



TV/Digital

Wednesday 14 Aug 2024 - Tuesday 20 Aug 2024 (week 33)

Television Advertised		Save	% Off	Retail	
1	Pascall/The Natural Confectionery Bags 120-300g	\$2.51	½	\$2.49	N/A
2	Cheezels/Chickadees 125g	\$1.95	½	\$1.75	\$1.40 per 100g
3	Greenseas Canned Tuna 95g	\$1.39	½	\$1.30	\$13.68 per 1kg
4	Heinz Baked Beans/Spaghetti 300g	\$1.50	½	\$1.49	50¢ per 100g
5	Dolmio Extra Pasta Sauce 490/500g	\$2.40	½	\$2.40	N/A
6	Nescafé Coffee Blend 43 140/150g	\$6.24	½	\$6.15	N/A
7	Sanitarium Up & Go Breakfast Drink 6 x 250mL	\$6.01	½	\$5.99	\$3.99 per 1L
8	Duck River Soft Butter 500g (POT)	\$0.86		\$5.99	\$1.20 per 100g
Television Advertised - Fri 16 Aug					
9	Produce Line - Refer to Fresh Sheet (Produce)			\$0.00kg	N/A

Google Advertised					
1	Cadbury Medium Bars 30-60g	\$1.50	>½	\$1.00	N/A
2	Coca-Cola/Fanta/Sprite Soft Drink 1.25L	\$1.55		\$2.25	\$1.80 per 1L
3	Arnott's Chocolate Biscuits 160-250g (excl. Tim Tam)	\$2.51	½	\$2.49	N/A
4	Nestle Block Chocolate 118-200g	\$3.01	½	\$2.99	N/A

Facebook Advertised - Half Price					
1	Cheezels/Chickadees 125g	\$1.95	½	\$1.75	\$1.40 per 100g
2	Dolmio Extra Pasta Sauce 490/500g	\$2.40	½	\$2.40	N/A
3	Nescafé Coffee Blend 43 140/150g	\$6.24	½	\$6.15	N/A
4	Omo Laundry Liquid 2L	\$14.01	½	\$13.99	\$7.00 per 1L

Wednesday Catalogue Email Header					
1	Nescafé Coffee Blend 43 140/150g	\$6.24	½	\$6.15	N/A
2	Duck River Soft Butter 500g (POT)	\$0.86		\$5.99	\$1.20 per 100g
Friday Catalogue Email - Crackled Boneless Pork Leg Roast With Parmesan & Sage Potatoes					
1	Boneless Pork Shoulder Roast (Meat)			\$11.99kg	N/A

Website Banner					
1	Pascall/The Natural Confectionery Bags 120-300g	\$2.51	½	\$2.49	N/A
2	Heinz Baked Beans/Spaghetti 300g	\$1.50	½	\$1.49	50¢ per 100g
Website Banner - Community Co					
1	Community Co Sauce 500mL			\$2.50	50¢ per 100mL
2	Community Co Extra Virgin Olive Oil 500mL			\$12.99	\$2.60 per 100mL
3	Community Co Multi Purpose Wipes 50pk			\$2.79	6¢ per 1ea

Radio Advertised					
1	Sanitarium Up & Go Breakfast Drink 6 x 250mL	\$6.01	½	\$5.99	\$3.99 per 1L
2	Nescafé Coffee Blend 43 140/150g	\$6.24	½	\$6.15	N/A
3	Heinz Baked Beans/Spaghetti 300g	\$1.50	½	\$1.49	50¢ per 100g
4	Dolmio Extra Pasta Sauce 490/500g	\$2.40	½	\$2.40	N/A



Press

Examiner / Mercury / Advocate

Wednesday 14 Aug 2024 - Tuesday 20 Aug 2024 (week 33)

Thursday 15 Aug - ALL PRESS		Save	% Off	Retail	
1	Kinder Bueno 39/43g	\$1.45	½	\$1.40	N/A
2	Pepsi/Solo/Sunkist/Lemonade Canned Soft Drinks 24 x 375mL	\$8.86		\$22.99	\$2.55 per 1L
3	Peters Ice Cream 4L	\$0.91		\$9.99	25¢ per 100mL
Friday 16 Aug - Advocate/Examiner - (Market Fresh)					
1	Produce Line - Refer to Fresh Sheet (Produce)	TV		\$0.00kg	N/A
2	Navel Oranges 3kg (Produce)			\$5.50bag	\$1.83 per 1kg
3	Brushed Potatoes Bag 5kg (Produce)			\$6.90bag	\$1.38 per 1kg
Friday 16 Aug - Advocate/Examiner - (Market Fresh)					
1	Cripps Muffins 6pk (POT)	\$2.30		\$2.99	83¢ per 100g
2	Nichols Chicken Breast Fillets (Deli)			\$10.99kg	N/A
3	Wilderness Beef Scotch Fillet Steak (Meat)			\$37.99kg	N/A
Friday 16 Aug - Mercury - (Market Fresh)					
1	Cripps Muffins 6pk (POT)	\$2.30		\$2.99	83¢ per 100g
2	Produce Line - Refer to Fresh Sheet (Produce)	TV		\$0.00kg	N/A
3	Wilderness Beef Scotch Fillet Steak (Meat)			\$37.99kg	N/A
Friday 16 Aug - Mercury					
1	Uncle Tobys Quick Oats Sachets 10pk	\$1.90		\$4.99	N/A
2	Twinings Teabags 80/100pk	\$8.00	½	\$7.99	N/A
3	Duck River Soft Butter 500g (POT)	TV	\$0.86	\$5.99	\$1.20 per 100g
Saturday 17 Aug - Advocate & Examiner					
1	Uncle Tobys Quick Oats Sachets 10pk	\$1.90		\$4.99	N/A
2	Twinings Teabags 80/100pk	\$8.00	½	\$7.99	N/A
3	Duck River Soft Butter 500g (POT)	TV	\$0.86	\$5.99	\$1.20 per 100g
Saturday 17 Aug - Mercury Front Page					
1	Pascall/The Natural Confectionery Bags 120-300g	TV	\$2.51	½	\$2.49
2	Heinz Baked Beans/Spaghetti 300g	TV	\$1.50	½	\$1.49
3	Nescafé Coffee Blend 43 140/150g	TV	\$6.24	½	\$6.15



Wednesday 14 Aug 2024 - Tuesday 20 Aug 2024 (week 33)

Front			Save	% Off	Retail	
1	Nescafé Coffee Blend 43 140/150g	TV	\$6.24	½	\$6.15	N/A
2	Heinz Baked Beans/Spaghetti 300g	TV	\$1.50	½	\$1.49	50¢ per 100g
3	Dolmio Extra Pasta Sauce 490/500g	TV	\$2.40	½	\$2.40	N/A
4	Sanitarium Up & Go Breakfast Drink 6 x 250mL	TV	\$6.01	½	\$5.99	\$3.99 per 1L
5	Navel Oranges 3kg (Produce)				\$5.50bag	\$1.83 per 1kg
Page 2						
1	Coca-Cola/Fanta/Sprite Soft Drink 1.25L	Digital	\$1.55		\$2.25	\$1.80 per 1L
2	Powerade Sports Drink 1L		\$2.40		\$3.60	\$3.60 per 1L
3	Coca-Cola 30 x 375mL		\$16.90		\$27.00	\$2.40 per 1L
4	Mount Franklin Lightly Sparkling Spring Water 1.25L		\$0.95		\$2.25	\$1.80 per 1L
5	Pepsi/Solo/Sunkist/Lemonade Canned Soft Drinks 24 x 375mL	Press	\$8.86		\$22.99	\$2.55 per 1L
6	Bundaberg Soft Drink 4 x 375mL		\$2.35		\$5.45	\$3.63 per 1L
7	Smith's Potato Chips/Doritos Corn Chips 130-175g		\$1.31		\$3.49	N/A
8	Kellogg's Nutri-Grain/LCM Bars 5pk		\$1.21		\$3.49	N/A
9	Captain's Table Water Crackers 125g		\$0.95		\$1.25	\$1.00 per 100g
Page 3						
1	Cadbury Medium Bars 30-60g	Digital	\$1.50	>½	\$1.00	N/A
2	Cheezels/Chickadees 125g	TV	\$1.95	½	\$1.75	\$1.40 per 100g
3	Twinings Teabags 80/100pk	Press	\$8.00	½	\$7.99	N/A
4	beVita Duo Crunch 253g/Breakfast Biscuits 300g		\$2.40	½	\$2.35	N/A
5	Greenseas Canned Tuna 95g	TV	\$1.39	½	\$1.30	\$13.68 per 1kg
6	Vegeta Stock Cubes 60g		\$1.00	½	\$1.00	17¢ per 10g
7	Palmolive Luminous Oils Shampoo & Conditioner 350mL		\$3.01	½	\$2.99	85¢ per 100mL
8	Colgate Advanced Whitening Toothpaste 115g		\$3.25	½	\$3.25	\$2.83 per 100g
9	Omo Laundry Liquid 2L	Digital	\$14.01	½	\$13.99	\$7.00 per 1L
Page 4 - Produce & Meat						
1	Brushed Potatoes Bag 5kg (Produce)	Press			\$6.90bag	\$1.38 per 1kg
2	Brown Onion 1kg Bag (Produce)	Press			\$1.50bag	\$1.50 per 1kg
3	Produce Line - Refer to Fresh Sheet (Produce)				\$0.00kg	N/A
4	JC's Peanuts Salted/Unsalted 500g (Produce)		\$1.21		\$4.99ea	\$9.98 per 1kg
5	Wilderness Beef Scotch Fillet Steak (Meat)	Press			\$37.99kg	N/A
6	Wild Clover Lamb Loin Chops (Meat)				\$23.99kg	N/A
7	Boneless Pork Shoulder Roast (Meat)	Digital			\$11.99kg	N/A
8	Diced Pork 500g (Meat)				\$10.00ea	\$20.00 per 1kg
9	Nichols Chicken Sausages 665g (Meat)				\$9.99ea	\$15.02 per 1kg
Page 5 - Bakery & Deli						
1	Cripps Muffins 6pk (POT)	Press	\$2.30		\$2.99	83¢ per 100g
2	Cripps Café Quality Fruit Loaf 700g (POT)		\$1.60		\$3.99	57¢ per 100g
3	Happy Donut 4pk		\$1.00		\$5.50	N/A
4	Central Cake Co Fingers 6pk (POT)		\$1.60		\$7.99	N/A
5	Mrs Brunt's Waffles 165/230g		\$2.80	½	\$2.69	N/A
6	Nichols Chicken Breast Fillets (Deli)	Press			\$10.99kg	N/A
7	Pandani Cheese Kransky (Deli)				\$21.99kg	N/A
8	Pandani Premium Boneless Leg Ham (Deli)				\$22.99kg	N/A
9	Ingham's Chicken Breast Supreme (Deli)				\$19.99kg	N/A



Wednesday 14 Aug 2024 - Tuesday 20 Aug 2024 (week 33)

Page 6						
1	Duck River Soft Butter 500g (POT)	TV	\$0.86		\$5.99	\$1.20 per 100g
2	Bega Block Cheese 250g		\$1.01		\$5.99	\$23.96 per 1kg
3	Dairy Farmers Thick & Creamy Yoghurt 550/600g		\$1.85		\$4.75	N/A
4	Pandani Middle Bacon 250g		\$2.86		\$6.99	\$27.96 per 1kg
5	Lean Cuisine Frozen Lunches 280g		\$1.85		\$4.15	\$1.48 per 100g
6	Peters Ice Cream 4L	Press	\$0.91		\$9.99	25¢ per 100mL
7	Streets Vienetta Ice Cream 650mL		\$2.00		\$6.99	\$1.08 per 100mL
8	Peters Drumstick 4/6pk		\$2.01		\$7.49	N/A
Page 6 - Pet Bottom Panel						
9	Fussy Cat Dry Food 500g		\$3.25	½	\$3.25	65¢ per 100g
10	Natures Gift Dog Food 100g		\$0.90	½	\$0.89	89¢ per 100g
11	Pedigree Dry Dog Food 2.5/3kg		\$2.50		\$12.50	N/A
Page 7						
1	Edgell Beans/Chick Peas/Lentils 400g		\$0.21		\$1.99	\$4.98 per 1kg
2	Moccona Coffee Sachets 8/10pk		\$2.25		\$3.75	N/A
3	Fountain Tomato/BBQ Sauce 2L		\$2.75		\$5.25	26¢ per 100mL
4	Maggi 2 Minute Noodles 5pk (excl. Fusian)		\$0.75		\$4.25	N/A
5	Goulburn Valley Fruit 700g		\$1.61		\$3.99	\$5.70 per 1kg
6	Uncle Tobys Quick Oats Sachets 10pk	Press	\$1.90		\$4.99	N/A
7	iCare Paper Towel 2pk		\$1.75		\$2.25	\$1.88 per 100sh
8	iCare Toilet Tissue White Double Length 4pk		\$1.50		\$4.49	31¢ per 100sh
9	Fairy Dish Tablets 41-52pk			30%		N/A
10	Sunsilk Shampoo/Conditioner 700mL		\$6.50	½	\$6.39	91¢ per 100mL
Page 8 - Half Price						
1	Nestle Block Chocolate 118-200g	Digital	\$3.01	½	\$2.99	N/A
2	Pascall/The Natural Confectionery Bags 120-300g	TV	\$2.51	½	\$2.49	N/A
3	Kinder Bueno 39/43g	Press	\$1.45	½	\$1.40	N/A
4	Arnott's Chocolate Biscuits 160-250g (excl. Tim Tam)	Digital	\$2.51	½	\$2.49	N/A
Page 9 - Community Co Full Page (Digital Only)						
1	Community Co Sauce 500mL	Digital			\$2.50	50¢ per 100mL
2	Community Co Strawberry Jam 500g				\$3.50	70¢ per 100g
3	Community Co Cordial Syrup 1L				\$3.69	\$3.69 per 1L
4	Community Co Canola Oil 750mL				\$4.99	67¢ per 100mL
5	Community Co Rice Jasmine Thai 1kg				\$3.75	38¢ per 100g
6	Community Co Tortillas Original 8pk				\$4.00	\$1.10 per 100g
7	Community Co Multi Purpose Wipes 50pk	Digital			\$2.79	6¢ per 1ea
Page 10 - Crackled Boneless Pork Leg Roast With Parmesan & Sage Potatoes Full Page (Digital Only)						
1	Boneless Pork Shoulder Roast (Meat)	Digital			\$11.99kg	N/A



Standard Catalogue

Wednesday 14 Aug 2024 - Tuesday 20 Aug 2024 (week 33)

Front Page			% Off	Retail	
1	Nescafé Coffee Blend 43 140/150g	TV	½	\$6.15	N/A
2	Heinz Baked Beans/Spaghetti 300g	TV	½	\$1.49	50¢ per 100g
3	Dolmio Extra Pasta Sauce 490/500g	TV	½	\$2.40	N/A
4	Sanitarium Up & Go Breakfast Drink 6 x 250mL	TV	½	\$5.99	\$3.99 per 1L
5	Navel Oranges 3kg (Produce)			\$5.50bag	\$1.83 per 1kg
Page 2					
1	Coca-Cola/Fanta/Sprite Soft Drink 1.25L	Digital		\$2.25	\$1.80 per 1L
2	Powerade Sports Drink 1L			\$3.60	\$3.60 per 1L
3	Pepsi/Solo/Sunkist/Lemonade Canned Soft Drinks 24 x 375mL	Press		\$22.99	\$2.55 per 1L
4	Mount Franklin Lightly Sparkling Spring Water 1.25L			\$2.25	\$1.80 per 1L
5	Goulburn Valley Fruit 700g			\$3.99	\$5.70 per 1kg
6	Uncle Tobys Quick Oats Sachets 10pk	Press		\$4.99	N/A
7	Captain's Table Water Crackers 125g			\$1.25	\$1.00 per 100g
8	Smith's Potato Chips/Doritos Corn Chips 130-175g			\$3.49	N/A
9	Moccona Coffee Sachets 8/10pk			\$3.75	N/A
10	Omo Laundry Liquid 2L	Digital	½	\$13.99	\$7.00 per 1L
11	Fairy Dish Tablets 41-52pk		30%		N/A
Page 3					
1	Cadbury Medium Bars 30-60g	Digital	>½	\$1.00	N/A
2	Nestle Block Chocolate 118-200g	Digital	½	\$2.99	N/A
3	Cheezels/Chickadees 125g	TV	½	\$1.75	\$1.40 per 100g
4	Kinder Bueno 39/43g	Press	½	\$1.40	N/A
5	Arnott's Chocolate Biscuits 160-250g (excl. Tim Tam)	Digital	½	\$2.49	N/A
6	Pascall/The Natural Confectionery Bags 120-300g	TV	½	\$2.49	N/A
7	Greenseas Canned Tuna 95g	TV	½	\$1.30	\$13.68 per 1kg
8	beVita Duo Crunch 253g/Breakfast Biscuits 300g		½	\$2.35	N/A
9	Palmolive Luminous Oils Shampoo & Conditioner 350mL		½	\$2.99	85¢ per 100mL
10	Twinings Teabags 80/100pk	Press	½	\$7.99	N/A
Page 4					
1	Brushed Potatoes Bag 5kg (Produce)	Press		\$6.90bag	\$1.38 per 1kg
2	Brown Onion 1kg Bag (Produce)	Press		\$1.50bag	\$1.50 per 1kg
3	Cripps Muffins 6pk (POT)	Press		\$2.99	83¢ per 100g
4	Wilderness Beef Scotch Fillet Steak (Meat)	Press		\$37.99kg	N/A
5	JC's Peanuts Salted/Unsalted 500g (Produce)			\$4.99ea	\$9.98 per 1kg
6	Duck River Soft Butter 500g (POT)	TV		\$5.99	\$1.20 per 100g
7	Bega Block Cheese 250g			\$5.99	\$23.96 per 1kg
8	Dairy Farmers Thick & Creamy Yoghurt 550/600g			\$4.75	N/A
9	Peters Drumstick 4/6pk			\$7.49	N/A
10	Peters Ice Cream 4L	Press		\$9.99	25¢ per 100mL
Page 5 - Community Co Full Page (Digital Only)					
1	Community Co Sauce 500mL	Digital		\$2.50	50¢ per 100mL
2	Community Co Strawberry Jam 500g			\$3.50	70¢ per 100g
3	Community Co Cordial Syrup 1L			\$3.69	\$3.69 per 1L
4	Community Co Canola Oil 750mL			\$4.99	67¢ per 100mL
5	Community Co Rice Jasmine Thai 1kg			\$3.75	38¢ per 100g



Wednesday 14 Aug 2024 - Tuesday 20 Aug 2024 (week 33)

6	Community Co Tortillas Original 8pk		\$4.00	\$1.10 per 100g
7	Community Co Multi Purpose Wipes 50pk	Digital	\$2.79	6¢ per 1ea
Page 6 - Crackled Boneless Pork Leg Roast With Parmesan & Sage Potatoes Full Page (Digital Only)				
1	Boneless Pork Shoulder Roast (Meat)	Digital	\$11.99kg	N/A



Press

Examiner / Mercury / Advocate

Wednesday 14 Aug 2024 - Tuesday 20 Aug 2024 (week 33)

Alpha Sorted List - ALL PRESS (Including Digital)			Retail	
1	Arnett's Chocolate Biscuits 160-250g (excl. Tim Tam)	Digital	\$2.49	N/A
2	Cadbury Medium Bars 30-60g	Digital	\$1.00	N/A
3	Cheezels/Chickadees 125g	TV	\$1.75	\$1.40 per 100g
4	Coca-Cola/Fanta/Sprite Soft Drink 1.25L	Digital	\$2.25	\$1.80 per 1L
5	Community Co Extra Virgin Olive Oil 500mL	Digital	\$12.99	\$2.60 per 100mL
6	Community Co Multi Purpose Wipes 50pk	Digital	\$2.79	6¢ per 1ea
7	Community Co Sauce 500mL	Digital	\$2.50	50¢ per 100mL
8	Cripps Muffins 6pk (POT)		\$2.99	83¢ per 100g
9	Dolmio Extra Pasta Sauce 490/500g	TV	\$2.40	N/A
10	Duck River Soft Butter 500g (POT)	TV	\$5.99	\$1.20 per 100g
11	Greenseas Canned Tuna 95g	TV	\$1.30	\$13.68 per 1kg
12	Heinz Baked Beans/Spaghetti 300g	TV	\$1.49	50¢ per 100g
13	Kinder Bueno 39/43g		\$1.40	N/A
14	Nescafé Coffee Blend 43 140/150g	TV	\$6.15	N/A
15	Nestle Block Chocolate 118-200g	Digital	\$2.99	N/A
16	Omo Laundry Liquid 2L	Digital	\$13.99	\$7.00 per 1L
17	Pascall/The Natural Confectionery Bags 120-300g	TV	\$2.49	N/A
18	Pepsi/Solo/Sunkist/Lemonade Canned Soft Drinks 24 x 375mL		\$22.99	\$2.55 per 1L
19	Peters Ice Cream 4L		\$9.99	25¢ per 100mL
20	Sanitarium Up & Go Breakfast Drink 6 x 250mL	TV	\$5.99	\$3.99 per 1L
21	Twinings Teabags 80/100pk		\$7.99	N/A
22	Uncle Tobys Quick Oats Sachets 10pk		\$4.99	N/A



Catalogue

Wednesday 14 Aug 2024 - Tuesday 20 Aug 2024 (week 33)

Alpha Sorted List - Catalogue		Retail	
1	Bega Block Cheese 250g	\$5.99	\$23.96 per 1kg
2	belVita Duo Crunch 253g/Breakfast Biscuits 300g	\$2.35	N/A
3	Bundaberg Soft Drink 4 x 375mL	\$5.45	\$3.63 per 1L
4	Captain's Table Water Crackers 125g	\$1.25	\$1.00 per 100g
5	Central Cake Co Fingers 6pk (POT)	\$7.99	N/A
6	Coca-Cola 30 x 375mL	\$27.00	\$2.40 per 1L
7	Colgate Advanced Whitening Toothpaste 115g	\$3.25	\$2.83 per 100g
8	Community Co Canola Oil 750mL	\$4.99	67¢ per 100mL
9	Community Co Cordial Syrup 1L	\$3.69	\$3.69 per 1L
10	Community Co Rice Jasmine Thai 1kg	\$3.75	38¢ per 100g
11	Community Co Strawberry Jam 500g	\$3.50	70¢ per 100g
12	Community Co Tortillas Original 8pk	\$4.00	\$1.10 per 100g
13	Cripps Café Quality Fruit Loaf 700g (POT)	\$3.99	57¢ per 100g
14	Dairy Farmers Thick & Creamy Yoghurt 550/600g	\$4.75	N/A
15	Edgell Beans/Chick Peas/Lentils 400g	\$1.99	\$4.98 per 1kg
16	Fairy Dish Tablets 41-52pk		N/A
17	Fountain Tomato/BBQ Sauce 2L	\$5.25	26¢ per 100mL
18	Fussy Cat Dry Food 500g	\$3.25	65¢ per 100g
19	Goulburn Valley Fruit 700g	\$3.99	\$5.70 per 1kg
20	Happy Donut 4pk	\$5.50	N/A
21	iCare Paper Towel 2pk	\$2.25	\$1.88 per 100sh
22	iCare Toilet Tissue White Double Length 4pk	\$4.49	31¢ per 100sh
23	Kellogg's Nutri-Grain/LCM Bars 5pk	\$3.49	N/A
24	Lean Cuisine Frozen Lunches 280g	\$4.15	\$1.48 per 100g
25	Maggi 2 Minute Noodles 5pk (excl. Fusian)	\$4.25	N/A
26	Moccona Coffee Sachets 8/10pk	\$3.75	N/A
27	Mother Energy Drink 10 x 375mL	\$11.99	\$3.20 per 1L
28	Mrs Brunt's Waffles 165/230g	\$2.69	N/A
29	Natures Gift Dog Food 100g	\$0.89	89¢ per 100g
30	Palmolive Luminous Oils Shampoo & Conditioner 350mL	\$2.99	85¢ per 100mL
31	Pandani Middle Bacon 250g	\$6.99	\$27.96 per 1kg
32	Pedigree Dry Dog Food 2.5/3kg	\$12.50	N/A
33	Peters Drumstick 4/6pk	\$7.49	N/A
34	Powerade Sports Drink 1L	\$3.60	\$3.60 per 1L
35	Smith's Potato Chips/Doritos Corn Chips 130-175g	\$3.49	N/A
36	Streets Vienetta Ice Cream 650mL	\$6.99	\$1.08 per 100mL
37	Sunsilk Shampoo/Conditioner 700mL	\$6.39	91¢ per 100mL
38	Vegeta Stock Cubes 60g	\$1.00	17¢ per 10g