



Lift Out

Wednesday 06 Dec 2023 - Tuesday 02 Jan 2024 (week 49-52)

Front Page		Save	% Off	Retail
<b>Page 2 - BBQ Prawns Recipe</b>				
1	Aussie Cooked Large Tiger Prawns 3kg (Thawed) (Deli)			\$29.99kg N/A
<b>Page 2 - Seafood Bottom Panel</b>				
2	Global Seafoods Frozen Prawn Ring 255g	\$2.80		\$10.99 \$43.10 per 1kg
3	Global Seafoods Frozen Cooked & Peeled Prawns 300g	\$3.60		\$9.99 \$33.30 per 1kg
4	Obento Panko Breadcrumbs 200g	\$0.81		\$1.99 \$1.00 per 100g
5	MasterFoods Tartare/Seafood Cocktail Sauce 220/260g	\$1.01		\$2.49 N/A
<b>Page 3 - Baked Ham with Marmalade Glaze Recipe</b>				
1	Southern Heritage Leg Ham Cob Half/Full (Meat)			\$7.99kg
<b>Page 4 - Pulled Pork Recipe</b>				
1	Scottsdale Pork Boneless Pork Leg Roast (Meat)			\$13.99kg N/A
<b>Page 4 - Bottom Panel</b>				
2	SPC Smooth Apple Sauce 375mL	\$0.50		\$2.49 66¢ per 100mL
3	MasterFoods Marinade 350/375g		LPE	\$3.75 N/A
4	Community Co Sauce 500mL			\$2.30 46¢ per 100mL
<b>Page 5 - Butterflied Roast Chicken Recipe</b>				
1	Marion Bay Free Range Chicken Bagged (Meat)			\$8.99kg N/A
<b>Page 5 - Bottom Panel</b>				
2	Ingham's Ready Roast Turkey Thigh Roll 1kg	\$3.71		\$14.99 \$14.99 per 1kg
3	Ingham's Ready Roast Turkey Breast Roll 1kg	\$7.95		\$16.80 \$16.80 per 1kg
4	Ocean Spray Cranberry Sauce 275g	\$1.36		\$2.99 \$1.09 per 100g
5	Community Co Extra Virgin Olive Oil 500mL			\$8.99 \$1.80 per 100mL
<b>Page 6 - Caramelised Nectarine Salad Recipe</b>				
<b>Page 6 - Beerenberg Quarter Bottom Panel</b>				
1	Beerenberg Redcurrant/Cranberry/Seafood Sauce 150/175g	\$1.00		\$4.25 N/A
<b>Page 7 - Community Co</b>				
1	Community Co Diced Peaches In Juice 4x125g			\$3.50 \$7.00 per 1kg
2	Community Co Rice Arborio 1kg			\$5.00 50¢ per 100g
3	Community Co Pasta 500g			\$1.89 38¢ per 100g
4	Community Co Sultanas 500g			\$6.00 \$12.00 per 1kg
5	Community Co Frozen Beef Burgers 640g			\$11.99 \$18.73 per 1kg
6	Community Co Wooden Cutlery 12pk			\$1.90 16¢ per 1ea
7	Community Co Plates Dinner Sugar Cane 10pk			\$3.49 35¢ per 1ea
<b>Page 8 - McGuigans Half Page</b>				
1	McGuigan Zero Alcohol 750mL	\$4.00		\$8.99 \$11.99 per 1L
<b>Page 8 - Drinks Half Page</b>				
2	Community Co Cordial Syrup 1L			\$3.69 \$3.69 per 1L
3	Frantelle Spring Water Natural 1.5L		LPE	\$1.50 \$1.00 per 1L
4	Great Northern Zero Alcohol 6 x 375mL		LPE	\$10.00 \$4.44 per 1L
5	Coca-Cola/Fanta/Sprite Soft Drink 2L		LPE	\$3.65 \$1.83 per 1L
6	Edenvale Alcohol Removed Cuvee 750mL	\$2.30		\$7.99 \$10.65 per 1L
<b>Page 9 - Entertaining</b>				
1	Community Co Double Brie Cheese 125g			\$5.00 \$40.00 per 1kg



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2	Arnott's Water Crackers 125g		\$0.79		\$1.00	80¢ per 100g
3	Sakata Rice Crackers 90/100g	LPE			\$2.30	N/A
4	Chris' Dip 200g Ex. Plant Based	LPE			\$3.80	\$1.90 per 100g
5	Community Co Pitted Kalamata Olives 350g				\$4.25	\$12.14 per 1kg
6	Community Co Sundried Tomato Strips 280g				\$4.29	\$15.32 per 1kg
7	Black & Gold Foil Trays 6pk				\$2.50	42¢ per 1ea
8	Community Co Entertainment Snack Pack 1kg				\$10.29	\$1.03 per 100g
9	Marathon Mini Dim Sims 900g/1kg		\$2.40		\$9.99	N/A
<b>Page 10 - Tassie Double Page Spread - National Pies Half Page</b>						
1	National Pies Party Pies/Sausage Rolls 12pk (POT)		\$2.50		\$7.99	\$1.11 per 100g
<b>Page 10 - Tassie Double Page Spread - Ashgrove Half Page</b>						
2	Ashgrove Cheese 140g (POT)		\$2.51		\$4.99	\$35.64 per 1kg
<b>Page 11 - Tassie Double Page Spread - Juicy Isle Quarter Page</b>						
1	The Good Apple Sparkling Apple Juice 750mL		\$0.91		\$3.49	\$4.65 per 1L
<b>Page 11 - Tassie Double Page Spread</b>						
2	Cripps Premium Shortbread 200g (POT)		\$0.90		\$4.39	\$2.20 per 100g
3	Cripps Premium Shortbread Tin 334g (POT)		\$0.80		\$10.99	\$3.29 per 100g
4	William's Bread 800-900g (POT)	LPE			\$4.70	N/A
5	Blue Banner Pickled Onions 525g excl. No Added Sugar (POT)		\$0.51		\$5.99	\$11.41 per 1kg
6	Johnno's Apple Sauce 250g (POT)		\$0.86		\$3.99	\$1.60 per 100g
7	Johnno's Sauce/Chutney/Relish 400/520g (POT)		\$1.20		\$5.99	N/A
<b>Page 12 - Confectionery Full Page</b>						
1	Maltesers Gift Box 360/400g		\$7.01	½	\$6.99	N/A
2	(T)Quality Street 500g		\$15.00	½	\$15.00	\$3.00 per 100g
3	(T)Cadbury Christmas Sharepack 144/150g		\$1.01		\$3.99	N/A
4	(T)Cadbury Christmas Stocking 183g		\$0.81		\$6.49	\$3.55 per 100g
5	(T)Cadbury Christmas Baubles 112/114g		\$1.01		\$3.99	N/A
6	(T)Cadbury Dairy Milk Santa 180g		\$1.71		\$4.99	\$2.77 per 100g
<b>Page 13 - Confectionery Full Page</b>						
1	(T) Kit Kat/Smarties Santa Hollow 85g		\$1.01		\$3.99	\$4.69 per 100g
2	(T)Kinder Maxi Mix Plush 133g		\$5.01		\$14.99	\$11.27 per 100g
3	(T)Kinder Santa with Surprise 75g		\$1.01		\$4.99	\$6.65 per 100g
4	(T) Ferrero Rocher/Raffaello Heart 100g		\$5.01		\$7.99	\$7.99 per 100g
5	Candy Market Bags 150-200g				\$2.50	N/A
<b>Page 14 - DIY Gift Baskets Full Page</b>						
<b>Page 15 - DIY Gift Baskets Full Page</b>						
<b>Page 16 - Bakery Christmas Pudding Ice Cream Recipe Half Page</b>						
<b>Page 16 - Dessert</b>						
1	(T)Pauls Brandy/Butterscotch Custard 1kg		\$1.01		\$4.99	50¢ per 100g
2	(T)Pauls Premium/Baileys Custard 600g		\$1.31		\$5.49	92¢ per 100g
3	Community Co Fruit Cake 800g				\$7.99	\$1.00 per 100g
4	Mrs Brunt's Waffles 165/230g		\$1.50		\$3.99	\$2.42 per 100g
5	Baker's Oven Sponge Roll 400g	LPE			\$5.79	\$1.45 per 100g
6	(T)Paul's Eggnog 1L		\$1.51		\$4.49	\$4.49 per 1L
7	(T)Pauls White Chocolate Custard 70g		\$0.50		\$1.49	\$2.13 per 100g



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Page 17 - Trifle Recipe Full Page				
1	Dairy Farmer's Vanilla Custard 1kg	\$1.01	\$3.99	40¢ per 100g
2	Pura Thickened Dollop Cream 300mL	\$1.21	\$3.49	\$1.16 per 100mL
3	Pura Double Thick Cream 300mL	\$1.26	\$5.99	\$2.00 per 100mL
4	Dairy Farmer's Thickened Cream 300mL	LPE	\$3.40	\$1.13 per 100mL
Page 18 - McKenzies Half Page				
1	McKenzie's Gelatine 100g	\$1.00	\$3.49	\$3.49 per 100g
2	McKenzie's Coconut/Chickpea Flour 300/330g	\$0.51	\$2.99	91¢ per 100g
3	McKenzie's Desiccated Coconut 250g	\$0.80	\$1.99	\$7.96 per 1kg
4	McKenzie's Bi Carb Soda 500g	\$0.71	\$1.99	40¢ per 100g
5	McKenzie's Cornflour 300g	\$0.51	\$3.49	\$11.63 per 1kg
6	McKenzie's Cream of Tartar 125g	\$1.11	\$3.49	\$2.79 per 100g
7	McKenzie's Baking Powder 125g	\$0.60	\$2.25	\$1.80 per 100g
Page 18 - Spiced Reindeer Cookies Quarter Page				
Page 18 - New York Baked Vanilla Cheesecake Quarter Page				
Page 19 - Baking Page				
1	Queen 4 Colour Food Dye	\$1.11	\$2.99	\$1.07 per 10mL
2	Queen Vanilla Bean Paste 65g	\$3.36	\$8.99	\$13.83 per 100g
3	Queen Pure Vanilla Essence 50mL	\$1.41	\$2.99	60¢ per 10mL
4	(T)Green's Christmas Baking Mixes 515/530g	\$1.01	\$4.99	N/A
5	Green's Essentials Baking Mixes 340g	\$1.00	\$1.80	53¢ per 100g
6	Arnott's Butternut Snaps/Choc Ripple 250g	\$1.10	\$2.49	\$1.00 per 100g
7	Arnott's Scotch Finger Biscuits 250g	\$1.10	\$2.49	\$1.00 per 100g
8	CSR Soft Icing Mixture 1kg	LPE	\$4.00	40¢ per 100g
9	Community Co Raisins 375g		\$5.29	\$14.11 per 1kg
Page 20 - Bundaberg Quarter Page				
1	Bundaberg Soft Drink 4 x 375mL	\$2.35	\$5.45	\$3.63 per 1L
Page 20 - Simply Tasty Salad Quarter Page				
2	Simply Tasty Salads 800g (Produce)	\$1.40	\$6.99ea	\$8.74 per 1kg
Page 20 - JCs Half Page				
3	JC's Backyard BBQ Mix 375g (Produce)	\$1.80	\$5.99ea	\$15.97 per 1kg
4	JC's Sesh Snacks 115/130g (Produce)	\$1.00	\$3.99ea	
5	JC's Pistachios Salted 375g (Produce)	\$3.20	\$11.99ea	\$31.97 per 1kg
6	JC's Peanuts Salted/Unsalted 500g (Produce)	\$1.21	\$4.99ea	\$9.98 per 1kg
7	JC's Almonds Natural 500g (Produce)	\$2.60	\$8.99ea	\$17.98 per 1kg
8	JC's Quality Outback Mix 500g (Produce)	\$1.90	\$9.99ea	\$19.98 per 1kg
Page 21 - LPE Full Page				
1	Meadowlea Spread 500g	LPE	\$4.50	90¢ per 100g
2	McCain Peas/Corn & Peas/Corn/Carrots 500g	LPE	\$3.75	\$7.50 per 1kg
3	Arnott's Family Assorted Biscuits 500g	LPE	\$5.00	\$1.00 per 100g
4	Arnott's Multipack Variety 12/15pk	LPE	\$6.50	N/A
5	Twisties/Burger Rings/Toobs/Cheetos 125-270g	LPE	\$3.99	N/A
6	Philadelphia Sweet Chilli Philly 150g	LPE	\$3.99	\$2.66 per 100g
7	Ajax Spray n' Wipe Trigger 475/500mL	LPE	\$3.50	N/A
Page 22 - Puzzles Page				



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Page 23 - Shopping List Half Page		
Page 23 - Marketing Half Page (TBA)		
Page 24 - Pavlova Recipe Full Page		