         |                 |
|---|-----------------------------------------------------------|---------|---|---------|-----------------|
| 1 | Pepsi/Solo/Sunkist/Lemonade Canned Soft Drinks 24 x 375mL | \$15.95 | ½ | \$15.90 | \$1.77 per 1L   |
| 2 | Indomie Noodle Cup 75g                                    | \$1.00  | ½ | \$1.00  | \$1.33 per 100g |

### Friday Catalogue Email - Vegetable Brown Rice Loaf Recipe

|   |                                      |        |  |         |                 |
|---|--------------------------------------|--------|--|---------|-----------------|
| 1 | Leggo's Tomato Paste 140g 2pk        | \$0.86 |  | \$2.99  | \$1.07 per 100g |
| 2 | SunRice Microwave Rice Cups 240/250g | LPE    |  | \$2.75  | N/A             |
| 3 | Cheer Tasty Cheese Block 1kg         | \$3.00 |  | \$12.99 | \$12.99 per 1kg |

### Website Banner

|   |                               |        |   |        |     |
|---|-------------------------------|--------|---|--------|-----|
| 1 | M&M's/Maltesers/Pods 130-180g | \$2.85 | ½ | \$2.85 | N/A |
|---|-------------------------------|--------|---|--------|-----|



TV/Digital

Wednesday 02 Aug 2023 - Tuesday 08 Aug 2023 (week 31)

|   |                                      |        |   |        |     |
|---|--------------------------------------|--------|---|--------|-----|
| 2 | Nescafé Coffee Sachets 10pk/Gold 8pk | \$4.01 | ½ | \$3.99 | N/A |
|---|--------------------------------------|--------|---|--------|-----|

| Radio Advertised |                                                           |         |   |         |                 |
|------------------|-----------------------------------------------------------|---------|---|---------|-----------------|
| 1                | Pepsi/Solo/Sunkist/Lemonade Canned Soft Drinks 24 x 375mL | \$15.95 | ½ | \$15.90 | \$1.77 per 1L   |
| 2                | Indomie Noodle Cup 75g                                    | \$1.00  | ½ | \$1.00  | \$1.33 per 100g |
| 3                | Nestle Block Chocolate 118-200g                           | \$2.75  | ½ | \$2.75  | N/A             |
| 4                | Kettle Potato Chips 150/165g                              | \$3.01  | ½ | \$2.99  | N/A             |



# Press

Examiner / Mercury / Advocate

Wednesday 02 Aug 2023 - Tuesday 08 Aug 2023 (week 31)

| Thursday 03 Aug - ALL PRESS                        |                                                           | Save    | % Off   | Retail |              |                 |
|----------------------------------------------------|-----------------------------------------------------------|---------|---------|--------|--------------|-----------------|
| 1                                                  | Arnott's Cream Favourites 500g                            | \$1.76  |         | \$4.79 | 96¢ per 100g |                 |
| 2                                                  | Cheer Tasty Cheese Block 1kg                              | Digital | \$3.00  |        | \$12.99      | \$12.99 per 1kg |
| 3                                                  | Whiskas Canned Cat Food 400g                              |         | \$0.90  |        | \$2.10       | 53¢ per 100g    |
| Friday 04 Aug - Mercury - (Market Fresh)           |                                                           |         |         |        |              |                 |
| 1                                                  | Mighty Soft Raisin Toast 600g                             | Digital | \$4.04  | >½     | \$3.25       | 54¢ per 100g    |
| 2                                                  | Beef Porterhouse Steak (Meat)                             |         |         |        | \$29.99kg    | N/A             |
| 3                                                  | Produce Line - Refer to Fresh Sheet (Produce)             | TV      |         |        | \$0.00kg     | N/A             |
| Friday 04 Aug - Mercury                            |                                                           |         |         |        |              |                 |
| 1                                                  | Nescafé Blend 43 Coffee 500g                              |         | \$6.01  |        | \$19.99      | \$4.00 per 100g |
| 2                                                  | McCain Family Pizza 490/500g                              |         | \$3.00  |        | \$6.99       | N/A             |
| 3                                                  | Coca-Cola/Fanta/Sprite 10 x 375mL                         |         | \$4.90  |        | \$9.35       | \$2.49 per 1L   |
| Friday 04 Aug - Advocate/Examiner - (Market Fresh) |                                                           |         |         |        |              |                 |
| 1                                                  | Mighty Soft Raisin Toast 600g                             | Digital | \$4.04  | >½     | \$3.25       | 54¢ per 100g    |
| 2                                                  | Beef Porterhouse Steak (Meat)                             |         |         |        | \$29.99kg    | N/A             |
| 3                                                  | Ingham's Chicken Drumsticks (Deli)                        |         |         |        | \$5.99kg     | N/A             |
| Friday 04 Aug - Advocate/Examiner - (Market Fresh) |                                                           |         |         |        |              |                 |
| 1                                                  | Grey Pumpkin (Produce)                                    |         |         |        | \$1.50kg     | N/A             |
| 2                                                  | Sweet Potatoes (Produce)                                  |         |         |        | \$2.50kg     | N/A             |
| 3                                                  | Produce Line - Refer to Fresh Sheet (Produce)             | TV      |         |        | \$0.00kg     | N/A             |
| Saturday 05 Aug - Advocate & Examiner              |                                                           |         |         |        |              |                 |
| 1                                                  | Nescafé Blend 43 Coffee 500g                              |         | \$6.01  |        | \$19.99      | \$4.00 per 100g |
| 2                                                  | McCain Family Pizza 490/500g                              |         | \$3.00  |        | \$6.99       | N/A             |
| 3                                                  | Coca-Cola/Fanta/Sprite 10 x 375mL                         |         | \$4.90  |        | \$9.35       | \$2.49 per 1L   |
| Saturday 05 Aug - Mercury Front Page               |                                                           |         |         |        |              |                 |
| 1                                                  | Pepsi/Solo/Sunkist/Lemonade Canned Soft Drinks 24 x 375mL | TV      | \$15.95 | ½      | \$15.90      | \$1.77 per 1L   |
| 2                                                  | Nestle Block Chocolate 118-200g                           | TV      | \$2.75  | ½      | \$2.75       | N/A             |



Wednesday 02 Aug 2023 - Tuesday 08 Aug 2023 (week 31)

| Front                   |                                                                         |         | Save    | % Off | Retail    |                 |
|-------------------------|-------------------------------------------------------------------------|---------|---------|-------|-----------|-----------------|
| 1                       | Pepsi/Solo/Sunkist/Lemonade Canned Soft Drinks 24 x 375mL               | TV      | \$15.95 | ½     | \$15.90   | \$1.77 per 1L   |
| 2                       | Indomie Noodle Cup 75g                                                  | TV      | \$1.00  | ½     | \$1.00    | \$1.33 per 100g |
| 3                       | M&M's/Maltesers/Pods 130-180g                                           | TV      | \$2.85  | ½     | \$2.85    | N/A             |
| 4                       | Nescafé Coffee Sachets 10pk/Gold 8pk                                    | TV      | \$4.01  | ½     | \$3.99    | N/A             |
| 5                       | Beef Porterhouse Steak (Meat)                                           | Press   |         |       | \$29.99kg | N/A             |
| Page 2                  |                                                                         |         |         |       |           |                 |
| 1                       | Nestle Block Chocolate 118-200g                                         | TV      | \$2.75  | ½     | \$2.75    | N/A             |
| 2                       | Kellogg's Nutri-Grain/LCM Bars 6pk                                      | TV      | \$2.51  | ½     | \$2.49    | N/A             |
| 3                       | Lindt Bar 38g                                                           |         | \$1.00  | ½     | \$1.00    | \$2.63 per 100g |
| 4                       | Kettle Potato Chips 150/165g                                            | TV      | \$3.01  | ½     | \$2.99    | N/A             |
| 5                       | Cadbury Fingers 114g/Freddo Biscuit 167g                                |         | \$2.01  | ½     | \$1.99    | N/A             |
| Page 3                  |                                                                         |         |         |       |           |                 |
| 1                       | Campbell's Real Stock 1L                                                | TV      | \$2.25  | ½     | \$2.25    | 23¢ per 100mL   |
| 2                       | Weight Watchers Frozen Meals 300-370g                                   |         | \$4.00  | ½     | \$3.99    | N/A             |
| 3                       | Nanna's Crumble 550g                                                    | Digital | \$3.01  | ½     | \$2.99    | 54¢ per 100g    |
| 4                       | Multix Clingwrap 33cm x 60m                                             |         | \$1.95  | ½     | \$1.94    | 3¢ per 1m       |
| 5                       | Radox Shower Gel 1L                                                     | Digital | \$5.70  | ½     | \$5.70    | 57¢ per 100mL   |
| 6                       | Morning Fresh Dishwashing Liquid 900mL                                  | Digital | \$4.75  | ½     | \$4.75    | 53¢ per 100mL   |
| Page 4 - Meat & Produce |                                                                         |         |         |       |           |                 |
| 1                       | Grey Pumpkin (Produce)                                                  | Press   |         |       | \$1.50kg  | N/A             |
| 2                       | Sweet Potatoes (Produce)                                                | Press   |         |       | \$2.50kg  | N/A             |
| 3                       | Brown Onion 1kg Bag (Produce)                                           |         |         |       | \$1.50bag | \$1.50 per 1kg  |
| 4                       | JC's Dried Cranberries 500g (Produce)                                   |         | \$1.71  |       | \$7.49ea  | \$14.98 per 1kg |
| 5                       | Scottsdale Pork Artisan Carolina/Memphis Marinated Pork Shoulder (Meat) |         |         |       | \$14.99kg | N/A             |
| 6                       | Marion Bay Free Range Chicken Bagged (Meat)                             |         |         |       | \$8.99kg  | N/A             |
| 7                       | Ingham's Chicken Tenders 440g (Meat)                                    |         |         |       | \$8.49ea  | \$19.30 per 1kg |
| 8                       | Scottsdale Pork Traditional English Thick Pork Sausage 475g (Meat)      |         |         |       | \$7.99ea  | \$16.82 per 1kg |
| Page 5 - Deli & Bakery  |                                                                         |         |         |       |           |                 |
| 1                       | Ingham's Chicken Drumsticks (Deli)                                      | Press   |         |       | \$5.99kg  | N/A             |
| 2                       | Pandani Virginian Ham (Deli)                                            |         |         |       | \$15.99kg | N/A             |
| 3                       | Ingham's Chicken Breast Supreme (Deli)                                  |         |         |       | \$17.99kg | N/A             |
| 4                       | Pandani Roast Beef Sliced (Deli)                                        |         |         |       | \$29.99kg | N/A             |
| 5                       | Mighty Soft Raisin Toast 600g                                           | Digital | \$4.04  | >½    | \$3.25    | 54¢ per 100g    |
| 6                       | National Pies Premium Pies 2pk excl Cottage (POT)                       |         | \$1.80  |       | \$6.99    | \$1.94 per 100g |
| 7                       | Cripps Pikelets 8pk (POT) (feat. NEW Honey & Oat)                       | Digital | \$1.16  |       | \$2.49    | \$1.25 per 100g |
| 8                       | Baker's Oven Finger Lamingtons 350g                                     | LPE     |         |       | \$5.29    | \$1.51 per 100g |
| Page 6 - LPE            |                                                                         |         |         |       |           |                 |
| 1                       | San Remo La Pasta Range 80g                                             | LPE     |         |       | \$1.10    | \$1.38 per 100g |
| 2                       | Zafarelli Pasta 500g                                                    | LPE     |         |       | \$1.75    | 35¢ per 100g    |
| 3                       | Morning Sun Muesli 650g                                                 | LPE     |         |       | \$4.30    | 66¢ per 100g    |
| 4                       | Nice & Natural Nut Bars 6pk                                             | LPE     |         |       | \$4.00    | N/A             |
| 5                       | Oreo Biscuits Family Pack 370g                                          | LPE     |         |       | \$4.49    | \$1.21 per 100g |
| 6                       | Bickford's Blackcurrant Juice Syrup 750mL                               | LPE     |         |       | \$6.00    | \$8.00 per 1L   |
| Page 7 - LPE            |                                                                         |         |         |       |           |                 |
| 1                       | McCain Super Fries 900g                                                 | LPE     |         |       | \$4.50    | \$5.00 per 1kg  |



Wednesday 02 Aug 2023 - Tuesday 08 Aug 2023 (week 31)

|                                                   |                                                   |         |        |  |         |                  |
|---------------------------------------------------|---------------------------------------------------|---------|--------|--|---------|------------------|
| 2                                                 | Pampas Bulk Puff Pastry 1.6kg                     | LPE     |        |  | \$7.00  | 44¢ per 100g     |
| 3                                                 | Meadowlea Spread 500g                             | LPE     |        |  | \$4.50  | 90¢ per 100g     |
| 4                                                 | Radiant Laundry Powder 1kg/Liquid 1L              | LPE     |        |  | \$7.50  | N/A              |
| 5                                                 | Ajax Antibacterial Wipes 110s                     | LPE     |        |  | \$9.00  | 8¢ per 1ea       |
| 6                                                 | Lucky Dog Dry Dog Food 3kg                        | LPE     |        |  | \$10.00 | 33¢ per 100g     |
| <b>Page 8</b>                                     |                                                   |         |        |  |         |                  |
| 1                                                 | Coca-Cola/Fanta/Sprite Soft Drink 1.25L           | Digital | \$0.86 |  | \$1.99  | \$1.59 per 1L    |
| 2                                                 | Coca-Cola/Fanta/Sprite 10 x 375mL                 | Press   | \$4.90 |  | \$9.35  | \$2.49 per 1L    |
| 3                                                 | Red Bull Energy Drink 473mL                       |         | \$1.11 |  | \$3.99  | \$8.44 per 1L    |
| 4                                                 | Powerade Sports Drink 1L                          |         | \$2.76 |  | \$2.99  | \$2.99 per 1L    |
| 5                                                 | Mother Energy Drink 10 x 375mL                    |         | \$4.49 |  | \$11.50 | \$3.07 per 1L    |
| 6                                                 | Arnott's Cream Favourites 500g                    | Press   | \$1.76 |  | \$4.79  | 96¢ per 100g     |
| 7                                                 | Smith's Potato Chips/Doritos Corn Chips 130-175g  |         | \$1.31 |  | \$3.49  | N/A              |
| 8                                                 | Lindt Excellence/Lindor Chocolate Block 80/100g   |         | \$1.55 |  | \$3.95  | \$3.95 per 100g  |
| 9                                                 | Cadbury Share Pack 144-180g                       |         | \$1.51 |  | \$3.49  | N/A              |
| <b>Page 9</b>                                     |                                                   |         |        |  |         |                  |
| 1                                                 | Nescafé Blend 43 Coffee 500g                      | Press   | \$6.01 |  | \$19.99 | \$4.00 per 100g  |
| 2                                                 | Tetley Tea Cup/All Rounder Tagless Tea Bags 100pk |         | \$1.66 |  | \$3.99  | N/A              |
| 3                                                 | Pauls Zymil Long Life Milk 1L                     |         | \$1.20 |  | \$2.49  | \$2.49 per 1L    |
| 4                                                 | Green's Premium Baking Mixes 380-630g             |         | \$1.51 |  | \$3.99  | N/A              |
| 5                                                 | Bega Peanut Butter 470g                           |         | \$1.26 |  | \$5.99  | \$1.27 per 100g  |
| 6                                                 | MasterFoods Squeezy Tomato/BBQ Sauce 475/500mL    |         | \$0.66 |  | \$3.49  | N/A              |
| 7                                                 | Harvest Hot Pack Meals 425g                       |         | \$1.01 |  | \$3.99  | 94¢ per 100g     |
| 8                                                 | Heinz Condensed Soup 420g                         |         | \$0.80 |  | \$1.99  | 47¢ per 100g     |
| 9                                                 | Heinz Baked Beans/Spaghetti 535/555g              |         | \$0.76 |  | \$3.49  | N/A              |
| <b>Page 10</b>                                    |                                                   |         |        |  |         |                  |
| 1                                                 | Bulla Creamy Classics 2L/Creamy Classics 4pk      | Digital | \$2.01 |  | \$6.99  | N/A              |
| 2                                                 | Peters Maxibon 4pk                                |         | \$1.51 |  | \$7.99  | \$1.43 per 100mL |
| 3                                                 | McCain Family Pizza 490/500g                      | Press   | \$3.00 |  | \$6.99  | N/A              |
| 4                                                 | Birds Eye Fish Fingers 1kg                        |         | \$3.50 |  | \$9.99  | \$9.99 per 1kg   |
| 5                                                 | Ingham Frozen Chicken Schnitzel 400g              |         | \$2.66 |  | \$7.99  | \$19.98 per 1kg  |
| 6                                                 | La Famiglia Cheesy Garlic Bread 190g              |         | \$0.90 |  | \$3.49  | \$1.84 per 100g  |
| 7                                                 | Kraft Cheese Singles 216g                         |         | \$1.26 |  | \$3.99  | \$18.47 per 1kg  |
| 8                                                 | Tamar Valley Yoghurt 700g (POT)                   | Digital | \$2.51 |  | \$4.99  | 71¢ per 100g     |
| 9                                                 | Pauls Bluey Flavoured Milk 250mL                  |         | \$0.50 |  | \$1.99  | \$7.96 per 1L    |
| <b>Page 11</b>                                    |                                                   |         |        |  |         |                  |
| 1                                                 | iCare Toilet Tissue 8pk                           |         | \$2.01 |  | \$4.99  | 35¢ per 100sh    |
| 2                                                 | Sorbent Thick & Large Facial Tissues 95pk         |         | \$0.55 |  | \$1.75  | \$1.84 per 100ea |
| 3                                                 | Libra Ultra Thins/Goodnights 10-14pk/Tampons 16pk |         | \$0.50 |  | \$4.49  | N/A              |
| 4                                                 | Vicks VapoDrops 16/24pk                           |         | \$2.00 |  | \$4.49  | N/A              |
| 5                                                 | Little Lucifer Firelighters 24pk                  |         | \$1.16 |  | \$4.49  | 19¢ per 1ea      |
| 6                                                 | iCare Paper Towel 2pk                             |         | \$1.16 |  | \$2.69  | \$2.24 per 100sh |
| 7                                                 | Purina One Pouch 70g                              |         | \$0.55 |  | \$1.75  | \$2.50 per 100g  |
| 8                                                 | Whiskas Canned Cat Food 400g                      | Press   | \$0.90 |  | \$2.10  | 53¢ per 100g     |
| 9                                                 | Pedigree Canned Dog Food 1.2kg                    |         | \$1.04 |  | \$4.75  | 40¢ per 100g     |
| <b>Page 12 - Vegetable Brown Rice Loaf Recipe</b> |                                                   |         |        |  |         |                  |
| 1                                                 | Leggo's Tomato Paste 140g 2pk                     | Digital | \$0.86 |  | \$2.99  | \$1.07 per 100g  |



Extended Catalogue

Wednesday 02 Aug 2023 - Tuesday 08 Aug 2023 (week 31)

|   |                                      |         |        |  |         |                 |
|---|--------------------------------------|---------|--------|--|---------|-----------------|
| 2 | SunRice Microwave Rice Cups 240/250g | LPE     |        |  | \$2.75  | N/A             |
| 3 | Cheer Tasty Cheese Block 1kg         | Digital | \$3.00 |  | \$12.99 | \$12.99 per 1kg |



Wednesday 02 Aug 2023 - Tuesday 08 Aug 2023 (week 31)

| Front Page                            |                                                           | % Off   | Retail |                          |
|---------------------------------------|-----------------------------------------------------------|---------|--------|--------------------------|
| 1                                     | Pepsi/Solo/Sunkist/Lemonade Canned Soft Drinks 24 x 375mL | TV      | ½      | \$15.90 \$1.77 per 1L    |
| 2                                     | Indomie Noodle Cup 75g                                    | TV      | ½      | \$1.00 \$1.33 per 100g   |
| 3                                     | M&M's/Maltesers/Pods 130-180g                             | TV      | ½      | \$2.85 N/A               |
| 4                                     | Nescafé Coffee Sachets 10pk/Gold 8pk                      | TV      | ½      | \$3.99 N/A               |
| 5                                     | Beef Porterhouse Steak (Meat)                             | Press   |        | \$29.99kg N/A            |
| Page 2                                |                                                           |         |        |                          |
| 1                                     | Nestle Block Chocolate 118-200g                           | TV      | ½      | \$2.75 N/A               |
| 2                                     | Kellogg's Nutri-Grain/LCM Bars 6pk                        | TV      | ½      | \$2.49 N/A               |
| 3                                     | Kettle Potato Chips 150/165g                              | TV      | ½      | \$2.99 N/A               |
| 4                                     | Cadbury Fingers 114g/Freddo Biscuit 167g                  |         | ½      | \$1.99 N/A               |
| 5                                     | Campbell's Real Stock 1L                                  | TV      | ½      | \$2.25 23¢ per 100mL     |
| 6                                     | Multix Clingwrap 33cm x 60m                               |         | ½      | \$1.94 3¢ per 1m         |
| 7                                     | Radox Shower Gel 1L                                       | Digital | ½      | \$5.70 57¢ per 100mL     |
| 8                                     | Morning Fresh Dishwashing Liquid 900mL                    | Digital | ½      | \$4.75 53¢ per 100mL     |
| Page 3                                |                                                           |         |        |                          |
| 1                                     | Coca-Cola/Fanta/Sprite Soft Drink 1.25L                   | Digital |        | \$1.99 \$1.59 per 1L     |
| 2                                     | Coca-Cola/Fanta/Sprite 10 x 375mL                         | Press   |        | \$9.35 \$2.49 per 1L     |
| 3                                     | Red Bull Energy Drink 473mL                               |         |        | \$3.99 \$8.44 per 1L     |
| 4                                     | Arnott's Cream Favourites 500g                            | Press   |        | \$4.79 96¢ per 100g      |
| 5                                     | Smith's Potato Chips/Doritos Corn Chips 130-175g          |         |        | \$3.49 N/A               |
| 6                                     | Lindt Excellence/Lindor Chocolate Block 80/100g           |         |        | \$3.95 \$3.95 per 100g   |
| 7                                     | Leggo's Tomato Paste 140g 2pk                             | Digital |        | \$2.99 \$1.07 per 100g   |
| 8                                     | Pauls Zymil Long Life Milk 1L                             |         |        | \$2.49 \$2.49 per 1L     |
| 9                                     | Nescafé Blend 43 Coffee 500g                              | Press   |        | \$19.99 \$4.00 per 100g  |
| 10                                    | Whiskas Canned Cat Food 400g                              | Press   |        | \$2.10 53¢ per 100g      |
| 11                                    | Pedigree Canned Dog Food 1.2kg                            |         |        | \$4.75 40¢ per 100g      |
| 12                                    | Little Lucifer Firelighters 24pk                          |         |        | \$4.49 19¢ per 1ea       |
| Page 4                                |                                                           |         |        |                          |
| 1                                     | Grey Pumpkin (Produce)                                    | Press   |        | \$1.50kg N/A             |
| 2                                     | Sweet Potatoes (Produce)                                  | Press   |        | \$2.50kg N/A             |
| 3                                     | JC's Dried Cranberries 500g (Produce)                     |         |        | \$7.49ea \$14.98 per 1kg |
| 4                                     | Cripps Pikelets 8pk (POT) (feat. NEW Honey & Oat)         | Digital |        | \$2.49 \$1.25 per 100g   |
| 5                                     | Mighty Soft Raisin Toast 600g                             | Digital | >½     | \$3.25 54¢ per 100g      |
| 6                                     | Tamar Valley Yoghurt 700g (POT)                           | Digital |        | \$4.99 71¢ per 100g      |
| 7                                     | Cheer Tasty Cheese Block 1kg                              | Digital |        | \$12.99 \$12.99 per 1kg  |
| 8                                     | La Famiglia Cheesy Garlic Bread 190g                      |         |        | \$3.49 \$1.84 per 100g   |
| 9                                     | Bulla Creamy Classics 2L/Creamy Classics 4pk              | Digital |        | \$6.99 N/A               |
| 10                                    | Nanna's Crumble 550g                                      | Digital | ½      | \$2.99 54¢ per 100g      |
| 11                                    | McCain Family Pizza 490/500g                              | Press   |        | \$6.99 N/A               |
| Page 5 - LPE Full Page (Digital Only) |                                                           |         |        |                          |
| 1                                     | San Remo La Pasta Range 80g                               | LPE     |        | \$1.10 \$1.38 per 100g   |
| 2                                     | Zafarelli Pasta 500g                                      | LPE     |        | \$1.75 35¢ per 100g      |
| 3                                     | Morning Sun Muesli 650g                                   | LPE     |        | \$4.30 66¢ per 100g      |
| 4                                     | Nice & Natural Nut Bars 6pk                               | LPE     |        | \$4.00 N/A               |
| 5                                     | Oreo Biscuits Family Pack 370g                            | LPE     |        | \$4.49 \$1.21 per 100g   |



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|                                                                           |                                           |         |  |         |                 |
|---------------------------------------------------------------------------|-------------------------------------------|---------|--|---------|-----------------|
| 6                                                                         | Bickford's Blackcurrant Juice Syrup 750mL | LPE     |  | \$6.00  | \$8.00 per 1L   |
| <b>Page 6 - LPE Full Page (Digital Only)</b>                              |                                           |         |  |         |                 |
| 1                                                                         | McCain Super Fries 900g                   | LPE     |  | \$4.50  | \$5.00 per 1kg  |
| 2                                                                         | Pampas Bulk Puff Pastry 1.6kg             | LPE     |  | \$7.00  | 44¢ per 100g    |
| 3                                                                         | Meadowlea Spread 500g                     | LPE     |  | \$4.50  | 90¢ per 100g    |
| 4                                                                         | Radiant Laundry Powder 1kg/Liquid 1L      | LPE     |  | \$7.50  | N/A             |
| 5                                                                         | Ajax Antibacterial Wipes 110s             | LPE     |  | \$9.00  | 8¢ per 1ea      |
| 6                                                                         | Lucky Dog Dry Dog Food 3kg                | LPE     |  | \$10.00 | 33¢ per 100g    |
| <b>Page 7 - Vegetable Brown Rice Loaf Recipe Full Page (Digital Only)</b> |                                           |         |  |         |                 |
| 1                                                                         | Leggo's Tomato Paste 140g 2pk             | Digital |  | \$2.99  | \$1.07 per 100g |
| 2                                                                         | SunRice Microwave Rice Cups 240/250g      | LPE     |  | \$2.75  | N/A             |
| 3                                                                         | Tamar Valley Yoghurt 700g (POT)           | Digital |  | \$4.99  | 71¢ per 100g    |





# Press

Examiner / Mercury / Advocate

Wednesday 02 Aug 2023 - Tuesday 08 Aug 2023 (week 31)

| Alpha Sorted List - ALL PRESS (Including Digital) |                                                           |         | Retail  |                 |
|---------------------------------------------------|-----------------------------------------------------------|---------|---------|-----------------|
| 1                                                 | !Whiskas Canned Cat Food 400g                             |         | \$2.10  | 53¢ per 100g    |
| 2                                                 | Arnott's Cream Favourites 500g                            |         | \$4.79  | 96¢ per 100g    |
| 3                                                 | Bulla Creamy Classics 2L/Creamy Classics 4pk              | Digital | \$6.99  | N/A             |
| 4                                                 | Campbell's Real Stock 1L                                  | TV      | \$2.25  | 23¢ per 100mL   |
| 5                                                 | Cheer Tasty Cheese Block 1kg                              | Digital | \$12.99 | \$12.99 per 1kg |
| 6                                                 | Coca-Cola/Fanta/Sprite 10 x 375mL                         |         | \$9.35  | \$2.49 per 1L   |
| 7                                                 | Coca-Cola/Fanta/Sprite Soft Drink 1.25L                   | Digital | \$1.99  | \$1.59 per 1L   |
| 8                                                 | Indomie Noodle Cup 75g                                    | TV      | \$1.00  | \$1.33 per 100g |
| 9                                                 | Kellogg's Nutri-Grain/LCM Bars 6pk                        | TV      | \$2.49  | N/A             |
| 10                                                | Kettle Potato Chips 150/165g                              | TV      | \$2.99  | N/A             |
| 11                                                | Leggo's Tomato Paste 140g 2pk                             | Digital | \$2.99  | \$1.07 per 100g |
| 12                                                | M&M's/Maltesers/Pods 130-180g                             | TV      | \$2.85  | N/A             |
| 13                                                | McCain Family Pizza 490/500g                              |         | \$6.99  | N/A             |
| 14                                                | Mighty Soft Raisin Toast 600g                             | Digital | \$3.25  | 54¢ per 100g    |
| 15                                                | Morning Fresh Dishwashing Liquid 900mL                    | Digital | \$4.75  | 53¢ per 100mL   |
| 16                                                | Nanna's Crumble 550g                                      | Digital | \$2.99  | 54¢ per 100g    |
| 17                                                | Nescafé Blend 43 Coffee 500g                              |         | \$19.99 | \$4.00 per 100g |
| 18                                                | Nescafé Coffee Sachets 10pk/Gold 8pk                      | TV      | \$3.99  | N/A             |
| 19                                                | Nestle Block Chocolate 118-200g                           | TV      | \$2.75  | N/A             |
| 20                                                | Pepsi/Solo/Sunkist/Lemonade Canned Soft Drinks 24 x 375mL | TV      | \$15.90 | \$1.77 per 1L   |
| 21                                                | Radox Shower Gel 1L                                       | Digital | \$5.70  | 57¢ per 100mL   |
| 22                                                | Tamar Valley Yoghurt 700g (POT)                           | Digital | \$4.99  | 71¢ per 100g    |



# Catalogue

Wednesday 02 Aug 2023 - Tuesday 08 Aug 2023 (week 31)

| Alpha Sorted List - Catalogue |                                                   |     | Retail  |                  |
|-------------------------------|---------------------------------------------------|-----|---------|------------------|
| 1                             | Ajax Antibacterial Wipes 110s                     | LPE | \$9.00  | 8¢ per 1ea       |
| 2                             | Baker's Oven Finger Lamingtons 350g               | LPE | \$5.29  | \$1.51 per 100g  |
| 3                             | Bega Peanut Butter 470g                           |     | \$5.99  | \$1.27 per 100g  |
| 4                             | Bickford's Blackcurrant Juice Syrup 750mL         | LPE | \$6.00  | \$8.00 per 1L    |
| 5                             | Birds Eye Fish Fingers 1kg                        |     | \$9.99  | \$9.99 per 1kg   |
| 6                             | Cadbury Fingers 114g/Freddo Biscuit 167g          |     | \$1.99  | N/A              |
| 7                             | Cadbury Share Pack 144-180g                       |     | \$3.49  | N/A              |
| 8                             | Green's Premium Baking Mixes 380-630g             |     | \$3.99  | N/A              |
| 9                             | Harvest Hot Pack Meals 425g                       |     | \$3.99  | 94¢ per 100g     |
| 10                            | Heinz Baked Beans/Spaghetti 535/555g              |     | \$3.49  | N/A              |
| 11                            | Heinz Condensed Soup 420g                         |     | \$1.99  | 47¢ per 100g     |
| 12                            | iCare Paper Towel 2pk                             |     | \$2.69  | \$2.24 per 100sh |
| 13                            | iCare Toilet Tissue 8pk                           |     | \$4.99  | 35¢ per 100sh    |
| 14                            | Ingham Frozen Chicken Schnitzel 400g              |     | \$7.99  | \$19.98 per 1kg  |
| 15                            | Kraft Cheese Singles 216g                         |     | \$3.99  | \$18.47 per 1kg  |
| 16                            | La Famiglia Cheesy Garlic Bread 190g              |     | \$3.49  | \$1.84 per 100g  |
| 17                            | Libra Ultra Thins/Goodnights 10-14pk/Tampons 16pk |     | \$4.49  | N/A              |
| 18                            | Lindt Bar 38g                                     |     | \$1.00  | \$2.63 per 100g  |
| 19                            | Lindt Excellence/Lindor Chocolate Block 80/100g   |     | \$3.95  | \$3.95 per 100g  |
| 20                            | Little Lucifer Firelighters 24pk                  |     | \$4.49  | 19¢ per 1ea      |
| 21                            | Lucky Dog Dry Dog Food 3kg                        | LPE | \$10.00 | 33¢ per 100g     |
| 22                            | MasterFoods Squeezy Tomato/BBQ Sauce 475/500mL    |     | \$3.49  | N/A              |
| 23                            | McCain Super Fries 900g                           | LPE | \$4.50  | \$5.00 per 1kg   |
| 24                            | Meadowlea Spread 500g                             | LPE | \$4.50  | 90¢ per 100g     |
| 25                            | Morning Sun Muesli 650g                           | LPE | \$4.30  | 66¢ per 100g     |
| 26                            | Mother Energy Drink 10 x 375mL                    |     | \$11.50 | \$3.07 per 1L    |
| 27                            | Multix Clingwrap 33cm x 60m                       |     | \$1.94  | 3¢ per 1m        |
| 28                            | National Pies Premium Pies 2pk excl Cottage (POT) |     | \$6.99  | \$1.94 per 100g  |
| 29                            | Nice & Natural Nut Bars 6pk                       | LPE | \$4.00  | N/A              |
| 30                            | Oreo Biscuits Family Pack 370g                    | LPE | \$4.49  | \$1.21 per 100g  |
| 31                            | Pampas Bulk Puff Pastry 1.6kg                     | LPE | \$7.00  | 44¢ per 100g     |
| 32                            | Pauls Bluey Flavoured Milk 250mL                  |     | \$1.99  | \$7.96 per 1L    |
| 33                            | Pauls Zymil Long Life Milk 1L                     |     | \$2.49  | \$2.49 per 1L    |
| 34                            | Pedigree Canned Dog Food 1.2kg                    |     | \$4.75  | 40¢ per 100g     |
| 35                            | Peters Maxibon 4pk                                |     | \$7.99  | \$1.43 per 100mL |
| 36                            | Powerade Sports Drink 1L                          |     | \$2.99  | \$2.99 per 1L    |
| 37                            | Purina One Pouch 70g                              |     | \$1.75  | \$2.50 per 100g  |
| 38                            | Radiant Laundry Powder 1kg/Liquid 1L              | LPE | \$7.50  | N/A              |
| 39                            | Red Bull Energy Drink 473mL                       |     | \$3.99  | \$8.44 per 1L    |
| 40                            | San Remo La Pasta Range 80g                       | LPE | \$1.10  | \$1.38 per 100g  |
| 41                            | Smith's Potato Chips/Doritos Corn Chips 130-175g  |     | \$3.49  | N/A              |
| 42                            | Sorbent Thick & Large Facial Tissues 95pk         |     | \$1.75  | \$1.84 per 100ea |
| 43                            | SunRice Microwave Rice Cups 240/250g              | LPE | \$2.75  | N/A              |
| 44                            | Tetley Tea Cup/All Rounder Tagless Tea Bags 100pk |     | \$3.99  | N/A              |
| 45                            | Vicks VapoDrops 16/24pk                           |     | \$4.49  | N/A              |
| 46                            | Weight Watchers Frozen Meals 300-370g             |     | \$3.99  | N/A              |



# Catalogue

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|                         |     |        |              |
|-------------------------|-----|--------|--------------|
| 47 Zafarelli Pasta 500g | LPE | \$1.75 | 35¢ per 100g |
|-------------------------|-----|--------|--------------|