



FRESH FOOD COMP CHECK

DECEMBER 30 2020

FRESH COMP CHECK - COLES & WOOLWORTHS

DATE: 30/12/20		COLES			WOOLWORTHS			COMMENTS
Products	Unit	Price	Special	Origin	Price	Special	Origin	
Apples - Golden Delicious	kg	\$5.90			\$5.90			
Apples - Granny Smith	kg	\$5.50			\$5.50			
Apples Red - Royal Gala	kg	\$6.90			\$6.90			
Apples Red - Fuji	kg	\$5.90			\$5.90			
Apricots	kg		\$5.90		\$4.90			
Avocados	ea		\$3.50		\$2.90			
Bananas	kg	\$3.90			\$3.90			
Cherries	kg		\$13.90		NA			
Grapes Green	kg	\$5.90				\$4.90		
Grapes Red	kg		\$4.90		\$4.50			
Lemons	kg	1 for \$1.90, 3 for \$4	3 for \$5		\$7.90		USA	
Mandarins	kg	\$12.90			\$12.90		USA	
Mangoes	ea	\$2.90		Kensington		\$1.80		Kensington
Nectarines	kg	\$3.00			\$4.50			
Oranges Navel	kg		\$4.50		NA			
Oranges Valencia	kg	NA			NA			
Oranges Valencia 3kg Bag	ea		\$6.90			\$5.90		
Peaches	kg		\$3.50		\$4.50			
Plums	kg	\$4.50				\$4.50		
Raspberries	pun		\$3.00			\$3.00		
Strawberries	pun		\$2.50			\$2.00		
Watermelon	kg		\$1.50		\$1.90			
Asparagus	Bun	\$4.90			\$3.50			
Broccoli	kg		\$3.50		\$5.50			
Cabbage Green	ea		\$3.50		\$6.00			
Cabbage Red	ea	\$5.90			\$6.00			
Capsicum Green	kg		\$6.90		\$8.90			
Capsicum Red	kg		\$7.90		\$9.90			
Carrots	kg	\$2.20			\$2.20			
Cauliflower	ea		\$3.50		\$5.00			
Lettuce Iceberg	ea	\$2.90				\$1.80		
Mushrooms Brown	kg	\$14.00			\$14.00			
Mushrooms White	kg	\$12.00			\$11.00			
Onions Loose	kg	\$3.00			\$3.00			
Potatoes Brushed Loose	kg	\$4.00			\$3.50			
Potatoes Brushed Packed	bag	\$8.50			\$7.00			
Potatoes Washed Loose	kg	\$4.00			\$4.00			
Potatoes Washed Packed	kg	\$7.00			\$7.00			
Pumpkin - Butternut	kg	\$4.00			\$4.00			
Pumpkin - Grey	kg	NA			\$4.00			
Pumpkin - Kent	kg	\$4.00			\$4.00			
Tomatoes Gourmet	kg		\$4.50			\$3.90		
Tomatoes Truss	kg		\$3.50		\$2.90			
Zucchini	kg	\$4.90			\$4.90			