We can help you spend less today.

On sale Wednesday 1st May 2024

1/2 Price

\$2

SAVE \$2

Arnott's Cream Biscuits 200-250g



\$6.

SAVE \$6

Sanitarium Up & Go 6 x 250ml \$4 per litre



\$2

SAVE \$2

Gatorade Sports Drink or G-Active Flavoured Water 600ml \$3.33 per litre



\$3.

SAVE \$3

Cadbury Dairy Milk, Marvellous Creations or Bubbly 160-190g



PRICES BROPPED

Was \$13
16/4/24

\$10
ea
Ingham's Sweet Chilli
Chicken Tenders 1 kg
- From the Freezer
\$10 per kg



WC010524/NSW1

\$3...

SAVE \$3

Kettle Potato Chips 150-165g



\$**1**90

SAVE \$1.95

Coca-Cola Classic, Zero Sugar or Diet Soft Drink Varieties 1.25 Litre \$1.52 per litre



\$250

SAVE \$3.50

Kellogg's Nutri-Grain 290g or Just Right 460g



\$450

Sorbent Toilet Tissue Pk 10 25¢ per 100 sheets

SAVE \$4.50



\$13.

Biozet Attack Plus Laundry Liquid 2 Litre or Powder 2 kg \$6.50 per litre/kg

SAVE \$13







Contents

Click on the tabs to take you where you want to go.

Fruit & Veg

Meat & Seafood

Bakery

Deli

Fridge Specials

Freezer Specials

Pantry

Health & Beauty

Household

Cleaning

For your Pet







\$2

SAVE \$2

Arnott's Cream Biscuits 200-250g



\$2.

SAVE \$2

Haribo or Swizzles Lollies 120-150g



\$**2**50

Red Rock Deli Crostini 115g \$2.17 per 100g

SAVE \$2.50

> Collect 10x points*



\$**3**,

SAVE \$3

Cadbury Cake Bar or Rolls Pk 5 60¢ per ea



\$3²⁵

SAVE \$3.25

Vege Deli Crisps 100g – From the Health Food Aisle \$3.25 per 100g



\$3⁵⁰

SAVE \$3.50

Poppin Microwave Popcorn 400g Pk 4 88¢ per 100g



\$19_{••}

Lavazza Qualita Oro Coffee Beans or Ground Coffee 1 kg \$1.90 per 100g

SAVE \$19



*See page 7 for details.



\$225

SAVE \$2.25

Kellogg's LCMs or Nutri-Grain Bars



\$3.

SAVE \$3



\$**6**.

SAVE \$6

Sanitarium Up & Go Energize 6 x 250ml \$4 per litre



\$**3**..

SAVE \$3

Goodness Me Fruit Packs 120g Pk 8 \$2.50 per 100g



\$**3**²⁵

SAVE \$3.25

Uncle Tobys Big Bowl Oats 368g Pk 8 88¢ per 100g



\$345

Fibre One 100-120g Pk 4/5 or Nature Valley Crunchy Bars 252g Pk 6

SAVE \$3.45



\$**3**50

Food for Health Bars 150g – From the Health Food Aisle \$2.33 per 100g

SAVE \$3.50



\$350

\$3.50

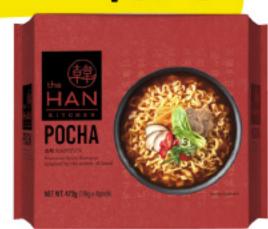
Kellogg's Coco Pops 375g **93¢ per 100g**



\$**5**25

Han Kitchen Noodles 468-476g

SAVE \$5.25



all Hismile



- A Hismile Colour Corrector Serum 30ml \$17.50 ea SAVE \$17.50 \$58.33 per 100ml
- **B** Hismile Electric Toothbrush \$39.50 ea SAVE \$39.50
- C Hismile Toothpaste 60g \$6.50 ea SAVE \$6.50 \$10.83 per 100g
- **D** Hismile Glostick Tooth Gloss 4ml \$14.50 ea SAVE \$14.50 \$362.50 per 100ml

1/2 Price



- A Colgate Total Advanced Toothpaste 115g \$3.25 ea SAVE \$3.25 \$2.83 per 100g
- B Colgate Sensitive Pro Relief Toothpaste 110g~ \$5.50 ea SAVE \$5.50 \$5 per 100g
- C Colgate Plax Freshmint Mouthwash 500ml \$3.50 ea SAVE \$3.50 70¢ per 100ml
- **D** Colgate 360 Advanced or Optic White Manual Brush Pk 4 \$9 ea SAVE \$9 \$2.25 per ea











MOISTURISER

WC010524/NSW5

HIVEA

SENSITIVE



\$**5**50

SAVE \$5.50

Harpic Fresh Power Toilet Block Twin Pk 2 x 39g \$7.05 per 100g





\$**22**⁴⁰

SAVE \$33.60

Fairy Platinum Plus Dishwasher Tablets Pk 42 **53¢ per ea**



\$**2**85

SAVE \$2.85

Windex Surface & Glass Cleaner 750ml 38¢ per 100ml



\$2⁷⁵

SAVE \$2.75

Morning Fresh Dishwashing Liquid 400ml 69¢ per 100ml



\$**14**⁵⁰

SAVE \$14.50

Dynamo
Professional
Laundry
Liquid 2 Litre
\$7.25 per litre



\$3..

SAVE \$3

UNDO This Mess Grease Blaster Cleaner 475ml 63¢ per 100ml



Only at

1/2
Price
Undo
This Mess

\$9...

SAVE \$9

UNDO This Mess Laundry Liquid 2 Litre \$4.50 per litre

















Earn 20x Everyday Rewards Points on TCN Her, TCN Shop, TCN Restaurant, Google Play or Spotify Gift Cards. Some Card Exclusions Apply.

Refer to T&Cs^

*See page 7 for details.

WC010524/NSW6





Click to boost >

when you boost and shop participating products*

- 1 Boost online
- 2 Shop participating products*
- 3 Scan your Rewards Card























































BOOSt Wour Budget

\$250

SAVE \$2.50

Red Rock Deli Crackers 130-135g



LOW PRICE

\$440

Wonder White Bread Loaf Varieties 680-700g



\$**5**.70

SAVE \$3.80

Herbert Adams Premium Pies 400-420g Pk 2 – From the Freezer



ANY 2
FOR \$670

SAVE \$1.20

Primo Sliced Meats 80-100g – From the Fridge



20% Off

Huggies Nappies & Wipes[†]













- A Huggies Newborn or Infant Nappies Pk 96-108 or Ultimate Nappies Pk 52-72
 - \$31 ea SAVE \$8
- **B** Huggies Ultra Dry Nappies Pk 30-54 or Huggies Ultra Dry Nappy Pants Pk 24-36 \$17 ea SAVE \$5
- C Huggies Ultra Dry Nappy Pants Pk 48-62 or Ultimate Nappy Pants Pk 46-56 \$31 ea SAVE \$8
- D Huggies Thick Baby Wipes Pk 400 \$14.40 ea SAVE \$3.60 \$3.60 per 100 ea
- E Huggies Thick Baby Wipes Pk 3 x 72 or Pk 3 x 80

\$11.20 ea SAVE \$2.80

Happy Mother's Da

Sunday 12th May



Mother's Day Make Your Own Suncatcher

WHILE **STOCKS LAST**



Mother's Day Make Your Own Card Set Pk 2

WHILE **STOCKS LAST**



Mother's Day Mug & Tea Strainer Set Assorted



\$1**2**..

Ladies' Faux Fur Cross Tapes Slides Sizes 5-10



\$15_{...}

Mother's Day Plush Animals Assorted



Ladies' Robe Beige or Pink

WHILE **STOCKS** LAST



SAVE \$3

Lindt Lindor Chocolate Bag 123-125g



SAVE \$8

Raffaello Ballotin 230g \$3.48 per 100g



SAVE \$8

Cadbury Favourites 340g \$2.35 per 100g



For more Mother's Day gifting ideas

Click here

Gift ideas for Mum

\$350

WHILE STOCKS LAST

Mother's Day Stationery Set



\$18_e

WHILE STOCKS LAST

Mother's Day Jumbo Plush Assorted



\$**20**_®

Beanie & Snood Set Peach or Cream



\$**8**..

Seymours Hot Water Bottle with Cover 1.6 Litre



\$**20**_®

WHILE STOCKS LAST

FeelGood Neck Wrap Wheat Bag



\$30_@

WHILE STOCKS LAST

Inspire Hooded Snuggle Blanket



\$**9**..

SAVE \$9

Bonds Ladies' Comfy Crop



\$12...

SAVE \$12

Bonds Ladies' Hipster Bikini Pk 2 **\$6 perea**



\$**8**..

SAVE \$8

Bonds Ladies' Cushioned 1/4 Crew Sock Pk 3 \$2.67 per ea



\$6⁵⁰

\$AVE \$6.50

Bonds 70D Opaque Tights







Helping you spend less on morning tea.

LOW PRICE you can rely on



\$11 ...

Woolworths Mini Vanilla Cupcakes Pk 24 **46¢ per ea**



\$340

Woolworths The King Of Chunky Chocolate Chip Cookies 310g \$1.10 per 100g



\$350

Woolworths Lamington Fingers 350g Pk 18 19¢ per ea



\$12⁵⁰

Woolworths Cookies & Cream or Lemon Curd Cheesecake Varieties 800g*



\$22...

Woolworths Indulgent Mini Dessert

Selection Pk 20 \$1.10 per ea



\$2.70

Woolworths Soft Sandwich Bread Varieties 650g 42¢ per 100g



\$**2**80

Cottee's Jam 375g **75¢ per 100g**



\$380

Tetley Tea Bags Pk 100 **4¢ per ea**



*Only available in stores with an in-store bakery.





Helping you spend less on family dinners.

PRICES DROPPED for Autumn



Was \$3.60

27/2/24

)50 Australian Brown

Onions 1 kg Pack \$2.50 per kg



Was \$4.50 kg

27/2/24

Australian Gold Sweet Potatoes USTRALLO GROW

Was \$2.80 27/2/24



Range was \$4 27/2/24

Bull's-Eye Sauces 300ml \$1 per 100ml



Range was \$8.50 27/2/24

Cobram Estate Extra Virgin Olive Oil Infused 250ml \$3 per 100ml





For delicious pork recipes

Click here >



FRUIT & VEG

**FRESH ** Specials



\$450

Australian

Jazz^M Apples

New
Season

GROWN





PRICES DROPPED for Autumn

Was \$3.50 27/2/24 \$95(

Woolworths Australian Kids Mini Apples, Pears or Bananas Pk 5





MGCTÓ WHOLEFOODS MARKET ORGANIC

NOTHING BUT GOODNESS INSIDE.

Our Macro Organic range is all the good stuff, without artificial colours, flavours or preservatives.

\$**5**50

Macro Organic Australian Fuji Apples 1 kg Pack \$5.50 per kg



WC010524/NSW13

*FRESH * Specials

\$390





Australian Green Zucchini

\$5

Australian Avocados Pk 5

JSTRALIAN



\$1 each GROWN

\$4_{pk}

Australian Celery Sticks 300g Pack \$13.33 per kg





\$6

Australian Cup or Sliced Mushrooms 500g Pack \$12 per kg



Happy ChopTM Tearless Brown Onions

- No tears no irritation to eyes
- Sweeter tasting onion
- While stocks last

\$**2**50

WHILE STOCKS LAST

Australian Happy Chop™ Tearless Onion 500g Pack \$5 per kg



PRICES DROPPED for Autumn Was \$3

\$**2**20

Woolworths
Australian Baby
Spinach or
Baby Spinach &
Rocket 120g Pack
\$18.33 per kg



Was \$5.50 27/2/24

\$5_{pk}

Woolworths
Asian Salad
Bowl 230g
Pack or
Caesar Salad
Bowl 200g
Pack



BAKERY & DELI

\$**2**²⁰

SAVE \$2.20

Golden Crumpet Rounds Pk 6 37¢ per ea

1/2 Price 6 Crumpets

\$850

SAVE \$1.45

Strength Meals Co Varieties 350g - From the Fridge \$2.43 per 100g



150

D'Orsogna Middle **Bacon Rashers**

From the Deli

Collect

10x

points*

D'Orsogna Shortcut Bacon 1 kg From the Fridge \$14 per kg

D'Orsogna Triple Smoked Leg Ham

- Sliced or Shaved

From the Deli

SAVE \$2.50 kg **\$1**45 Per100g

SAVE \$5.50



SAVE \$3 kg Per 100g

SAVE 50°

Dreamy Choc, Oatmeal & Raisin, Cranberry & White Choc or White Choc & Macadamia Cookie Varieties Pk 5# 50¢ per ea



Iced Finger Bun Varieties Pk 4# 75¢ perea



SAVE \$1

Mission Wraps Varieties 425-567g Pk 6-8



PRICES DROPPED



Range was \$6.40 4/4/24

Woolworths Chocolate, White or Caramel Mudcake Varieties#





Salmon & cream cheese bagel



Poached egg & avocado toast



LOW PRICE

\$3⁵⁰

Woolworths Bagels 400g Pk 4 88¢ per 100g



\$850

SAVE \$3

Tassal Smoked Salmon 100g **\$85 per kg**



LOW PRICE

\$250

Low Gi Hi Fibre Mini Loaf Varieties 340-370g#



\$**5**..

Australian Avocados Pk 5





Was \$6.90 23/4/24

\$**5**...

Tip Top Cafe Fruit Toast 650g **77¢ per 100g**



LOW PRICE

\$360

Woolworths Ricotta Cheese Smooth 375g \$9.60 per kg



fruit toast

MEAT & SEAFOOD

Helping you spend less on family dinners.

10% Off all Woolworths Australian Beef Mince \$**8**.

Woolworths Australian Beef Mince Lean 500g \$16 per kg

SAVE \$1



\$9.75

Woolworths Australian Beef Mince 1 kg \$9.75 per kg

SAVE \$1.25



\$9

Woolworths Australian Beef Mince Extra Lean 500g \$18 per kg

SAVE \$1



\$13⁹⁵

Woolworths Australian Beef Mince Lean 1 kg \$13.95 per kg

SAVE \$1.55



\$7...

Woolworths COOK Marinated Kebabs 375g with RSPCA Approved Chicken \$18.67 per kg

SAVE \$1



\$8...

SAVE \$1

Woolworths
COOK Chicken
Wing Nibbles
Varieties 1 kg
with RSPCA
Approved
Chicken
\$8 per kg



\$**10**...

SAVE \$5 Woolworths COOK Slow Cooked Chinese Style BBQ Pork with Char Siu Sauce 560g \$17.86 per kg

CHINESE BBQ ST CHINES

\$15_k

Woolworths COOK Lamb Shanks in Tomato, Red Wine & Rosemary Sauce

SAVE \$3 kg



\$25_{kg}

Thawed Extra Large Australian Green King Prawns



\$34_{kg}

Fresh Australian Saltwater Barramundi Fillets Skin Off





Go into the draw for your chance to Win 75,000 Everyday Rewards points!

*Terms & conditions: Aus. res. 18+ who are existing Everyday Rewards Members with a valid email address registered to their Everyday Rewards account only. Starts 1/5/24 12:01am AEST. Ends 26/6/24 11:59pm AEST. To enter, during the Promotional Period, spend at least \$5 on any D'Orsogna product/s in 1 transaction from any Woolworths supermarket, Woolworths Metro or www.woolworths.com.au (excludes MILKRUN and Everyday Market) and scan your registered Everyday Rewards Card in-store or enter your card number at checkout online prior to finalising the transaction. 1 entry for \$5 spend, 3 entries for \$10+ spend. Max 1 prize/person (excluding SA). Prize Draw: 12:00pm AEST, 4/7/24, Plexus, Level 4, 411 Collins Street, Melbourne VIC 3000. Prizes: 107 x 75,000 Everyday Rewards Points (\$375). Winners at https://everydayrewards. com.au/competitionwinners on 11/7/24. Woolworths Group Limited ABN 88 000 014 675, 1 Woolworths Way, Bella Vista, NSW 2153, Australia. Ph: 1300 721 920. See everydayrewards.com.au/competitions for Terms and Conditions. NSW Authority No. TP/82. Permit No's: ACT TP 24/00259 & SA T24/209.



Range was \$4.20 27/2/24

ea

D'Orsogna Deli Fresh 80-100g From the Fridge







Helping you **spend less** with Budget Friendly Meals.



Chilli con carne



ANY 3
FOR \$498

Continental Recipe Base 30-50g



SAVE \$1.50 Mission Deli Style Corn Chips 500g

\$1.20 per 100g



Helping you **spend less** with Budget Friendly Meals.



Chicken cacciatore tray bake

Was \$4.50 kg 5/3/24

\$**4**_{kg}

Australian Fresh RSPCA Approved Chicken Drumsticks Bulk Pack – From the Meat Dept







\$275

Woolworths Essentials Chunky Pasta Sauce 700g 39¢ per 100g



\$3_{pk}

Australian White Washed Baby Potatoes 1 kg Pack \$3.80 per kg



40% Off

\$15_{...}

SAVE \$10

Lavazza Tales of Italy Coffee Beans 500g \$3 per 100g



\$720

SAVE \$4.80

Red Bull Energy Drink 4 x 250ml \$7.20 per litre



\$19⁹⁰

SAVE \$14.95

Pepsi Max, Solo Zero, Sunkist Zero or Mountain Dew 24 x 375ml **\$2.21 per litre**



\$28³⁰

SAVE \$18.90

Coca-Cola Classic or Zero Sugar Soft Drink Varieties 30 x 375ml \$2.52 per litre



PRICES DROPPED for Autumn

Range was \$9.65

27/2/24

\$6,75

Coca-Cola Soft Drink Varieties or Mount Franklin Lightly Sparkling Water Cans 6 x 250ml \$4.50 per litre



Range was **\$4.80** 27/2/24

Soritos Corn Chips 170g \$1.76 per 100g



Was \$5 27/2/24

\$4.50

Di Leo Savoiardi Sponge Fingers 400g \$1.13 per 100g



Range was \$10 27/2/24

\$5

Vittoria Espressotoria Capsules Pk 12 **42¢ per ea**



*See page 7 for details.

\$190 SAVE \$1.95 Coca-Cola Classic, Zero Sugar, Diet, Sprite or Fanta Soft Drink Varieties 1.25 Litre \$1.52 per litre

\$**8**²⁵

SAVE \$8.25

Bubly Sparkling Water 8 x 375ml \$2.75 per litre 1/2 Price



\$3.

SAVE \$1

H2Coco Pure Coconut Water 1 Litre \$3 per litre



\$**5**..

SAVE \$2.20

Dilmah Tea Bags Cup Pk 100 **5¢ per ea**



\$12⁵⁰

SAVE \$3.50

Moccona Freeze Dried Instant Coffee 200g \$6.25 per 100g



\$16⁸⁰

SAVE \$7.20

Starbucks Capsules Pk 36 47¢ per ea



\$18_{eq}

SAVE \$8

Nescafe Blend 43 500g \$3.60 per 100g



\$380

SAVE \$3.80

Nescafe Coffee Mixers Pk 8-10



PRICES DROPPED for Autumn Range was **\$4** 27/2/24

\$**3**...

Byron Bay Cookies 100g \$3 per 100g



Range was \$4.50

\$**4**

Always Fresh Crackers 100g \$4 per 100g



WC010524/NSW26

Pantry

SAVE \$2

Green's Temptations or Gluten Free Baking Mixes 380-630g



\$二40

ea

SAVE \$3.60

Jordans Muesli, Clusters or Granola 500-750g, or Dorset Granola 450g



\$180

SAVE 70°

Noodle Cup 58-65g



\$280

SAVE \$1

Mutti Passata 700g 54¢ per 100g



SAVE 75°

Campbell's Real Stock 500ml 40¢ per 100ml



SAVE \$1.60

Kraft Easy Mac & Cheese 280g \$1.25 per 100g



SAVE

La Zuppa Pouch Soup 400g 75¢ per 100g



Maggi Noodles 345-380g Pk 5

SAVE

Collect 10x points*



PRICES DROPPED

Was \$10 9/4/24

John West Red Salmon 210g \$40.48 per kg



Was \$2.60 9/4/24

McKenzie's Red or Green Lentils 375g 61¢ per 100g



*See page 7 for details.

\$230

SAVE 65°

Sirena Tuna 95g \$24.21 per kg



\$22

SAVE \$22

Royal Feast Jasmine Rice 10 kg 22¢ per 100g



\$**1**90

SAVE 90°

Heinz Baked Beans or Spaghetti 300g **63¢ per 100g**



\$**2**²⁵

\$AVE \$2.25

Campbell's Country Ladle Soup 495-505g



\$245

Aunt Betty's Pudding 2 x 95g \$1.29 per 100g

SAVE \$2.45 1/2 Price



\$3..

SAVE \$1

Praise Traditional Mayonnaise 365-410g



\$4.

SAVE \$1.50

Patak's Simmer Sauces 450g **89¢ per 100g**



\$15⁶⁰

SAVE \$10.40

Bertolli Extra Virgin Olive Oil 750ml \$2.08 per 100ml



PRICES DROPPED for Autumn Range was \$3.80

27/2/24

Bryne Co Pickl

Bryne Co Pickled Veg 500-680g



Range was \$4.50 27/2/24

\$**3**²⁵

Chang's Sauce 280ml \$1.16 per 100ml





Helping you spend less on lunchboxes.

LOW PRICE you can rely on



Woolworths Tuna 95g
\$11.58 per kg

Responsibly caught

Tuna

Responsibly caught

FAD Tuna 95g

FAD Tuna 95g

FAD Tuna 95g

FAD Tuna 95g

Responsibly caught

FAD Tuna 95g

\$290
Bread Loaf Varieties
650-700g#

Bread Loaf Varieties
650-700g#

Label Loaf Varieties
650-700g#

\$2_{pk}

Woolworths Austalian Shredded Iceberg Lettuce 200g Pack \$10 per kg



\$2.75

Woolworths Original Gluten Free Popcorn Pk 10 \$1.38 per 100g



\$285 Bread Roll Varieties Pk 6#
- Excludes Jumbo & Brioche
Roll Varieties
48¢ per ea

\$5...

Woolworths Chocolate Milk 6 x 200ml \$4.17 per litre



ONLINE SUPER SALE

\$4.75

SAVE \$4.75

Morning Fresh Dishwashing Liquid 900ml 53¢ per 100ml



1/2
Price
Morning
Fresh

\$**23**50

SAVE \$23.50

Morning Fresh Pro Performance Dishwasher Tablets Pk 44 53¢ per ea



Specials

\$775

Microsafe Oblong 900ml Pk 3 **\$2.58 per ea**

SAVE \$7.75 1/2 Price



\$175

Chobani Flip Greek Yogurt 140g – From the Fridge \$1.25 per 100g



\$2.30 each or

ANY 10
FOR \$19

Dine Desire Wet Cat Food 85g \$2.24 per 100g

SAVE \$4



\$2.35 each or

ANY 2
FOR \$3

SAVE \$1.70

Santa Vittoria Sparkling Mineral Water 750ml \$2 per litre



\$**5**¹⁵

SAVE \$1.35

South Cape Danish or Greek Style Fetta 200g – From the Fridge \$25.75 per kg



\$**6**50

SAVE \$1.50

Rana Filled Pasta Varieties 325g – From the Fridge **\$2 per 100g**



Shop more specials

Click here >











King Island Brie or











*See page 7 for details.

SAVE \$3

Connoisseur Ice Cream 1 Litre - From the Freezer 90¢ per 100ml



Gippsland Dairy Yoghurt Mix-Ins 140g From the Fridge \$1.96 per 100g

SAVE \$1.10



'50

SAVE \$3

Peters Maxibon 560ml Pk 4 From the Freezer \$1.34 per 100ml



\$160

SAVE 80°

Tamar Valley Kids Yoghurt Pouch 110g - From the Fridge \$1.45 per 100g



SAVE \$2.50

Tillamook Ice Cream 457ml From the Freezer \$1.64 per 100ml



SAVE

Gippsland Dairy Twist Yogurt 160g From the Fridge \$1.25 per 100g



Biscoff Ice Cream Sticks 270ml Pk 3 From the Freezer \$2.78 per 100 ml





Yoplait Yoghurt 1 kg - From the Fridge 40¢ per 100g

SAVE 90°



ADVERTISER PROMOTION SNACKTIME THE PERFECT LUNCHBOX **SNACKS**

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SAVE 30°

Pauls Kids Yoghurt Pouch 70a From the Fridge \$1.29 per 100g



SAVE \$2

Kraft Bluey Cheese Sticks 200g Pk 10 From the Fridge \$35 per kg



\$7

SAVE \$2

McCain Pizza Slices 600g \$1.17 per 100g



\$40

PUB STYLE

CRISPY
WEDGES

McCain Pub Style
Chips or Wedges
750g
\$5.60 per kg

\$720

Four'N Twenty Traditional Meat Pies 700g Pk 4 \$1.03 per 100g

SAVE \$1.80



\$**7**50

McCain Pub Size Meals 480-500g

SAVE \$2



\$850

Birds Eye Flathead or Barramundi 270g or Whiting or Dory Fish 425g

SAVE
\$4810

Southern

Southern

Filte

Whiting

6 ORIGINAL CRUMB

100% WILD CAUGHT FRH HILLETS

HEALTH STAR

RATING

\$750

SAVE \$2 Core Powerfoods Frozen Meals 350g \$2.14 per 100g



\$6.50

Sealord Hoki Fillets 300g **\$21.67 per kg**



\$18¹⁵



PRICES DROPPED for Autumn Range was \$7.50 27/2/24

\$**6**50

McCain Plated Dinner 320g \$2.03 per 100g



Range was **\$14**

\$13_•

Just Caught Crumbed or Battered Frozen Seafood 500-800g – Excludes Just Caught Crunchy Battered Whiting

Fillets 800g



WC010524/NSW33

A match made in rewards



on fresh fruit, veg & Macro for 60 days

Find out more



Not a Bupa member?

Join on eligible products and link your accounts for exclusive offers.







Spray 30ml‡

\$44.33 per 100ml

40% Off

Glow Lab*







- A Glow Lab Body Wash 900ml \$10.80 ea SAVE \$7.20 \$1.20 per 100ml
- B Glow Lab Shampoo or Conditioner 600ml \$19.80 ea SAVE \$13.20 \$3.30 per 100ml
- C Glow Lab Hand Wash Refill 900ml \$10.80 ea SAVE \$7.20 \$1.20 per 100ml
- D Glow Lab Hand Wash Pump 300ml \$4.80 ea SAVE \$3.20 \$1.60 per 100ml



\$19²⁰

40%

\$12.80
Cetaphil Gentle Skin



Cetaphil Gentle Skir Cleanser 1 Litre \$1.92 per 100ml



SAVE \$6.70

Gillette Fusion Manual Razor System

FAST NUMBING RELIEF of poinful



\$16¹⁰

SAVE \$6.90

Gillette Venus Deluxe Smooth Platinum Razor





Cold and flu essentials to keep on hand



30% off

Nyal, Difflam & Duro-Tuss^

\$10⁵⁰

SAVE \$4.50

Nyal Children's Berry Cold & Flu Immunity Booster 2yrs+ 200ml~ \$5.25 per 100ml



\$10⁵⁰

SAVE \$4.50

Nyal Cold & Flu 18 Day & 6 Night Tablets Pk 24~ 44¢ per ea



\$**11**90

SAVE \$5.10

Duro-Tuss Relief Dry Cough 200ml~ \$5.95 per 100ml



\$1190

SAVE \$5.10

Duro-Tuss Relief Chesty Cough 200ml~ \$5.95 per 100ml



\$13³⁰

Difflam Plus Triple Action Throat Lozenges Pk 32~ 42¢ per ea

\$5.70



\$8.

SAVE 90°

Vicks Vaporub Decongestant Rub 50g~ \$16 per 100g



\$19²⁰

SAVE \$4.80

TouchBio RSV, Flu A/B & COVID-19 Rapid Antigen Test Pk 2[^] \$9.60 perea



\$12...

SAVE \$3

Lemsip Max Cold & Flu Decongestant Hot Drink Pk 10~ \$1.20 per ea





~Always read the label and follow directions for use. Incorrect use could be harmful.











- A Swisse Ultiboost Magnesium Tablets Pk 200~ \$23 ea SAVE \$23 \$11.50 per 100 ea
- B Swisse Ultiboost Iron Tablets Pk 30~ \$6.75 ea SAVE \$6.75 \$22.50 per 100 ea
- C Swisse Ultivite Men's Multivitamin Tablets Pk 100~ **\$27 ea SAVE \$27 \$27 per 100 ea**
- D Swisse Ultivite Women's Multivitamin Tablets Pk 100~ \$27 ea SAVE \$27 \$27 per 100 ea

\$225

The Man or Lady Bar 50g[^] \$4.50 per 100g

1/2 Price



\$1350

SAVE \$13.50

Centrum Advance Daily Multivitamin Tablets Pk 120~ \$11.25 per 100 ea



Only at
120 Film Coated

\$165

SAVE 50°

Only Organic Baby Food Pouch 120g \$1.38 per 100g





\$13

SAVE \$13

Bonds Zippy Wondersuit Assorted Pk 1



\$11<u>.</u>

SAVE \$3

Sudocrem Healing Cream 125g~ \$8.80 per 100g



\$13⁵⁰

SAVE \$6

Cetaphil Baby Calendula Wash and Shampoo 400ml \$3.38 per 100ml



\$16⁸⁰

120 Film Coated Tablet

SAVE \$4.20

Nestle NAN Comfort Stage 3 Baby Formula 800g

- Limit of 2 Per Customer \$2.10 per 100g



We have the range that's loved by pets















*See page 7 for details.







Pet







\$**19**..

Baxter's Dry Dog Food 8 kg 24¢ per 100g



LOW PRICE

\$3.70

Baxter's Wet Dog Food 1.2 kg 31¢ per 100g



LOW PRICE

\$**2**60

Baxter's Wet Dog Food 700g **37¢ per 100g**



We have the range that's loved by pets





SAVE \$7.50

Open Paddock Dry Dog Food 2.5kg **70¢ per 100g**



\$**5**⁹⁵

SAVE \$2.55

Open Paddock Jerky Dog Treats 100g \$5.95 per 100g



\$7...

SAVE \$3

Open Paddock Training Treats 180g \$3.89 per 100g



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*T&Cs and exclusions apply.

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Over

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Morphy Richards 1.6 Litre Clarity Soup Maker Black



SAVE \$10

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WC010524/NSW42/R2

\$229_{...}

SAVE \$20

Optus Samsung AO5s‡

Features:

- 6.7" Infinity-U display
- 50MP + 2MP+ 2MP main camera
- 5000mAh battery
- Android 13



\$99

SAVE \$30

Optus X Delight 2‡ Features:

- 6.52" HD + IPS display
- 13MP Al camera
- 4000mAh battery
- Android S GO



\$17...

SAVE \$28

Optus \$45 Prepaid SIM Starter Kit‡

Includes:

- Get 80GB data
 on 1st recharge
 (60GB + 20GB bonus).
 Activate by 3/6/23
- Unlimited standard talk & text within Australia
- Rollover up to 200GB 28-day expiry

\$149_{...}

SAVE \$30

Telstra Nokia C22A Features:

- 6.517" HD+ display
- Front camera 8MP
- Rear camera
 13MP (wide)
 - + 2MP (macro)



\$14

SAVE \$15

Belong \$29 Starter Pack¥

- Includes:Unlimited data banking
- Month-month plan
- Data gifting between Belong customers





\$150_e

Collect 2000 points

Betterthan

Data Offer

80gb

468 OPTUS

\$1-3000

SAVE \$100

Vodafone \$250 SIM# Includes:

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Data banking

- 240GB
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Ovodafone

240_{GB}

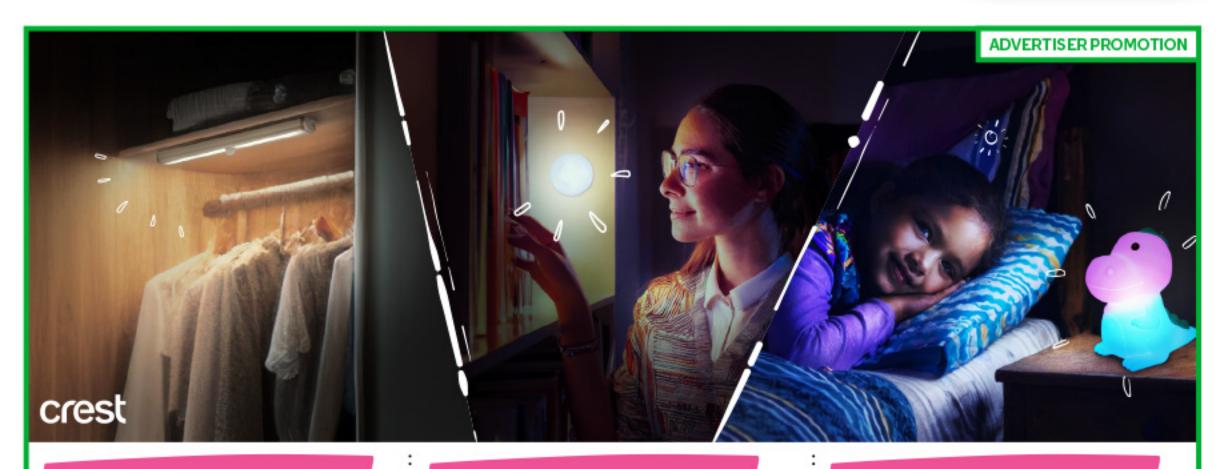
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Pick a plan)



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Crest Motion Sensor Long Thin Night Light

Standard shelf price \$30 ea



Introductory price

Standard shelf price \$22 ea

Crest Remote Push Night Light Pk 3



Introductory price

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Crest Large Kids Night Light Dinosaur or Puppy

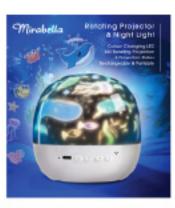


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Mirabella

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Brilliant Basics
Women's Long Sleeve Stretch Rib Tees
Sizes XS-XL
1581530, 1581545, 1581535, 1581540,
1594395, 1594400, 1594405, 1594410





Women's Long Sleeve Rib Tees Sizes 16-26 1586525, 1586531, 1586537











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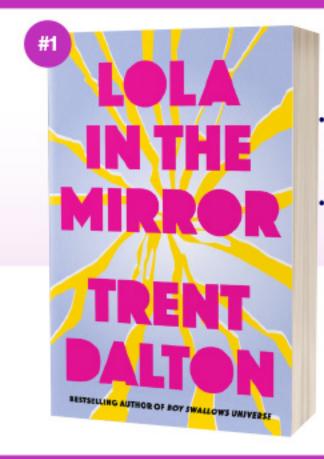
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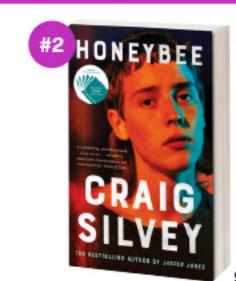
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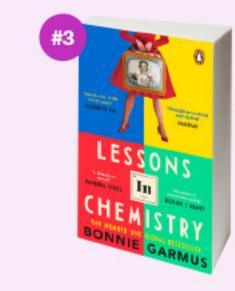




\$ 16 RRP \$32.99 Lola in the Mirror



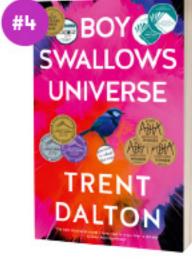
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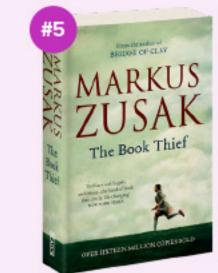
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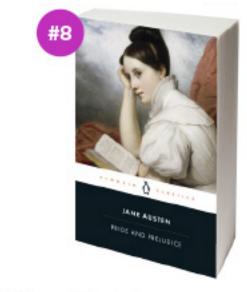


Fourth Wing

s \$14 RRP \$24.99



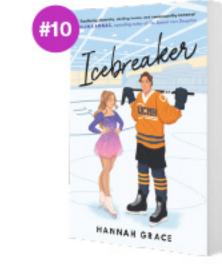
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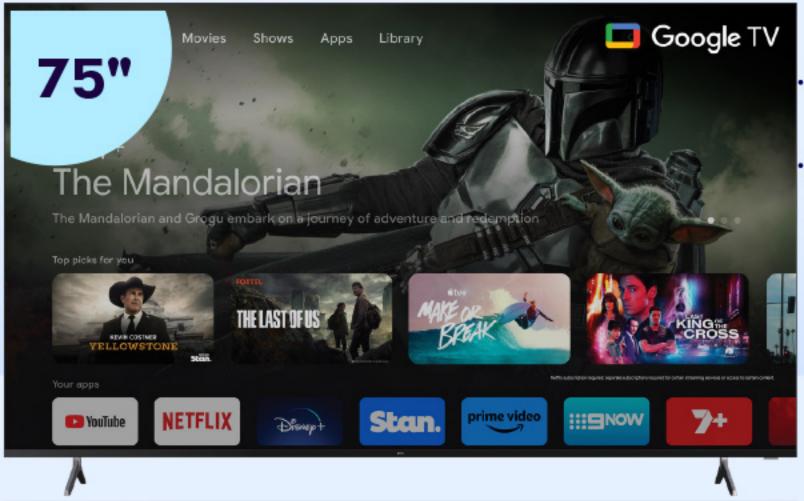
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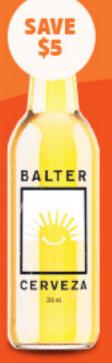
Jack Daniel's Whiskey & Cola Cans | 10x375ml

SAVE \$6



\$60

Balter Cerveza Bottles | 24x355ml



HARDYS

HARDYS

HARDYS

HARDYS

LITT PROPERTY VALVE
SHIRAZ

750ML

Jack Daniel's Whiskey Old No.7 700ml

SAVE \$11

SAVE \$11

Beer

\$14



Pirate Life South Coast Pale Ale Cans | 4x355ml \$16



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\$14



Dean & Monroe Prosecco 750ml

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10 CANS \$45



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\$**53**



Hogs 3 Bourbon 700ml

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