



Lift Out

Wednesday 07 Dec 2022 - Tuesday 03 Jan 2023 (week 50-52)

Front Page		Save	% Off	Retail	
1	Southern Heritage Leg Ham Cob Half/Full (Meat) TV			\$8.99kg	
2	Country Chef Rustic Pavlova 400g Digital	\$1.00		\$8.99	\$2.25 per 100g
3	Ingham's Bagged Whole Chicken Digital			\$5.99kg	N/A
4	Aussie Cooked Large Tiger Prawns 3kg (Thawed)			\$29.99kg	N/A
5	Scottsdale Pork Boneless Pork Leg Roast			\$13.99kg	N/A
Page 2 - Stuffing Recipe					
1	Ingham's Bagged Whole Chicken Digital			\$5.99kg	N/A
Page 2 - Poultry					
2	Ingham's Ready Roast Turkey Breast Roll 1kg TV	\$6.60		\$15.99	\$15.99 per 1kg
3	Ingham's Ready Roast Turkey Thigh Roll 1kg	\$3.00		\$13.99	\$13.99 per 1kg
4	Beerenberg Cranberry Sauce 175g	\$0.96		\$3.99	\$2.28 per 100g
5	Red Kellys Balsamic Salad Dressing 250mL	\$1.10		\$4.49	\$1.80 per 100mL
Page 3 - Prawn Cocktail Recipe					
1	Aussie Cooked Large Tiger Prawns 3kg (Thawed)			\$29.99kg	N/A
Page 3 - Seafood					
2	Global Frozen Cooked & Peeled Prawns 300g	\$3.00		\$8.99	\$29.97 per 1kg
3	Global Frozen Prawn Ring 255g	\$2.70		\$9.99	\$39.18 per 1kg
4	Tasmanian Frozen Salmon Portions Skin On 500g	\$6.00		\$19.99	\$39.98 per 1kg
5	Beerenberg Seafood Sauce 150g	\$0.96		\$3.99	\$2.66 per 100g
6	MasterFoods Tartare/Seafood Cocktail Sauce 220/260g	\$0.26		\$2.49	N/A
Page 4 - Pork					
1	Scottsdale Pork Boneless Pork Leg Roast			\$13.99kg	N/A
2	SPC Apple/Plum Sauce 375mL	\$0.50		\$2.49	66¢ per 100mL
Page 5 - Southern Heritage					
1	Southern Heritage Leg Ham Cob Half/Full (Meat) TV			\$8.99kg	
Page 6 - Tasmanian Products Double Page Spread					
1	Blue Banner Pickled Onions 525g excl. No Added Sugar (POT)	\$0.80		\$5.99	\$11.41 per 1kg
2	Johnno's Sauces 400/520g (POT)	\$1.20		\$5.99	N/A
Page 6 - Cripps Shortbread Half Page					
3	Cripps Premium Shortbread Tin 334g (POT)	\$0.80		\$10.99	\$3.29 per 100g
Page 7 - National Pies Half Page					
1	National Pies Party Pies/Sausage Rolls 12pk (POT)	\$2.50		\$6.99	97¢ per 100g
Page 7 - Ashgrove Half Page					
2	Ashgrove Cheese 140g Excluding Fetta (POT)	\$2.01		\$4.99	\$35.64 per 1kg
Page 8 - Reindeer Bauble Recipe					
1	(T)Cadbury Christmas Baubles 112/114g	\$1.00		\$3.69	N/A
Page 8 - Confectionery					
2	(T)Cadbury Christmas Sharepack 144/150g	\$1.00		\$3.99	N/A
3	(T)Cadbury Christmas Stocking 181g	\$1.26		\$7.99	\$4.41 per 100g
4	(T)Cadbury Choc Fruit & Nut Jars 280-340g Digital	\$2.01		\$7.99	N/A
Page 9 - Gifting					
1	Lindt Lindor Gift Box 146/150g	\$3.51		\$7.99	N/A
2	Lindt Lindor Bags 120-130g	\$1.00		\$6.99	N/A



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3	Celebrations/Maltesers Gift Box 320-400g		\$6.01	½	\$5.99	N/A
4	Cadbury Roses Tin 689g	LPE			\$14.99	\$2.18 per 100g
Page 10 - JCs Half Page						
1	JC's Quality Outback Mix 500g (Produce)		\$3.40		\$8.99ea	\$17.98 per 1kg
2	JC's Backyard BBQ Mix 375g (Produce)		\$1.70		\$5.99ea	\$15.97 per 1kg
3	JC's Pistachios Salted A Grade 375g (USA) (Produce)		\$2.40		\$10.99ea	\$29.31 per 1kg
4	JC's Peanuts Salted/Unsalted 500g (Produce)		\$1.10		\$4.79ea	\$9.58 per 1kg
5	JC's Cashews Salted/Unsalted 500g (Produce)		\$3.00		\$9.99ea	\$19.98 per 1kg
6	JC's Sesh Snacks 115/130g (Produce)		\$1.00		\$3.99ea	N/A
Page 10 - Non Alcoholic Half Page						
6	Great Northern Zero Alcohol 6 x 375mL		\$4.01		\$7.99	\$3.55 per 1L
7	Carlton Zero Alcohol 6 x 330mL		\$2.76		\$7.99	\$4.04 per 1L
8	McGuigan Zero Alcohol 750mL		\$3.00		\$9.99	\$13.32 per 1L
Page 11 - Coca Cola Full Page						
1	Kirks Soft Drink 1.25L	Digital	\$0.30		\$1.69	\$1.35 per 1L
2	Coca-Cola 4 x 300mL		\$2.70		\$5.99	\$4.99 per 1L
3	Coca-Cola Soft Drink 2L	LPE			\$3.65	\$1.83 per 1L
4	Appletiser/Grapetiser 750mL		\$1.50		\$3.49	\$4.65 per 1L
5	Coca-Cola 6 x 375mL	LPE			\$6.99	\$3.11 per 1L
Page 12 - LPE Page						
1	Green's Essentials Cake Mix 340g	LPE			\$1.99	59¢ per 100g
2	Frantelle Spring Water 24 x 600mL	LPE			\$9.99	69¢ per 1L
3	Schweppes Traditional/Mineral Water/Mixers 1.1L	LPE			\$1.99	\$1.81 per 1L
4	Arnott's Family Value Chocolate Biscuits 365g	LPE			\$4.99	\$1.37 per 100g
5	SPC Tomatoes Crushed/Diced 400/410g	LPE			\$1.29	N/A
6	Chris' Dip 200g	LPE			\$3.69	\$1.85 per 100g
7	Farmer's Union Greek Style Yoghurt 1kg	LPE			\$6.00	60¢ per 100g
Page 13 - Arnott's Chocolate Ripple Recipe Half Page						
1	Arnott's Chocolate Ripple 250g Only	Digital	\$1.10		\$2.49	\$1.00 per 100g
Page 13 - Baking						
2	Winn Red Glace Cherries 200g		\$0.56		\$3.99	\$19.95 per 1kg
3	Community Co Sultanas 500g				\$4.80	\$9.60 per 1kg
4	Community Co Raisins 375g				\$4.30	\$11.47 per 1kg
Page 14 - Pavlova Recipe						
1	Country Chef Rustic Pavlova 400g	Digital	\$1.00		\$8.99	\$2.25 per 100g
Page 14 - Desserts						
2	Whitting Xmas Fruit Cake 500g		\$2.00		\$7.99	\$1.60 per 100g
3	Yarrow's Luxury Christmas Fruit Mince Pies 360g		\$0.86		\$4.49	\$1.25 per 100g
4	(T)Pauls Brandy/Butterscotch Custard 1kg		\$0.74		\$4.75	48¢ per 100g
5	(T)Paul's Eggnog 1L		\$0.50		\$4.49	\$4.49 per 1L
Page 15 - Community Co Page						
1	Community Co Cordial Syrup 1L				\$3.29	\$3.29 per 1L
2	Community Co Sauce 500mL				\$1.99	40¢ per 100mL
3	Community Co Jam Strawberry 500g				\$2.70	54¢ per 100g
4	Community Co Gluten Free Biscuits 120/180g				\$3.90	N/A



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5	Community Co Fruit Cake 800g			\$6.99	87¢ per 100g
6	Community Co Canola Oil 750mL			\$4.49	60¢ per 100mL
7	Community Co Vegetable Oil 750mL			\$4.39	59¢ per 100mL
Page 16 - Christmas Pudding Brownies Recipe					

Digital Page - Ham & Pineapple Shish Kebabs Recipe		
Digital Page - Easy Summer Salad Recipe		
Digital Page - Tassie Taste Brand Full Page		
Digital Page - Cucumber & Chicken Christmas Tree Skewers Recipe		
Digital Page - Gift Wrapping Tips		
Digital Page - Easiest Cookies Ever Recipe		
Digital Page - Zoosh Brand Full Page		
Digital Page - Fruit Platter Recipe		
Digital Page - Table Setting Tips		
Digital Page - Table Setting Tips		
Digital Page - Special Olympics Feature		
Digital Page - Mince Pies with Cinnamon Sugar and Orange Custard Recipe		
Digital Page - Summer Breeze Drink Recipe		
Digital Page - Watermelon Moc-jito Recipe		
Digital Page - Festive Dog Treats Recipe		
Digital Page - Cancer Council Brand Full Page		