



Wednesday 01 Nov 2023 - Tuesday 07 Nov 2023 (week 44)

Television Advertised		Save	% Off	Retail	
1	Pepsi/Solo/Sunkist/7Up Soft Drink 1.25L	\$1.43	½	\$1.42	\$1.14 per 1L
2	Pringles Chips 118/134g	\$2.51	½	\$2.49	N/A
3	Leggo's Pasta Sauce 490/500g	\$2.30	½	\$2.29	N/A
4	Nescafé Coffee Sachets 10pk/Gold 8pk	\$4.20	½	\$3.80	N/A
5	Allen's Jelly/Mint Confectionery Range 140-200g	\$2.01	½	\$1.99	N/A
6	Tetley Tea Cup Bag 100pk	\$2.85	½	\$2.80	\$1.56 per 100g
7	Ingham's Chicken Kiev 350g	\$3.51		\$8.99	\$25.69 per 1kg
8	Fab Laundry Powder 1.8/2kg & Liquid 1.8L	\$2.51		\$7.49	N/A

Television Advertised - Fri 03 Nov

9	Produce Line - Refer to Fresh Sheet (Produce)			\$0.00kg	N/A
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Television Advertised - LPE November

		Save	% Off	Retail	
1	Nice & Natural Nut Bars 6pk	LPE		\$4.00	N/A
2	Meadowlea Spread 500g	LPE		\$4.50	90¢ per 100g
3	Twisties/Burger Rings/Toobs/Cheetos 125-270g	LPE		\$3.99	N/A
4	Fancy Feast Cat Food 85g	LPE		\$1.60	\$1.88 per 100g

Google Advertised

1	Coca-Cola/Fanta/Sprite Soft Drink Cans 24 x 375mL	\$13.35		\$21.20	\$2.36 per 1L
2	BabyLove Nappy Pants 22-38pk (excl Beyond)	\$7.00		\$11.99	N/A
3	Dine Cat Food Tray 85g	\$0.36		\$1.19	\$1.40 per 100g
4	Grainwaves 170g	\$2.50	½	\$2.49	\$1.46 per 100g

Facebook Advertised - Quinoa & Spring Vegetable Slaw Recipe

Facebook Advertised - World Vegan Day - 1st November

1	Nuttelek Spread Original/Lite/Buttery 500g	\$1.21		\$3.99	80¢ per 100g
2	MasterFoods Squeezy Tomato/BBQ Sauce 475/500mL	\$1.16		\$2.99	N/A
3	VitaSoy Oat UHT Milk 1L (excl So Milky/Prebiotic)	\$1.65	½	\$1.65	\$1.65 per 1L
4	Oreo Biscuits Family Pack 370g	LPE		\$4.49	\$1.21 per 100g
5	Queen Pure Maple Syrup 250mL	\$3.46		\$5.99	\$2.40 per 100mL
6	Original Source Shower Gel 250mL	\$2.51	½	\$2.49	\$1.00 per 100mL
7	Natures Organics Fruits Shampoo & Conditioner 500mL	\$0.79		\$1.50	30¢ per 100mL

Wednesday Catalogue Email Header

1	Leggo's Pasta Sauce 490/500g	\$2.30	½	\$2.29	N/A
2	Pepsi/Solo/Sunkist/7Up Soft Drink 1.25L	\$1.43	½	\$1.42	\$1.14 per 1L

Friday Catalogue Email - Quinoa & Spring Vegetable Slaw Recipe

Website Banner

1	Allen's Jelly/Mint Confectionery Range 140-200g	\$2.01	½	\$1.99	N/A
2	Nescafé Coffee Sachets 10pk/Gold 8pk	\$4.20	½	\$3.80	N/A

Website Banner - Coca-Cola Win in Store Competition

Website Banner - Community Co

1	Community Co Diced Peaches In Juice 4x125g			\$3.50	\$7.00 per 1kg
2	Community Co Entertainment Snack Pack 1kg			\$10.29	\$1.03 per 100g



TV/Digital

Wednesday 01 Nov 2023 - Tuesday 07 Nov 2023 (week 44)

3	Community Co Diced Tomatoes 400g			\$1.90	\$4.75 per 1kg
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Radio Advertised					
1	Pepsi/Solo/Sunkist/7Up Soft Drink 1.25L	\$1.43	½	\$1.42	\$1.14 per 1L
2	Tetley Tea Cup Bag 100pk	\$2.85	½	\$2.80	\$1.56 per 100g
3	Leggo's Pasta Sauce 490/500g	\$2.30	½	\$2.29	N/A
4	Pringles Chips 118/134g	\$2.51	½	\$2.49	N/A



Press

Examiner / Mercury / Advocate

Wednesday 01 Nov 2023 - Tuesday 07 Nov 2023 (week 44)

Thursday 02 Nov - ALL PRESS		Save	% Off	Retail	
1	VitaSoy Oat UHT Milk 1L (excl So Milky/Prebiotic) Digital	\$1.65	½	\$1.65	\$1.65 per 1L
2	Mainland Tasty Cheese Slices 210g	\$2.51		\$4.49	\$21.38 per 1kg
3	Golden North Giant Twin Ice Cream 5pk	\$3.00		\$6.99	93¢ per 100mL
Friday 03 Nov - Advocate/Examiner - (Market Fresh)					
1	Produce Line - Refer to Fresh Sheet (Produce) TV			\$0.00kg	N/A
2	Salad Fresh Spinach 120g (Produce)			\$1.99ea	\$16.58 per 1kg
3	Potatoes Brushed 2.5kg (Produce)			\$5.00bag	\$2.00 per 1kg
Friday 03 Nov - Advocate/Examiner - (Market Fresh)					
1	Cripps Café Quality Fruit Loaf 700g (POT)	\$1.60		\$3.99	57¢ per 100g
2	Pandani Rindless Middle Bacon (Deli)			\$18.99kg	N/A
3	Lamb Forequarter Chops (Meat)			\$17.99kg	N/A
Friday 03 Nov - Mercury - (Market Fresh)					
1	Cripps Café Quality Fruit Loaf 700g (POT)	\$1.60		\$3.99	57¢ per 100g
2	Produce Line - Refer to Fresh Sheet (Produce) TV			\$0.00kg	N/A
3	Lamb Forequarter Chops (Meat)			\$17.99kg	N/A
Friday 03 Nov - Mercury					
1	Impulse Body Spray 75mL (excl Luxe)	\$3.01	½	\$2.99	\$3.99 per 100mL
2	McCain Family Pizza 490/500g	\$3.00		\$6.99	N/A
3	Frantelle Spring Water 24 x 600mL	\$5.41		\$9.99	69¢ per 1L
Saturday 04 Nov - Advocate & Examiner					
1	Impulse Body Spray 75mL (excl Luxe)	\$3.01	½	\$2.99	\$3.99 per 100mL
2	McCain Family Pizza 490/500g	\$3.00		\$6.99	N/A
3	Frantelle Spring Water 24 x 600mL	\$5.41		\$9.99	69¢ per 1L
Saturday 04 Nov - Mercury Front Page					
1	Leggo's Pasta Sauce 490/500g TV	\$2.30	½	\$2.29	N/A
2	Pepsi/Solo/Sunkist/7Up Soft Drink 1.25L TV	\$1.43	½	\$1.42	\$1.14 per 1L
3	Nescafé Coffee Sachets 10pk/Gold 8pk TV	\$4.20	½	\$3.80	N/A



Wednesday 01 Nov 2023 - Tuesday 07 Nov 2023 (week 44)

Front			Save	% Off	Retail	
1	Pepsi/Solo/Sunkist/7Up Soft Drink 1.25L	TV	\$1.43	½	\$1.42	\$1.14 per 1L
2	Allen's Jelly/Mint Confectionery Range 140-200g	TV	\$2.01	½	\$1.99	N/A
3	Leggo's Pasta Sauce 490/500g	TV	\$2.30	½	\$2.29	N/A
4	Nescafé Coffee Sachets 10pk/Gold 8pk	TV	\$4.20	½	\$3.80	N/A
5	Lamb Forequarter Chops (Meat)	Press			\$17.99kg	N/A
Page 2						
1	Pringles Chips 118/134g	TV	\$2.51	½	\$2.49	N/A
2	Grainwaves 170g	Digital	\$2.50	½	\$2.49	\$1.46 per 100g
3	Violet Crumble Medium Bar 50g		\$1.00	½	\$1.00	\$2.00 per 100g
4	Double D Sugar Free 90g		\$1.50	½	\$1.50	\$1.67 per 100g
5	Tetley Tea Cup Bag 100pk	TV	\$2.85	½	\$2.80	\$1.56 per 100g
6	Wai Wai Vermicelli 200g		\$1.15	½	\$1.10	55¢ per 100g
7	Red Rock Deli Gourmet Crackers 130g/Deli Crackers 135g		\$2.69	½	\$2.60	N/A
Page 3						
1	Impulse Body Spray 75mL (excl Luxe)	Press	\$3.01	½	\$2.99	\$3.99 per 100mL
2	Fluffy Ultra Fabric Softener 900mL/1L		\$4.51	½	\$4.49	N/A
3	Duck Deep Action/Foaming Bleach 750mL		\$3.80	½	\$3.65	49¢ per 100mL
4	Somat Auto Dishwasher Range - All Half Price			½		N/A
5	Multix Colour Scent Tidy Bags Large 30pk		\$2.39	½	\$2.30	8¢ per 1ea
6	Weis Bar 4/6pk		\$5.25	½	\$5.20	N/A
Page 4 - Meat & Produce						
1	Salad Fresh Spinach 120g (Produce)	Press			\$1.99ea	\$16.58 per 1kg
2	Potatoes Brushed 2.5kg (Produce)	Press			\$5.00bag	\$2.00 per 1kg
3	Cherry Tomatoes 250g (Produce)				\$2.50ea	\$10.00 per 1kg
4	JC's Mixed Nuts Salted/Unsalted 350g (Produce)		\$2.26		\$7.99ea	\$22.83 per 1kg
5	Wilderness BBQ Meat Pack (Meat)				\$19.99kg	N/A
6	Scottsdale Pork Boneless Pork Shoulder Roast (Meat)				\$11.99kg	N/A
7	Ingham's Diced Chicken Breast (Meat)				\$14.99kg	N/A
8	Scottsdale Pork Pork Loin Steaks (Meat)				\$20.99kg	N/A
Page 5 - Deli & Bakery						
1	Pandani Rindless Middle Bacon (Deli)	Press			\$18.99kg	N/A
2	Pandani Virginian Ham (Deli)				\$14.99kg	N/A
3	Ingham's Chicken Wings (Deli)				\$6.99kg	N/A
4	Ingham's Chicken Breast Supreme (Deli)				\$18.99kg	N/A
5	Cripps Café Quality Fruit Loaf 700g (POT)	Press	\$1.60		\$3.99	57¢ per 100g
6	National Pies Party Pies/Sausage Rolls 12pk (POT)		\$2.50		\$7.99	\$1.11 per 100g
7	Helga's Wraps 7/8pk		\$1.51		\$3.49	N/A
8	Central Cake Co Raspberry & Coconut Fingers 6pk (POT)		\$1.00		\$6.99	\$2.53 per 100g
Page 6 - Community Co						
1	Community Co Passata 690g				\$2.69	39¢ per 100g
2	Community Co Diced Tomatoes 400g	Digital			\$1.90	\$4.75 per 1kg
3	Community Co Vegetable Oil 750mL				\$4.99	67¢ per 100mL
4	Community Co Rice Arborio 1kg				\$5.00	50¢ per 100g
5	Community Co Pitted Kalamata Olives 350g				\$4.25	\$12.14 per 1kg
6	Community Co Pasta 500g				\$1.89	38¢ per 100g



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Page 7 - Community Co							
1	Community Co Diced Peaches In Juice 4x125g	Digital				\$3.50	\$7.00 per 1kg
2	Community Co Entertainment Snack Pack 1kg	Digital				\$10.29	\$1.03 per 100g
3	Community Co Frozen Fruit 500g					\$7.29	\$14.58 per 1kg
4	Community Co Fruit Cake 800g					\$7.99	\$1.00 per 100g
5	Community Co Frozen Beef Burgers 640g					\$11.99	\$18.73 per 1kg
6	Community Co Double Brie Cheese 125g					\$5.00	\$40.00 per 1kg
Page 8							
1	Monster Energy Drink 4 x 500mL		\$5.36			\$7.99	\$4.00 per 1L
2	Coca-Cola/Fanta/Sprite Soft Drink Cans 24 x 375mL	Digital	\$13.35			\$21.20	\$2.36 per 1L
3	Frantelle Spring Water 24 x 600mL	Press	\$5.41			\$9.99	69¢ per 1L
4	Coca-Cola/Fanta/Sprite Soft Drink 2L	LPE				\$3.65	\$1.83 per 1L
5	Powerade Sports Drink 600mL		\$1.60			\$2.40	\$4.00 per 1L
6	Cottee's Cordial Syrup Double Concentrate 1L		\$0.91			\$4.99	\$4.99 per 1L
Page 8 - Coca-Cola Win in Store Competition							
Page 9							
1	Arnott's Gluten Free Biscuits 120-175g		\$1.81			\$3.49	N/A
2	Fantastic Rice Crackers 100g		\$0.45			\$1.85	\$1.85 per 100g
3	Smith's Potato Chips 18/20pk		\$1.51			\$7.99	N/A
4	Cadbury Family Block Chocolate 160-190g		\$1.65			\$3.85	N/A
5	Cadbury Bites 110-150g		\$1.51			\$3.49	N/A
6	Moccona Specialty Blend Coffee 200g		\$7.01			\$13.49	\$6.75 per 100g
7	Kellogg's Rice Bubbles/Coco Pops/Froot Loops/Just Right 285-460g		\$1.01			\$5.99	N/A
8	MasterFoods Recipe Base Pouches 175g		\$0.65			\$2.35	\$1.34 per 100g
9	Valcom Curry Paste 210/230g		\$1.31			\$2.99	N/A
Page 10							
1	Ingham's Chicken Kiev 350g	TV	\$3.51			\$8.99	\$25.69 per 1kg
2	McCain Family Pizza 490/500g	Press	\$3.00			\$6.99	N/A
3	Streets Mochi Frozen Desert 9pk		\$2.01			\$7.99	\$4.04 per 100g
4	Bulla Multipack Sticks 8-14pk		\$2.51			\$5.49	N/A
5	Golden North Giant Twin Ice Cream 5pk	Press	\$3.00			\$6.99	93¢ per 100mL
6	Mainland Tasty Cheese Slices 210g	Press	\$2.51			\$4.49	\$21.38 per 1kg
7	Perfect Italiano Grated Cheese 150g		\$1.01			\$3.49	\$23.27 per 1kg
8	Tamar Valley Natural Greek Style Yoghurt 1kg (POT)		\$2.00			\$5.99	60¢ per 100g
9	Dairy Farmers Thick & Creamy Yoghurt 550/600g		\$1.85			\$4.75	N/A
Page 11							
1	BabyLove Nappy Pants 22-38pk (excl Beyond)	Digital	\$7.00			\$11.99	N/A
2	Palmolive Gold/Naturals Soap 4pk		\$0.70			\$4.49	\$1.25 per 100g
3	Sorbent Thick & Large Facial Tissues 95pk		\$0.31			\$1.99	\$2.09 per 100ea
4	Fab Laundry Powder 1.8/2kg & Liquid 1.8L	TV	\$2.51			\$7.49	N/A
5	Sorbent Toilet Tissue Hypo-Allergenic 8pk		\$2.40			\$6.99	49¢ per 100sh
6	Domestos Bleach 1.25L		\$2.01			\$3.99	\$3.19 per 1L
7	Dine Cat Food Tray 85g	Digital	\$0.36			\$1.19	\$1.40 per 100g
8	Snappy Tom Canned Cat Food 400g		\$0.16			\$2.49	62¢ per 100g
9	Pedigree Dry Dog Food 2.5/3kg		\$2.01			\$11.99	N/A
Page 12 - World Vegan Day - 1st November							



Wednesday 01 Nov 2023 - Tuesday 07 Nov 2023 (week 44)

1	VitaSoy Oat UHT Milk 1L (excl So Milky/Prebiotic)	Digital	\$1.65	½	\$1.65	\$1.65 per 1L
2	Original Source Shower Gel 250mL	Digital	\$2.51	½	\$2.49	\$1.00 per 100mL
3	Oreo Biscuits Family Pack 370g	LPE			\$4.49	\$1.21 per 100g
4	MasterFoods Squeezy Tomato/BBQ Sauce 475/500mL	Digital	\$1.16		\$2.99	N/A
5	Queen Pure Maple Syrup 250mL	Digital	\$3.46		\$5.99	\$2.40 per 100mL
6	Nuttelext Spread Original/Lite/Buttery 500g	Digital	\$1.21		\$3.99	80¢ per 100g
7	Natures Organics Fruits Shampoo & Conditioner 500mL	Digital	\$0.79		\$1.50	30¢ per 100mL
Page 13 - LPE Full Page (Digital Only)						
1	MasterFoods Marinade 350/375g	LPE			\$3.75	N/A
2	Lucozade Energy Drink 380mL	LPE			\$3.00	\$7.89 per 1L
3	Twisties/Burger Rings/Toobs/Cheetos 125-270g	LPE			\$3.99	N/A
4	Chris' Dip 200g Ex. Plant Based	LPE			\$3.80	\$1.90 per 100g
5	On the Menu Frozen Meals 320g	LPE			\$5.99	\$1.87 per 100g
6	McCain Hash Browns 750g	LPE			\$4.25	\$5.67 per 1kg
7	Quilton Toilet Tissue 9pk	LPE			\$6.00	37¢ per 100sh
Page 14 - Quinoa & Spring Vegetable Slaw Recipe Full Page (Digital Only)						
Page 15 - MasterFoods Spices - All 30% Off Full Page (Digital Only)						
1	MasterFoods Garlic Powder 155g		\$2.16	30%	\$4.99	32¢ per 10g
2	MasterFoods Nutmeg 30g		\$1.14	30%	\$2.65	88¢ per 10g
3	MasterFoods Cinnamon 28g		\$0.85	30%	\$1.95	70¢ per 10g
4	MasterFoods Ground Paprika 35g		\$1.00	30%	\$1.99	57¢ per 10g
5	MasterFoods All Purpose Seasoning 200g		\$1.80	30%	\$3.99	20¢ per 10g
6	MasterFoods Cumin Seeds 25g		\$1.04	30%	\$2.25	90¢ per 10g
7	MasterFoods Parsley Flakes 4g		\$0.69	30%	\$1.60	\$4.00 per 10g
8	MasterFoods Mixed Herbs 40g		\$1.50	30%	\$3.49	87¢ per 10g
9	MasterFoods Ground Turmeric 28g		\$0.90	30%	\$1.99	71¢ per 10g
10	MasterFoods Ground Ginger 25g		\$1.00	30%	\$1.99	80¢ per 10g
11	MasterFoods Garlic Powder 50g		\$1.10	30%	\$2.49	50¢ per 10g
12	MasterFoods Cinnamon Sugar 55g		\$0.90	30%	\$1.85	34¢ per 10g
13	MasterFoods Onion Powder 40g		\$1.14	30%	\$2.65	66¢ per 10g
14	MasterFoods Coriander Seeds 25g		\$0.79	30%	\$1.70	68¢ per 10g
15	MasterFoods Garlic Salt 210g		\$1.50	30%	\$3.45	16¢ per 10g
16	MasterFoods Chinese Five Spice 30g		\$0.99	30%	\$2.30	77¢ per 10g
17	MasterFoods Chilli Flakes 18g		\$1.05	30%	\$2.40	\$1.33 per 10g
18	MasterFoods Moroccan Seasoning 160g		\$2.44	30%	\$5.25	33¢ per 10g



Standard Catalogue

Wednesday 01 Nov 2023 - Tuesday 07 Nov 2023 (week 44)

Front Page		% Off	Retail		
1	Pepsi/Solo/Sunkist/7Up Soft Drink 1.25L	TV	½	\$1.42	\$1.14 per 1L
2	Allen's Jelly/Mint Confectionery Range 140-200g	TV	½	\$1.99	N/A
3	Leggo's Pasta Sauce 490/500g	TV	½	\$2.29	N/A
4	Nescafé Coffee Sachets 10pk/Gold 8pk	TV	½	\$3.80	N/A
5	Lamb Forequarter Chops (Meat)	Press		\$17.99kg	N/A
Page 2					
1	Pringles Chips 118/134g	TV	½	\$2.49	N/A
2	Grainwaves 170g	Digital	½	\$2.49	\$1.46 per 100g
3	Violet Crumble Medium Bar 50g		½	\$1.00	\$2.00 per 100g
4	VitaSoy Oat UHT Milk 1L (excl So Milky/Prebiotic)	Digital	½	\$1.65	\$1.65 per 1L
5	Tetley Tea Cup Bag 100pk	TV	½	\$2.80	\$1.56 per 100g
6	Wai Wai Vermicelli 200g		½	\$1.10	55¢ per 100g
7	Original Source Shower Gel 250mL	Digital	½	\$2.49	\$1.00 per 100mL
8	Impulse Body Spray 75mL (excl Luxe)	Press	½	\$2.99	\$3.99 per 100mL
9	Duck Deep Action/Foaming Bleach 750mL		½	\$3.65	49¢ per 100mL
10	Somat Auto Dishwasher Range - All Half Price		½		N/A
Page 3					
1	Cadbury Family Block Chocolate 160-190g			\$3.85	N/A
2	Cadbury Bites 110-150g			\$3.49	N/A
3	Frantelle Spring Water 24 x 600mL	Press		\$9.99	69¢ per 1L
4	Coca-Cola/Fanta/Sprite Soft Drink Cans 24 x 375mL	Digital		\$21.20	\$2.36 per 1L
5	Monster Energy Drink 4 x 500mL			\$7.99	\$4.00 per 1L
6	Moccona Specialty Blend Coffee 200g			\$13.49	\$6.75 per 100g
7	MasterFoods Squeezy Tomato/BBQ Sauce 475/500mL	Digital		\$2.99	N/A
8	Queen Pure Maple Syrup 250mL	Digital		\$5.99	\$2.40 per 100mL
9	BabyLove Nappy Pants 22-38pk (excl Beyond)	Digital		\$11.99	N/A
10	Fab Laundry Powder 1.8/2kg & Liquid 1.8L	TV		\$7.49	N/A
11	Natures Organics Fruits Shampoo & Conditioner 500mL	Digital		\$1.50	30¢ per 100mL
12	Dine Cat Food Tray 85g	Digital		\$1.19	\$1.40 per 100g
Page 4					
1	Salad Fresh Spinach 120g (Produce)	Press		\$1.99ea	\$16.58 per 1kg
2	Potatoes Brushed 2.5kg (Produce)	Press		\$5.00bag	\$2.00 per 1kg
3	JC's Mixed Nuts Salted/Unsalted 350g (Produce)			\$7.99ea	\$22.83 per 1kg
4	Cripps Café Quality Fruit Loaf 700g (POT)	Press		\$3.99	57¢ per 100g
5	Nuttelex Spread Original/Lite/Buttery 500g	Digital		\$3.99	80¢ per 100g
6	Mainland Tasty Cheese Slices 210g	Press		\$4.49	\$21.38 per 1kg
7	Dairy Farmers Thick & Creamy Yoghurt 550/600g			\$4.75	N/A
8	Ingham's Chicken Kiev 350g	TV		\$8.99	\$25.69 per 1kg
9	McCain Family Pizza 490/500g	Press		\$6.99	N/A
10	Golden North Giant Twin Ice Cream 5pk	Press		\$6.99	93¢ per 100mL
Page 5 - LPE Full Page (Digital Only)					
1	MasterFoods Marinade 350/375g	LPE		\$3.75	N/A
2	Lucozade Energy Drink 380mL	LPE		\$3.00	\$7.89 per 1L
3	Twisties/Burger Rings/Toobs/Cheetos 125-270g	LPE		\$3.99	N/A
4	Chris' Dip 200g Ex. Plant Based	LPE		\$3.80	\$1.90 per 100g



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5	On the Menu Frozen Meals 320g	LPE		\$5.99	\$1.87 per 100g
6	McCain Hash Browns 750g	LPE		\$4.25	\$5.67 per 1kg
7	Quilton Toilet Tissue 9pk	LPE		\$6.00	37¢ per 100sh
Page 6 - Quinoa & Spring Vegetable Slaw Recipe Full Page (Digital Only)					
Page 7 - Community Co					
1	Community Co Passata 690g			\$2.69	39¢ per 100g
2	Community Co Diced Tomatoes 400g	Digital		\$1.90	\$4.75 per 1kg
3	Community Co Vegetable Oil 750mL			\$4.99	67¢ per 100mL
4	Community Co Rice Arborio 1kg			\$5.00	50¢ per 100g
5	Community Co Pitted Kalamata Olives 350g			\$4.25	\$12.14 per 1kg
6	Community Co Pasta 500g			\$1.89	38¢ per 100g
Page 8 - Community Co					
1	Community Co Diced Peaches In Juice 4x125g	Digital		\$3.50	\$7.00 per 1kg
2	Community Co Entertainment Snack Pack 1kg	Digital		\$10.29	\$1.03 per 100g
3	Community Co Frozen Fruit 500g			\$7.29	\$14.58 per 1kg
4	Community Co Fruit Cake 800g			\$7.99	\$1.00 per 100g
5	Community Co Frozen Beef Burgers 640g			\$11.99	\$18.73 per 1kg
6	Community Co Double Brie Cheese 125g			\$5.00	\$40.00 per 1kg
Page 9 - MasterFoods Spices - All 30% Off Full Page (Digital Only)					
1	MasterFoods Garlic Powder 155g		30%	\$4.99	32¢ per 10g
2	MasterFoods Nutmeg 30g		30%	\$2.65	88¢ per 10g
3	MasterFoods Cinnamon 28g		30%	\$1.95	70¢ per 10g
4	MasterFoods Ground Paprika 35g		30%	\$1.99	57¢ per 10g
5	MasterFoods All Purpose Seasoning 200g		30%	\$3.99	20¢ per 10g
6	MasterFoods Cumin Seeds 25g		30%	\$2.25	90¢ per 10g
7	MasterFoods Parsley Flakes 4g		30%	\$1.60	\$4.00 per 10g
8	MasterFoods Mixed Herbs 40g		30%	\$3.49	87¢ per 10g
9	MasterFoods Ground Tumeric 28g		30%	\$1.99	71¢ per 10g
10	MasterFoods Ground Ginger 25g		30%	\$1.99	80¢ per 10g
11	MasterFoods Garlic Powder 50g		30%	\$2.49	50¢ per 10g
12	MasterFoods Cinnamon Sugar 55g		30%	\$1.85	34¢ per 10g
13	MasterFoods Onion Powder 40g		30%	\$2.65	66¢ per 10g
14	MasterFoods Coriander Seeds 25g		30%	\$1.70	68¢ per 10g
15	MasterFoods Garlic Salt 210g		30%	\$3.45	16¢ per 10g
16	MasterFoods Chinese Five Spice 30g		30%	\$2.30	77¢ per 10g
17	MasterFoods Chilli Flakes 18g		30%	\$2.40	\$1.33 per 10g
18	MasterFoods Moroccan Seasoning 160g		30%	\$5.25	33¢ per 10g



Press

Examiner / Mercury / Advocate

Wednesday 01 Nov 2023 - Tuesday 07 Nov 2023 (week 44)

Alpha Sorted List - ALL PRESS (Including Digital)			Retail	
1	!Frantelle Spring Water 24 x 600mL		\$9.99	69¢ per 1L
2	!Oreo Biscuits Family Pack 370g	LPE	\$4.49	\$1.21 per 100g
3	Allen's Jelly/Mint Confectionery Range 140-200g	TV	\$1.99	N/A
4	BabyLove Nappy Pants 22-38pk (excl Beyond)	Digital	\$11.99	N/A
5	Coca-Cola/Fanta/Sprite Soft Drink Cans 24 x 375mL	Digital	\$21.20	\$2.36 per 1L
6	Cripps Café Quality Fruit Loaf 700g (POT)		\$3.99	57¢ per 100g
7	Dine Cat Food Tray 85g	Digital	\$1.19	\$1.40 per 100g
8	Fab Laundry Powder 1.8/2kg & Liquid 1.8L	TV	\$7.49	N/A
9	Golden North Giant Twin Ice Cream 5pk		\$6.99	93¢ per 100mL
10	Grainwaves 170g	Digital	\$2.49	\$1.46 per 100g
11	Impulse Body Spray 75mL (excl Luxe)		\$2.99	\$3.99 per 100mL
12	Ingham's Chicken Kiev 350g	TV	\$8.99	\$25.69 per 1kg
13	Leggo's Pasta Sauce 490/500g	TV	\$2.29	N/A
14	Mainland Tasty Cheese Slices 210g		\$4.49	\$21.38 per 1kg
15	MasterFoods Squeezy Tomato/BBQ Sauce 475/500mL	Digital	\$2.99	N/A
16	McCain Family Pizza 490/500g		\$6.99	N/A
17	Natures Organics Fruits Shampoo & Conditioner 500mL	Digital	\$1.50	30¢ per 100mL
18	Nescafé Coffee Sachets 10pk/Gold 8pk	TV	\$3.80	N/A
19	Nuttelext Spread Original/Lite/Buttery 500g	Digital	\$3.99	80¢ per 100g
20	Original Source Shower Gel 250mL	Digital	\$2.49	\$1.00 per 100mL
21	Pepsi/Solo/Sunkist/7Up Soft Drink 1.25L	TV	\$1.42	\$1.14 per 1L
22	Pringles Chips 118/134g	TV	\$2.49	N/A
23	Queen Pure Maple Syrup 250mL	Digital	\$5.99	\$2.40 per 100mL
24	Tetley Tea Cup Bag 100pk	TV	\$2.80	\$1.56 per 100g
25	VitaSoy Oat UHT Milk 1L (excl So Milky/Prebiotic)	Digital	\$1.65	\$1.65 per 1L



Catalogue

Wednesday 01 Nov 2023 - Tuesday 07 Nov 2023 (week 44)

Alpha Sorted List - Catalogue		Retail	
1	Arnott's Gluten Free Biscuits 120-175g	\$3.49	N/A
2	Bulla Multipack Sticks 8-14pk	\$5.49	N/A
3	Cadbury Bites 110-150g	\$3.49	N/A
4	Cadbury Family Block Chocolate 160-190g	\$3.85	N/A
5	Central Cake Co Raspberry & Coconut Fingers 6pk (POT)	\$6.99	\$2.53 per 100g
6	Chris' Dip 200g Ex. Plant Based	LPE \$3.80	\$1.90 per 100g
7	Coca-Cola/Fanta/Sprite Soft Drink 2L	LPE \$3.65	\$1.83 per 1L
8	Community Co Double Brie Cheese 125g	\$5.00	\$40.00 per 1kg
9	Community Co Frozen Beef Burgers 640g	\$11.99	\$18.73 per 1kg
10	Community Co Frozen Fruit 500g	\$7.29	\$14.58 per 1kg
11	Community Co Fruit Cake 800g	\$7.99	\$1.00 per 100g
12	Community Co Passata 690g	\$2.69	39¢ per 100g
13	Community Co Pasta 500g	\$1.89	38¢ per 100g
14	Community Co Pitted Kalamata Olives 350g	\$4.25	\$12.14 per 1kg
15	Community Co Rice Arborio 1kg	\$5.00	50¢ per 100g
16	Community Co Vegetable Oil 750mL	\$4.99	67¢ per 100mL
17	Cottee's Cordial Syrup Double Concentrate 1L	\$4.99	\$4.99 per 1L
18	Dairy Farmers Thick & Creamy Yoghurt 550/600g	\$4.75	N/A
19	Domestos Bleach 1.25L	\$3.99	\$3.19 per 1L
20	Double D Sugar Free 90g	\$1.50	\$1.67 per 100g
21	Duck Deep Action/Foaming Bleach 750mL	\$3.65	49¢ per 100mL
22	Fantastic Rice Crackers 100g	\$1.85	\$1.85 per 100g
23	Fluffy Ultra Fabric Softener 900mL/1L	\$4.49	N/A
24	Helga's Wraps 7/8pk	\$3.49	N/A
25	Kellogg's Rice Bubbles/Coco Pops/Froot Loops/Just Right 285-460g	\$5.99	N/A
26	Lucozade Energy Drink 380mL	LPE \$3.00	\$7.89 per 1L
27	MasterFoods All Purpose Seasoning 200g	\$3.99	20¢ per 10g
28	MasterFoods Chilli Flakes 18g	\$2.40	\$1.33 per 10g
29	MasterFoods Chinese Five Spice 30g	\$2.30	77¢ per 10g
30	MasterFoods Cinnamon 28g	\$1.95	70¢ per 10g
31	MasterFoods Cinnamon Sugar 55g	\$1.85	34¢ per 10g
32	MasterFoods Coriander Seeds 25g	\$1.70	68¢ per 10g
33	MasterFoods Cumin Seeds 25g	\$2.25	90¢ per 10g
34	MasterFoods Garlic Powder 155g	\$4.99	32¢ per 10g
35	MasterFoods Garlic Powder 50g	\$2.49	50¢ per 10g
36	MasterFoods Garlic Salt 210g	\$3.45	16¢ per 10g
37	MasterFoods Ground Ginger 25g	\$1.99	80¢ per 10g
38	MasterFoods Ground Paprika 35g	\$1.99	57¢ per 10g
39	MasterFoods Ground Turmeric 28g	\$1.99	71¢ per 10g
40	MasterFoods Marinade 350/375g	LPE \$3.75	N/A
41	MasterFoods Mixed Herbs 40g	\$3.49	87¢ per 10g
42	MasterFoods Moroccan Seasoning 160g	\$5.25	33¢ per 10g
43	MasterFoods Nutmeg 30g	\$2.65	88¢ per 10g
44	MasterFoods Onion Powder 40g	\$2.65	66¢ per 10g
45	MasterFoods Parsley Flakes 4g	\$1.60	\$4.00 per 10g
46	MasterFoods Recipe Base Pouches 175g	\$2.35	\$1.34 per 100g



Catalogue

Wednesday 01 Nov 2023 - Tuesday 07 Nov 2023 (week 44)

47	McCain Hash Browns 750g	LPE	\$4.25	\$5.67 per 1kg
48	Moccona Specialty Blend Coffee 200g		\$13.49	\$6.75 per 100g
49	Monster Energy Drink 4 x 500mL		\$7.99	\$4.00 per 1L
50	Multix Colour Scent Tidy Bags Large 30pk		\$2.30	8¢ per 1ea
51	National Pies Party Pies/Sausage Rolls 12pk (POT)		\$7.99	\$1.11 per 100g
52	On the Menu Frozen Meals 320g	LPE	\$5.99	\$1.87 per 100g
53	Oreo Biscuits Family Pack 370g	LPE	\$4.49	\$1.21 per 100g
54	Palmolive Gold/Naturals Soap 4pk		\$4.49	\$1.25 per 100g
55	Pedigree Dry Dog Food 2.5/3kg		\$11.99	N/A
56	Perfect Italiano Grated Cheese 150g		\$3.49	\$23.27 per 1kg
57	Powerade Sports Drink 600mL		\$2.40	\$4.00 per 1L
58	Quilton Toilet Tissue 9pk	LPE	\$6.00	37¢ per 100sh
59	Red Rock Deli Gourmet Crackers 130g/Deli Crackers 135g		\$2.60	N/A
60	Smith's Potato Chips 18/20pk		\$7.99	N/A
61	Snappy Tom Canned Cat Food 400g		\$2.49	62¢ per 100g
62	Somat Auto Dishwasher Range - All Half Price			N/A
63	Sorbent Thick & Large Facial Tissues 95pk		\$1.99	\$2.09 per 100ea
64	Sorbent Toilet Tissue Hypo-Allergenic 8pk		\$6.99	49¢ per 100sh
65	Streets Mochi Frozen Desert 9pk		\$7.99	\$4.04 per 100g
66	Tamar Valley Natural Greek Style Yoghurt 1kg (POT)		\$5.99	60¢ per 100g
67	Twisties/Burger Rings/Tooobs/Cheetos 125-270g	LPE	\$3.99	N/A
68	Valcom Curry Paste 210/230g		\$2.99	N/A
69	Violet Crumble Medium Bar 50g		\$1.00	\$2.00 per 100g
70	Wai Wai Vermicelli 200g		\$1.10	55¢ per 100g
71	Weis Bar 4/6pk		\$5.20	N/A