



Wednesday 25 Oct 2023 - Tuesday 31 Oct 2023 (week 43)

Television Advertised		Save	% Off	Retail	
1	Arnott's Shapes 130-190g	\$2.01	½	\$1.99	N/A
2	M&M's/Maltesers/Pods 125-180g	\$2.85	½	\$2.85	N/A
3	Greenseas Canned Tuna 95g	\$1.39	½	\$1.30	\$13.68 per 1kg
4	Organic Care Shampoo & Conditioner 400mL	\$1.99	½	\$1.90	48¢ per 100mL
5	The Natural Confectionery Company Bags 180-230g	\$2.01	½	\$1.99	N/A
6	Gatorade Sports Drink 600mL	\$2.15	½	\$2.10	\$3.50 per 1L
7	Nescafé Blend 43 Coffee 500g/Gold 400g	\$6.01		\$19.99	N/A
8	Ben's Original Express Rice 250g	\$2.01	½	\$1.99	80¢ per 100g
9	Sorbent Toilet Tissue 24pk	\$5.49		\$12.50	29¢ per 100sh
Television Advertised - Fri 27 Oct					
10	Produce Line - Refer to Fresh Sheet (Produce)			\$0.00kg	N/A

Google Advertised					
1	Ajax Antibacterial Wipes 110s	\$5.60	½	\$5.40	5¢ per 1ea
2	Supercoat Dog Food 6.7/7kg	\$11.71		\$27.99	N/A
3	Mainland Tasty Cheese Block 500g	\$3.01		\$6.99	\$13.98 per 1kg
4	Peters Drumstick 4/6pk	\$4.01		\$5.49	N/A

Facebook Advertised - Spreyton Fresh Feature					
1	Spreyton Fresh Juice 2L (POT)	\$1.70		\$5.20	\$2.60 per 1L

Facebook Advertised					
1	The Natural Confectionery Company Bags 180-230g	\$2.01	½	\$1.99	N/A
2	M&M's/Maltesers/Pods 125-180g	\$2.85	½	\$2.85	N/A
3	Pascall Confectionery Bags 150-300g	\$1.31		\$2.69	N/A
4	Cadbury Share Pack 144-180g	\$2.21		\$2.79	N/A
5	Mars Fun Size Bags 132-192g	\$2.20		\$3.30	N/A
6	Fyna Licorice Bags 200-250g	\$0.90		\$2.99	N/A
7	Cadbury/Fry's/Europe/Toblerone Medium Bars 30-60g	\$1.00	½	\$1.00	N/A

Wednesday Catalogue Email Header					
1	The Natural Confectionery Company Bags 180-230g	\$2.01	½	\$1.99	N/A
2	M&M's/Maltesers/Pods 125-180g	\$2.85	½	\$2.85	N/A
Friday Catalogue Email - Spooky Banana Pops Recipe					
1	Cadbury Baking Blocks 180g/Chips 200g/Melts 225g	\$1.51		\$3.49	N/A

Website Banner					
1	Ben's Original Express Rice 250g	\$2.01	½	\$1.99	80¢ per 100g
2	Arnott's Shapes 130-190g	\$2.01	½	\$1.99	N/A
Website Banner - Halloween					
1	The Natural Confectionery Company Bags 180-230g	\$2.01	½	\$1.99	N/A
2	M&M's/Maltesers/Pods 125-180g	\$2.85	½	\$2.85	N/A
Website Banner - LPE					
1	Sakata Rice Crackers 90/100g			\$2.30	N/A
2	Monster Energy Drink 500mL			\$2.90	\$5.80 per 1L



TV/Digital

Wednesday 25 Oct 2023 - Tuesday 31 Oct 2023 (week 43)

3	Claratyne Hayfever Allergy 5pk			\$6.99	\$1.40 per 1ea
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Radio Advertised					
1	Ben's Original Express Rice 250g	\$2.01	½	\$1.99	80¢ per 100g
2	The Natural Confectionery Company Bags 180-230g	\$2.01	½	\$1.99	N/A
3	Gatorade Sports Drink 600mL	\$2.15	½	\$2.10	\$3.50 per 1L
4	Organic Care Shampoo & Conditioner 400mL	\$1.99	½	\$1.90	48¢ per 100mL



Press

Examiner / Mercury / Advocate

Wednesday 25 Oct 2023 - Tuesday 31 Oct 2023 (week 43)

Thursday 26 Oct - ALL PRESS		Save	% Off	Retail		
1	Coca-Cola 30 x 375mL	\$13.55		\$25.55	\$2.27 per 1L	
2	Lean Cuisine Frozen Meals 375g	\$3.51	½	\$3.49	93¢ per 100g	
3	Pedigree Canned Dog Food 1.2kg	\$1.04		\$4.75	40¢ per 100g	
Friday 27 Oct - Advocate/Examiner - (Market Fresh)						
1	Produce Line - Refer to Fresh Sheet (Produce)	Digital		\$.00kg	N/A	
2	Produce Line - Refer to Fresh Sheet (Produce)			\$.00kg	N/A	
3	Produce Line - Refer to Fresh Sheet (Produce)			\$.00kg	N/A	
Friday 27 Oct - Advocate/Examiner - (Market Fresh)						
1	Cripps Muffins 6pk (POT)	\$1.50		\$3.79	\$1.05 per 100g	
2	Pandani Champagne Ham (Deli)			\$14.99kg	N/A	
3	Beef Porterhouse Steak (Meat)			\$29.99kg	N/A	
Friday 27 Oct - Mercury - (Market Fresh)						
1	Cripps Muffins 6pk (POT)	\$1.50		\$3.79	\$1.05 per 100g	
2	Produce Line - Refer to Fresh Sheet (Produce)	Digital		\$.00kg	N/A	
3	Beef Porterhouse Steak (Meat)			\$29.99kg	N/A	
Friday 27 Oct - Mercury (Bonus Full Page) - Halloween						
1	The Natural Confectionery Company Bags 180-230g	TV	\$2.01	½	\$1.99	N/A
2	M&M's/Maltesers/Pods 125-180g	TV	\$2.85	½	\$2.85	N/A
3	Cadbury/Fry's/Europe/Toblerone Medium Bars 30-60g	Digital	\$1.00	½	\$1.00	N/A
4	Pascall Confectionery Bags 150-300g	Digital	\$1.31		\$2.69	N/A
5	Chupa Chups Mix of Minis 40pk		\$1.50		\$3.99	\$1.25 per 100g
6	Mars Fun Size Bags 132-192g	Digital	\$2.20		\$3.30	N/A
7	Cadbury Share Pack 144-180g	Digital	\$2.21		\$2.79	N/A
8	Nestle Fun Pack Confectionery 127-158g		\$2.46		\$3.99	N/A
9	Allen's Large Jelly/Chews 335-420g		\$1.51		\$3.99	N/A
10	Allen's Chocolate Bags 160g		\$1.50		\$3.99	N/A
11	Fyna Licorice Bags 200-250g	Digital	\$0.90		\$2.99	N/A
Friday 27 Oct - Mercury						
1	Red Bull Energy Drink 4 x 250mL		\$4.26		\$6.99	\$6.99 per 1L
2	McCain Pub Style Wedges or Fries 750g		\$2.64		\$3.95	\$5.27 per 1kg
3	Fab Laundry Powder 1kg or Liquid 900mL		\$2.01		\$5.99	N/A
Saturday 28 Oct - Advocate & Examiner						
1	Red Bull Energy Drink 4 x 250mL		\$4.26		\$6.99	\$6.99 per 1L
2	McCain Pub Style Wedges or Fries 750g		\$2.64		\$3.95	\$5.27 per 1kg
3	Fab Laundry Powder 1kg or Liquid 900mL		\$2.01		\$5.99	N/A
Saturday 28 Oct - Mercury Front Page						
1	Arnott's Shapes 130-190g	TV	\$2.01	½	\$1.99	N/A
2	Ben's Original Express Rice 250g	TV	\$2.01	½	\$1.99	80¢ per 100g



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Front			Save	% Off	Retail	
1	Arnott's Shapes 130-190g	TV	\$2.01	½	\$1.99	N/A
2	Ben's Original Express Rice 250g	TV	\$2.01	½	\$1.99	80¢ per 100g
3	Gatorade Sports Drink 600mL	TV	\$2.15	½	\$2.10	\$3.50 per 1L
4	Organic Care Shampoo & Conditioner 400mL	TV	\$1.99	½	\$1.90	48¢ per 100mL
5	Beef Porterhouse Steak (Meat)	Press			\$29.99kg	N/A
Page 2						
1	Cadbury Dairy Milk Gift Box 200g		\$6.00	½	\$5.99	\$3.00 per 100g
2	Greenseas Canned Tuna 95g	TV	\$1.39	½	\$1.30	\$13.68 per 1kg
3	Best Foods Mayonnaise 405g		\$3.40	½	\$3.39	84¢ per 100g
4	Lean Cuisine Frozen Meals 375g	Press	\$3.51	½	\$3.49	93¢ per 100g
5	Dove Beauty Bar 4pk		\$3.85	½	\$3.85	\$1.07 per 100g
6	Dove Beauty Bar 2pk		\$2.30	½	\$2.30	\$1.28 per 100g
7	Bic Simply Soleil 3pk		\$2.10	½	\$2.10	70¢ per 1ea
8	Ajax Antibacterial Wipes 110s	Digital	\$5.60	½	\$5.40	5¢ per 1ea
Page 3 - LPE						
1	McCain Peas/Corn & Peas/Corn/Carrots 500g	LPE			\$3.75	\$7.50 per 1kg
2	Sakata Rice Crackers 90/100g	LPE			\$2.30	N/A
3	Monster Energy Drink 500mL	LPE			\$2.90	\$5.80 per 1L
4	Kirks Mixers 6 x 250mL	LPE			\$6.00	\$4.00 per 1L
5	Maggi Noodle Cup 4pk	LPE			\$7.75	N/A
6	Continental Recipe Base 30-50g	LPE			\$1.80	N/A
7	U by Kotex Pads/Tampons 10-16pk	LPE			\$5.00	N/A
8	Claratyne Hayfever Allergy 5pk	LPE			\$6.99	\$1.40 per 1ea
9	Fancy Feast Dry Cat Food 430/450g	LPE			\$6.50	N/A
Page 4 - Meat & Produce						
1	Produce Line - Refer to Fresh Sheet (Produce)	Press			\$0.00kg	N/A
2	Produce Line - Refer to Fresh Sheet (Produce)	Press			\$0.00kg	N/A
3	Produce Line - Refer to Fresh Sheet (Produce)				\$0.00kg	N/A
4	JC's Backyard BBQ Mix 375g (Produce)		\$1.80		\$5.99ea	\$15.97 per 1kg
5	Lamb Loin Chops (Meat)				\$22.99kg	N/A
6	Scottsdale Pork Traditional English Thin Pork Sausage 700g (Meat)				\$10.99ea	\$15.70 per 1kg
7	Ingham's Chicken Kebabs 450g (Meat)				\$8.99ea	\$19.98 per 1kg
8	Beef Mince First Grade (Meat)				\$17.99kg	N/A
Page 5 - Deli & Bakery						
1	Pandani Champagne Ham (Deli)	Press			\$14.99kg	N/A
2	Tibaldi Long Rindless Bacon (2.5kg) (Deli)				\$14.99kg	N/A
3	Ingham's Mixed Chicken Pieces (Deli)				\$5.99kg	N/A
4	Marion Bay Chicken Breast Chunks (Deli)				\$13.99kg	N/A
5	Cripps Muffins 6pk (POT)	Press	\$1.50		\$3.79	\$1.05 per 100g
6	Cripps Premium Shortbread Tin 334g (POT)		\$0.80		\$10.99	\$3.29 per 100g
7	National Pies Premium Pies 2pk excl Cottage (POT)		\$1.30		\$7.49	\$2.08 per 100g
8	Mrs Brunt's Waffles 165/230g		\$2.80	½	\$2.69	\$1.63 per 100g
Page 6 - Halloween Double Page						
1	M&M's/Maltesers/Pods 125-180g	TV	\$2.85	½	\$2.85	N/A
2	The Natural Confectionery Company Bags 180-230g	TV	\$2.01	½	\$1.99	N/A



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3	Cadbury/Fry's/Europe/Toblerone Medium Bars 30-60g	Digital	\$1.00	½	\$1.00	N/A
4	Pascall Confectionery Bags 150-300g	Digital	\$1.31		\$2.69	N/A
5	Cadbury Share Pack 144-180g	Digital	\$2.21		\$2.79	N/A
6	Mars Fun Size Bags 132-192g	Digital	\$2.20		\$3.30	N/A
7	Nestle Fun Pack Confectionery 127-158g	Press	\$2.46		\$3.99	N/A
8	Kinder Choc Sharepack 200g		\$2.70		\$3.99	\$2.00 per 100g
9	Cobs Popcorn 80-120g		\$1.01		\$2.49	N/A
Page 7 - Halloween Double Page						
1	Fyna Licorice Bags 200-250g	Digital	\$0.90		\$2.99	N/A
2	Chupa Chups Mix of Minis 40pk	Press	\$1.50		\$3.99	\$1.25 per 100g
3	Allen's Large Jelly/Chews 335-420g	Press	\$1.51		\$3.99	N/A
4	Allen's Chocolate Bags 160g	Press	\$1.50		\$3.99	N/A
5	Nestle Block Chocolate 118-200g		\$1.51		\$3.99	N/A
6	Reeses Peanut Butter Miniatures 150g		\$1.96		\$3.99	\$2.66 per 100g
Page 7 - Spooky Banana Pops Recipe						
7	Cadbury Baking Blocks 180g/Chips 200g/Melts 225g	Digital	\$1.51		\$3.49	N/A
Page 8						
1	Red Bull Energy Drink 4 x 250mL	Press	\$4.26		\$6.99	\$6.99 per 1L
2	Coca-Cola/Fanta/Sprite/Mt Franklin Sparkling Water 1.25L		\$0.60		\$2.25	\$1.80 per 1L
3	Coca-Cola 30 x 375mL	Press	\$13.55		\$25.55	\$2.27 per 1L
4	Schweppes Traditional/Mineral Water/Mixers 1.1L		\$0.90		\$1.75	\$1.59 per 1L
5	Bundaberg Brewed Soft Drink 10pk		\$4.71		\$12.99	\$3.46 per 1L
6	Clearly Tasmanian Water 20 x 600mL (POT)		\$2.00		\$8.99	75¢ per 1L
7	Arnott's Teddy Bear/Butternut Snap/Chocolate Ripple/Malt 'O' Milk Biscuits 250g		\$1.10		\$2.49	\$1.00 per 100g
8	Arnott's Savoy/Jatz 225/250g		\$1.01		\$2.99	N/A
9	Smith's Potato Chips/Doritos Corn Chips 130-175g		\$1.31		\$3.49	N/A
Page 9						
1	Nescafé Blend 43 Coffee 500g/Gold 400g	TV	\$6.01		\$19.99	N/A
2	Green's Premium Baking Mixes 380-630g		\$1.81		\$3.69	N/A
3	Kellogg's Crunchy Nut Corn Flakes/Froot Loops/Nutri-Grain/Just Right/Coco Pops 460-765g		\$2.51		\$7.49	N/A
4	Heinz Baked Beans/Spaghetti 300g		\$0.50		\$2.49	83¢ per 100g
5	Golden Circle Corn Kernels/Green Peas 410g		\$0.60		\$1.50	\$3.66 per 1kg
6	Suimin Cup Noodles 70g		\$0.20		\$1.75	\$2.50 per 100g
7	Red Kellys Salad Dressing 250mL (excl Balsamic)		\$0.81		\$3.99	\$1.60 per 100mL
8	Cobram Extra Virgin Olive Oil 250mL		\$1.71		\$5.99	\$2.40 per 100mL
9	MasterFoods Tartare/Seafood Cocktail Sauce 220/260g		\$0.81		\$2.69	N/A
Page 10						
1	McCain Pub Style Wedges or Fries 750g	Press	\$2.64		\$3.95	\$5.27 per 1kg
2	McCain Pizza Singles 380/400g		\$2.26		\$6.49	\$1.62 per 100g
3	Peters Original Ice Cream 2L		\$1.94		\$5.25	26¢ per 100mL
4	Peters Drumstick 4/6pk	Digital	\$4.01		\$5.49	N/A
5	Spreyton Fresh Juice 2L (POT)	Digital	\$1.70		\$5.20	\$2.60 per 1L
6	Pauls Zymil Milk Lactose Free 1L		\$1.16		\$3.49	\$3.49 per 1L
7	Farmer's Union Yoghurt Pouches 130g		\$0.90		\$1.75	\$1.35 per 100g
8	Flora Spread 500g		\$1.80		\$3.69	74¢ per 100g
9	Mainland Tasty Cheese Block 500g	Digital	\$3.01		\$6.99	\$13.98 per 1kg



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Page 11					
1	Sorbent Toilet Tissue 24pk	TV	\$5.49		\$12.50
					29¢ per 100sh
2	Fab Laundry Powder 1kg or Liquid 900mL	Press	\$2.01		\$5.99
					N/A
3	Heinz Baby Food Pouch 120g		\$0.20		\$1.60
					\$1.33 per 100g
4	Duracell Batteries AA 16pk/AAA 14pk		\$11.50	½	\$11.50
					N/A
5	Whiskas Oh So Pouches 12 x 85g		\$3.01		\$10.99
					\$1.08 per 100g
6	Whiskas Canned Cat Food 400g		\$0.90		\$2.10
					53¢ per 100g
7	Supercoat Dog Food 6.7/7kg	Digital	\$11.71		\$27.99
					N/A
8	Pedigree Canned Dog Food 1.2kg	Press	\$1.04		\$4.75
					40¢ per 100g
Page 11 - Gardening Side Panel					
9	Richgro Pine Bark 40L		\$0.50		\$6.99
					N/A
10	Natureland Potting Mix 25L		\$1.80		\$4.99
					N/A
Page 12 - Beef Koftas Recipe					
1	Beef Mince First Grade (Meat)			\$17.99kg	N/A
2	Bega Peanut Butter 470g		\$1.26		\$5.99
					\$1.27 per 100g



Standard Catalogue

Wednesday 25 Oct 2023 - Tuesday 31 Oct 2023 (week 43)

Front Page			Save	% Off	Retail	
1	Arnott's Shapes 130-190g	TV	\$2.01	½	\$1.99	N/A
2	Ben's Original Express Rice 250g	TV	\$2.01	½	\$1.99	80¢ per 100g
3	Gatorade Sports Drink 600mL	TV	\$2.15	½	\$2.10	\$3.50 per 1L
4	Organic Care Shampoo & Conditioner 400mL	TV	\$1.99	½	\$1.90	48¢ per 100mL
5	Beef Porterhouse Steak (Meat)	Press			\$29.99kg	N/A
Page 2						
1	Greenseas Canned Tuna 95g	TV	\$1.39	½	\$1.30	\$13.68 per 1kg
2	Lean Cuisine Frozen Meals 375g	Press	\$3.51	½	\$3.49	93¢ per 100g
3	Dove Beauty Bar 2pk		\$2.30	½	\$2.30	\$1.28 per 100g
4	Ajax Antibacterial Wipes 110s	Digital	\$5.60	½	\$5.40	5¢ per 1ea
5	Bic Simply Soleil 3pk		\$2.10	½	\$2.10	70¢ per 1ea
Page 3 - Halloween						
1	M&M's/Maltesers/Pods 125-180g	TV	\$2.85	½	\$2.85	N/A
2	The Natural Confectionery Company Bags 180-230g	TV	\$2.01	½	\$1.99	N/A
3	Cadbury/Fry's/Europe/Toblerone Medium Bars 30-60g	Digital	\$1.00	½	\$1.00	N/A
4	Chupa Chups Mix of Minis 40pk	Press	\$1.50		\$3.99	\$1.25 per 100g
5	Fyna Licorice Bags 200-250g	Digital	\$0.90		\$2.99	N/A
6	Pascall Confectionery Bags 150-300g	Digital	\$1.31		\$2.69	N/A
7	Cadbury Share Pack 144-180g	Digital	\$2.21		\$2.79	N/A
8	Mars Fun Size Bags 132-192g	Digital	\$2.20		\$3.30	N/A
9	Nestle Fun Pack Confectionery 127-158g	Press	\$2.46		\$3.99	N/A
10	Allen's Large Jelly/Chews 335-420g	Press	\$1.51		\$3.99	N/A
11	Allen's Chocolate Bags 160g	Press	\$1.50		\$3.99	N/A
Page 4						
1	Red Bull Energy Drink 4 x 250mL	Press	\$4.26		\$6.99	\$6.99 per 1L
2	Coca-Cola/Fanta/Sprite/Mt Franklin Sparkling Water 1.25L		\$0.60		\$2.25	\$1.80 per 1L
3	Coca-Cola 30 x 375mL	Press	\$13.55		\$25.55	\$2.27 per 1L
4	Schweppes Traditional/Mineral Water/Mixers 1.1L		\$0.90		\$1.75	\$1.59 per 1L
5	Bundaberg Brewed Soft Drink 10pk		\$4.71		\$12.99	\$3.46 per 1L
6	Arnott's Teddy Bear/Butternut Snap/Chocolate Ripple/Malt 'O' Milk Biscuits 250g		\$1.10		\$2.49	\$1.00 per 100g
7	Arnott's Savoy/Jatz 225/250g		\$1.01		\$2.99	N/A
8	Smith's Potato Chips/Doritos Corn Chips 130-175g		\$1.31		\$3.49	N/A
9	Nestle Block Chocolate 118-200g		\$1.51		\$3.99	N/A
Page 5						
1	Nescafé Blend 43 Coffee 500g/Gold 400g	TV	\$6.01		\$19.99	N/A
2	Bega Peanut Butter 470g		\$1.26		\$5.99	\$1.27 per 100g
3	Cadbury Baking Blocks 180g/Chips 200g/Melts 225g	Digital	\$1.51		\$3.49	N/A
4	Green's Premium Baking Mixes 380-630g		\$1.81		\$3.69	N/A
5	Heinz Baked Beans/Spaghetti 300g		\$0.50		\$2.49	83¢ per 100g
6	Golden Circle Corn Kernels/Green Peas 410g		\$0.60		\$1.50	\$3.66 per 1kg
7	Suimin Cup Noodles 70g		\$0.20		\$1.75	\$2.50 per 100g
8	Red Kellys Salad Dressing 250mL (excl Balsamic)		\$0.81		\$3.99	\$1.60 per 100mL
9	Cobram Extra Virgin Olive Oil 250mL		\$1.71		\$5.99	\$2.40 per 100mL
Page 6 - LPE						
1	McCain Peas/Corn & Peas/Corn/Carrots 500g	LPE			\$3.75	\$7.50 per 1kg



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2	Sakata Rice Crackers 90/100g	LPE			\$2.30	N/A
3	Monster Energy Drink 500mL	LPE			\$2.90	\$5.80 per 1L
4	Kirks Mixers 6 x 250mL	LPE			\$6.00	\$4.00 per 1L
5	Maggi Noodle Cup 4pk	LPE			\$7.75	N/A
6	Continental Recipe Base 30-50g	LPE			\$1.80	N/A
7	U by Kotex Pads/Tampons 10-16pk	LPE			\$5.00	N/A
8	Claratyne Hayfever Allergy 5pk	LPE			\$6.99	\$1.40 per 1ea
9	Fancy Feast Dry Cat Food 430/450g	LPE			\$6.50	N/A
Page 7						
1	Sorbent Toilet Tissue 24pk	TV	\$5.49		\$12.50	29¢ per 100sh
2	Fab Laundry Powder 1kg or Liquid 900mL	Press	\$2.01		\$5.99	N/A
3	Heinz Baby Food Pouch 120g		\$0.20		\$1.60	\$1.33 per 100g
4	Duracell Batteries AA 16pk/AAA 14pk		\$11.50	½	\$11.50	N/A
5	Whiskas Oh So Pouches 12 x 85g		\$3.01		\$10.99	\$1.08 per 100g
6	Whiskas Canned Cat Food 400g		\$0.90		\$2.10	53¢ per 100g
7	Supercoat Dog Food 6.7/7kg	Digital	\$11.71		\$27.99	N/A
8	Pedigree Canned Dog Food 1.2kg	Press	\$1.04		\$4.75	40¢ per 100g
Page 7 - Gardening Side Panel						
9	Richgro Pine Bark 40L		\$0.50		\$6.99	N/A
10	Natureland Potting Mix 25L		\$1.80		\$4.99	N/A
Page 8						
1	Produce Line - Refer to Fresh Sheet (Produce)	Press			\$0.00kg	N/A
2	Produce Line - Refer to Fresh Sheet (Produce)	Press			\$0.00kg	N/A
3	JC's Backyard BBQ Mix 375g (Produce)		\$1.80		\$5.99ea	\$15.97 per 1kg
4	Cripps Muffins 6pk (POT)	Press	\$1.50		\$3.79	\$1.05 per 100g
5	Mainland Tasty Cheese Block 500g	Digital	\$3.01		\$6.99	\$13.98 per 1kg
6	Flora Spread 500g		\$1.80		\$3.69	74¢ per 100g
7	Spreyton Fresh Juice 2L (POT)	Digital	\$1.70		\$5.20	\$2.60 per 1L
8	Peters Drumstick 4/6pk	Digital	\$4.01		\$5.49	N/A
9	McCain Pizza Singles 380/400g		\$2.26		\$6.49	\$1.62 per 100g
10	McCain Pub Style Wedges or Fries 750g	Press	\$2.64		\$3.95	\$5.27 per 1kg
Page 9 - Beef Koftas Recipe						
1	Beef Mince First Grade (Meat)				\$17.99kg	N/A
2	Bega Peanut Butter 470g		\$1.26		\$5.99	\$1.27 per 100g



Press

Examiner / Mercury / Advocate

Wednesday 25 Oct 2023 - Tuesday 31 Oct 2023 (week 43)

Alpha Sorted List - ALL PRESS (Including Digital)			Retail	
1	!Pedigree Canned Dog Food 1.2kg		\$4.75	40¢ per 100g
2	Ajax Antibacterial Wipes 110s	Digital	\$5.40	5¢ per 1ea
3	Allen's Chocolate Bags 160g		\$3.99	N/A
4	Allen's Large Jelly/Chews 335-420g		\$3.99	N/A
5	Arnott's Shapes 130-190g	TV	\$1.99	N/A
6	Ben's Original Express Rice 250g	TV	\$1.99	80¢ per 100g
7	Cadbury Baking Blocks 180g/Chips 200g/Melts 225g	Digital	\$3.49	N/A
8	Cadbury Share Pack 144-180g	Digital	\$2.79	N/A
9	Cadbury/Fry's/Europe/Toblerone Medium Bars 30-60g	Digital	\$1.00	N/A
10	Chupa Chups Mix of Minis 40pk		\$3.99	\$1.25 per 100g
11	Coca-Cola 30 x 375mL		\$25.55	\$2.27 per 1L
12	Cripps Muffins 6pk (POT)		\$3.79	\$1.05 per 100g
13	Fab Laundry Powder 1kg or Liquid 900mL		\$5.99	N/A
14	Fyna Licorice Bags 200-250g	Digital	\$2.99	N/A
15	Gatorade Sports Drink 600mL	TV	\$2.10	\$3.50 per 1L
16	Greenseas Canned Tuna 95g	TV	\$1.30	\$13.68 per 1kg
17	Lean Cuisine Frozen Meals 375g		\$3.49	93¢ per 100g
18	M&M's/Maltesers/Pods 125-180g	TV	\$2.85	N/A
19	Mainland Tasty Cheese Block 500g	Digital	\$6.99	\$13.98 per 1kg
20	Mars Fun Size Bags 132-192g	Digital	\$3.30	N/A
21	McCain Pub Style Wedges or Fries 750g		\$3.95	\$5.27 per 1kg
22	Nescafé Blend 43 Coffee 500g/Gold 400g	TV	\$19.99	N/A
23	Nestle Fun Pack Confectionery 127-158g		\$3.99	N/A
24	Organic Care Shampoo & Conditioner 400mL	TV	\$1.90	48¢ per 100mL
25	Pascall Confectionery Bags 150-300g	Digital	\$2.69	N/A
26	Peters Drumstick 4/6pk	Digital	\$5.49	N/A
27	Red Bull Energy Drink 4 x 250mL		\$6.99	\$6.99 per 1L
28	Sorbent Toilet Tissue 24pk	TV	\$12.50	29¢ per 100sh
29	Spreyton Fresh Juice 2L (POT)	Digital	\$5.20	\$2.60 per 1L
30	Supercoat Dog Food 6.7/7kg	Digital	\$27.99	N/A
31	The Natural Confectionery Company Bags 180-230g	TV	\$1.99	N/A



Catalogue

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Alpha Sorted List - Catalogue		Retail	
1	Arnott's Savoy/Jatz 225/250g	\$2.99	N/A
2	Arnott's Teddy Bear/Butternut Snap/Chocolate Ripple/Malt 'O' Milk Biscu	\$2.49	\$1.00 per 100g
3	Bega Peanut Butter 470g	\$5.99	\$1.27 per 100g
4	Best Foods Mayonnaise 405g	\$3.39	84¢ per 100g
5	Bic Simply Soleil 3pk	\$2.10	70¢ per 1ea
6	Bundaberg Brewed Soft Drink 10pk	\$12.99	\$3.46 per 1L
7	Cadbury Dairy Milk Gift Box 200g	\$5.99	\$3.00 per 100g
8	Claratyne Hayfever Allergy 5pk	LPE \$6.99	\$1.40 per 1ea
9	Clearly Tasmanian Water 20 x 600mL (POT)	\$8.99	75¢ per 1L
10	Cobram Extra Virgin Olive Oil 250mL	\$5.99	\$2.40 per 100mL
11	Cobs Popcorn 80-120g	\$2.49	N/A
12	Coca-Cola/Fanta/Sprite/Mt Franklin Sparkling Water 1.25L	\$2.25	\$1.80 per 1L
13	Continental Recipe Base 30-50g	LPE \$1.80	N/A
14	Cripps Premium Shortbread Tin 334g (POT)	\$10.99	\$3.29 per 100g
15	Dove Beauty Bar 2pk	\$2.30	\$1.28 per 100g
16	Dove Beauty Bar 4pk	\$3.85	\$1.07 per 100g
17	Duracell Batteries AA 16pk/AAA 14pk	\$11.50	N/A
18	Fancy Feast Dry Cat Food 430/450g	LPE \$6.50	N/A
19	Farmer's Union Yoghurt Pouches 130g	\$1.75	\$1.35 per 100g
20	Flora Spread 500g	\$3.69	74¢ per 100g
21	Golden Circle Corn Kernels/Green Peas 410g	\$1.50	\$3.66 per 1kg
22	Green's Premium Baking Mixes 380-630g	\$3.69	N/A
23	Heinz Baby Food Pouch 120g	\$1.60	\$1.33 per 100g
24	Heinz Baked Beans/Spaghetti 300g	\$2.49	83¢ per 100g
25	Kellogg's Crunchy Nut Corn Flakes/Froot Loops/Nutri-Grain/Just Right/C	\$7.49	N/A
26	Kinder Choc Sharepack 200g	\$3.99	\$2.00 per 100g
27	Kirks Mixers 6 x 250mL	LPE \$6.00	\$4.00 per 1L
28	Maggi Noodle Cup 4pk	LPE \$7.75	N/A
29	MasterFoods Tartare/Seafood Cocktail Sauce 220/260g	\$2.69	N/A
30	McCain Peas/Corn & Peas/Corn/Carrots 500g	LPE \$3.75	\$7.50 per 1kg
31	McCain Pizza Singles 380/400g	\$6.49	\$1.62 per 100g
32	Monster Energy Drink 500mL	LPE \$2.90	\$5.80 per 1L
33	Mrs Brunt's Waffles 165/230g	\$2.69	\$1.63 per 100g
34	National Pies Premium Pies 2pk excl Cottage (POT)	\$7.49	\$2.08 per 100g
35	Natureland Potting Mix 25L	\$4.99	N/A
36	Nestle Block Chocolate 118-200g	\$3.99	N/A
37	Pauls Zymil Milk Lactose Free 1L	\$3.49	\$3.49 per 1L
38	Peters Original Ice Cream 2L	\$5.25	26¢ per 100mL
39	Red Kellys Salad Dressing 250mL (excl Balsamic)	\$3.99	\$1.60 per 100mL
40	Reeses Peanut Butter Miniatures 150g	\$3.99	\$2.66 per 100g
41	Richgro Pine Bark 40L	\$6.99	N/A
42	Sakata Rice Crackers 90/100g	LPE \$2.30	N/A
43	Schweppes Traditional/Mineral Water/Mixers 1.1L	\$1.75	\$1.59 per 1L
44	Smith's Potato Chips/Doritos Corn Chips 130-175g	\$3.49	N/A
45	Suimin Cup Noodles 70g	\$1.75	\$2.50 per 100g
46	U by Kotex Pads/Tampons 10-16pk	LPE \$5.00	N/A



Catalogue

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47	Whiskas Canned Cat Food 400g	\$2.10	53¢ per 100g
48	Whiskas Oh So Pouches 12 x 85g	\$10.99	\$1.08 per 100g