# 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 \$3.30** 

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







SAVE \$3

Kettle Potato Chips 150-165g



SAVE \$2.05

Coca-Cola Classic, Zero Sugar or Diet Soft Drink Varieties 1.25 Litre \$1.60 per litre



SAVE \$3.50

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



Sorbent Toilet Tissue Pk 10 25¢ per 100 sheets

SAVE \$4.50



SAVE

Biozet Attack Plus Laundry Liquid 2 Litre or Powder 2 kg \$6.80 per litre/kg

SAVE \$13.60



Huggies

Jumbo Nappy Pk 64-90

Collect

points\*

Australian Lamb Mid Loin Chops SAVE \$8<sub>kg</sub> LAMB

WCO10524/NT2

\$8.65 10x IIGGIES Tailor-Made For Boys 13-18 64 \*See page 7 for details.

## 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** \$2.20

Haribo or Swizzles Lollies 120-150g



\$**2**<sup>50</sup>

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



\$3<sup>25</sup>

**SAVE \$3.25** 

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



\$3<sup>50</sup>

**SAVE** \$3.50

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



\$19<sub>••</sub>

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

SAVE \$19



\*See page 7 for details.



**\$2**25

**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<sub>...</sub>

SAVE \$3

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



\$3<sup>25</sup>

**SAVE** \$3.25

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



\$3<sup>45</sup>

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

**SAVE \$3.45** 



\$350

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** 



\$550

Han Kitchen Noodles 468-476g

**SAVE \$5.55** 



all Hismile



- A Hismile Colour Corrector Serum 30ml \$18.35 ea SAVE \$18.35 \$61.17 per 100ml
- B Hismile Electric Toothbrush \$41.45 ea SAVE \$41.45
- C Hismile Toothpaste 60g \$6.80 ea SAVE \$6.80 \$11.33 per 100g
- D Hismile Glostick Tooth Gloss 4ml \$15.20 ea SAVE \$15.20 \$380 per 100ml

## 1/2 Price



- A Colgate Total Advanced Toothpaste 115g \$3.55 ea SAVE \$3.60 \$3.09 per 100g
- B Colgate Sensitive Pro Relief Toothpaste 110g~ \$6.05 ea SAVE \$6.05 \$5.50 per 100g
- C Colgate Plax Freshmint Mouthwash 500ml \$3.85 ea SAVE \$3.85 77¢ per 100ml
- D Colgate 360 Advanced or Optic White Manual Brush Pk 4 \$9.90 ea SAVE \$9.90 \$2.48 per ea







R D \$

\$**4**95

**SAVE \$4.95** 

Rexona Advanced Deodorant 220ml \$2.25 per 100ml



**\$7**35

**SAVE \$7.35** 

Nivea Men Sensitive Protective SPF15 Moisturiser 75ml‡ \$9.80 per 100ml



WC010524/NT5



\$**5**75

**SAVE** \$5.75

Harpic Fresh Power Toilet Block Twin Pk 2 x 39g **\$7.37 per 100g** 





\$23<sup>50</sup>

**SAVE** \$35.30

Fairy Platinum Plus Dishwasher Tablets Pk 42 **56¢ per ea** 



\$**2**95

SAVE \$3

Windex Surface & Glass Cleaner 750ml 39¢ per 100ml



\$**2**85

**SAVE** \$2.90

Morning Fresh Dishwashing Liquid 400ml 71¢ per 100ml



\$15<sup>20</sup>

**SAVE** \$15.20

Dynamo
Professional
Laundry
Liquid 2 Litre
\$7.60 per litre



\$**3**15

**SAVE** \$3.15

UNDO This Mess Grease Blaster Cleaner 475ml 66¢ per 100ml



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.





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 \$4.30** 

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<sup>†</sup>













- A Huggies Newborn or Infant Nappies Pk 96-108 or Ultimate Nappies Pk 52-72
  - \$33 ea SAVE \$9
- **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 \$33 ea SAVE \$9
- D Huggies Thick Baby Wipes Pk 400 \$15 ea SAVE \$3.90 \$3.75 per 100 ea
- E Huggies Thick Baby Wipes Pk 3 x 72 or Pk 3 x 80 \$11.70 ea SAVE \$3

# 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

WHILE **STOCKS LAST** 



\$1**2**..

Ladies' Faux Fur Cross Tapes Slides Sizes 5-10



\$15<sub>...</sub>

Mother's Day Plush Animals Assorted



Ladies' Robe Beige or Pink

WHILE **STOCKS** LAST



SAVE \$3.45

Lindt Lindor Chocolate Bag 123-125g



**\$2**40

SAVE \$8.40

Raffaello Ballotin 230g \$3.65 per 100g



SAVE \$8.80

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<sub>e</sub>

WHILE STOCKS LAST

Mother's Day Jumbo Plush Assorted



\$**20**<sub>®</sub>

Beanie & Snood Set Peach or Cream



\$**8**...

Seymours Hot Water Bottle with Cover 1.6 Litre



\$**20**<sub>...</sub>

WHILE STOCKS LAST

FeelGood Neck Wrap Wheat Bag



\$30<sub>@</sub>

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



**\$7**50

**SAVE** \$7.50

Bonds 70D Opaque Tights







# Helping you spend less on morning tea.

## LOW PRICE you can rely on



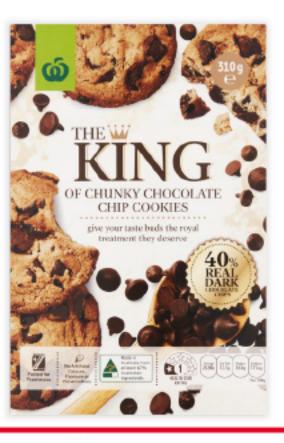
**\$11 ...** 

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



\$12<sup>50</sup>

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.





Was <del>\$3.60</del>

27/2/24

\$470 pk Australian Brown

Onions 1 kg Pack

\$1.70 per kg



Was <del>\$7</del>

27/2/24

**\$/1**50

Australian Mashing Potatoes 1.5 kg Pack





Was <del>\$2.80</del>

27/2/24

**\$7**50



Range was \$4.25 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<sup>M</sup> Apples

New
Season

GROWN



\$3<sub>pk</sub>

Australian Cherry Tomatoes or Mini Roma Tomatoes 250g Pack \$12 per kg



PRICES DROPPED for Autumn Was <del>\$3.50</del>

27/2/24

\$250 pk

Woolworths Australian Kids Mini Apples, Pears or Bananas Pk 5



\$350

Macro Organic
Australian Carrots
750g Pack
\$4.67 per kg

MGCTÓ WHOLEFOODS MARKET ORGANIC

NOTHING BUT GOODNESS INSIDE.

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

\$550

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



## SFRESH # **Specials**

**\$1**50

Australian Carrots 1 kg Pack \$1.50 per kg



\$二50

Australian Avocados Pk 5



Australian



Australian Washed Red Potatoes 2ka Pack



Australian Cup or Sliced Mushrooms 500g Pack \$13 per kg





## Happy Chop™ **Tearless** Brown Onions

Mew

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

Australian Happy Chop™ Tearless Onion 500g Pack \$5 per kg WHILE **STOCKS** LAST

**PRICES** DROPPED for Autumn

Was <del>\$3</del> 27/2/24

20

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



Was <del>\$5.50</del> 27/2/24

Woolworths

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



## **BAKERY & DELI**

\$**2**<sup>20</sup>

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



**1**50

SAVE

\$2.50 kg

D'Orsogna Middle **Bacon Rashers** From the Deli

**\$1**45

Per100g

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 \$5.50

Collect

10x

points\*



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



Woolworths

or Caramel

Chocolate, White

PRICES DROPPED



Range was \$6.40 4/4/24

Mudcake Varieties#

\*See page 7 for details.



Salmon & cream cheese bagel



Poached egg & avocado toast



### LOW PRICE

\$3<sup>50</sup>

Woolworths Bagels 400g Pk 4 88¢ per 100g



## \$8.50

SAVE \$3

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



## LOW PRICE

\$250

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



\$3.50

**SAVE** \$3.50

Mighty Soft Raisin Toast 600g **58¢ per 100g** 



1/2 Price

## \$5<sup>50</sup>

Australian Avocados Pk 5



## LOW PRICE

\$**3**60

Woolworths Ricotta Cheese Smooth 375g \$9.60 per kg



## **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



\$13<sup>95</sup>

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 STATE OF THE PORK AND THE ALTH STAR RATING

\$15<sub>k</sub>

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

SAVE \$3 kg



\$25<sub>kg</sub>

Thawed Extra Large Australian Green King Prawns



\$34<sub>kg</sub>

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 <del>\$4.20</del> 27/2/24

ea

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







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



## Chilli con carne



Continental Recipe Base 30-50g



\$**6**..

**SAVE** \$1.90

Mission Deli Style Corn Chips 500g \$1.20 per 100g



# Helping you spend less with Budget Friendly Meals.



## Chicken cacciatore tray bake



Was <del>\$4.50</del> kg

5/3/24 NC010524/NT24/F

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



Woolworths Essentials Chunky Pasta Sauce 700g 41¢ per 100g



40% Off

\$15<sub>...</sub>

#### 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



\$19<sup>90</sup>

## **SAVE** \$14.95

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



\$29<sup>80</sup>

#### **SAVE** \$19.80

Coca-Cola Classic or Zero Sugar Soft Drink Varieties 30 x 375ml \$2.65 per litre



PRICES DROPPED for Autumn

#### Range was \$10.15

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

Doritos 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**<sub>eq</sub>

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



\*See page 7 for details.

**\$2**...

**SAVE \$2.05** 

Coca-Cola Classic, Zero Sugar, Diet, Sprite or Fanta Soft Drink Varieties 1.25 Litre \$1.60 per litre



\$825

**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** 



\$12<sup>50</sup>

**SAVE** \$3.50

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



\$16<sup>80</sup>

**SAVE** \$7.20

Starbucks Capsules Pk 36 47¢ per ea



\$1**8**.

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** 

\$3<sub>«</sub>

Byron Bay Cookies 100g \$3 per 100g



Range was **\$4.50** 

\$4.

Always Fresh Crackers 100g \$4 per 100g



## **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



**\$1**80

SAVE 80°

Maggi Super Noodle Cup 58-65g



**\$2**80

SAVE \$1

Mutti Passata 700g 54¢ per 100g



SAVE 75°

Campbell's Real Stock 500ml 42¢ per 100ml



SAVE \$1.85

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



SAVE \$1.95

La Zuppa Pouch Soup 400g 75¢ per 100g



Maggi Noodles 345-380g Pk 5

SAVE

Collect 10x points\*



PRICES DROPPED

Was <del>\$10.50</del> 9/4/24

John West Red Salmon 210g \$40.48 per kg



Was <del>\$2.60</del> 9/4/24

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



\*See page 7 for details.

**\$2**30

SAVE 80°

Sirena Tuna 95g \$24.21 per kg



**\$22** 

SAVE \$22

Royal Feast Jasmine Rice 10 kg **22¢ per 100g** 



\$**1**90

**SAVE** \$1.05

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



\$**2**<sup>25</sup>

**SAVE** \$2.50

Campbell's Country Ladle Soup 495-505g



**\$2**45

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

**SAVE \$2.45**  1/2 Price



\$**3**<sup>20</sup>

SAVE \$1

Praise Traditional Mayonnaise 365-410g



**\$4**.

**SAVE** \$1.50

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



\$15<sup>60</sup>

**SAVE** \$10.40

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



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

**\$3**.

Bryne Co Pickled Veg 500-680g



Range was **\$4.50** 

\$3<sup>25</sup>

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



WC010524/NT28



# Helping you spend less on lunchboxes.

## LOW PRICE you can rely on



\$15 state of the s

\$290
Bread Loaf Varieties
650-700g#

Read Loaf Varieties
650-700g#

**\$2**<sub>pk</sub>

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



**\$2**.75

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



\$285

- Excludes Jumbo & Brioche
Roll Varieties
48¢ per ea

RAITING

**\$5**...

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



# ONLINE SUPER SALE

\$**5**..

SAVE \$5

Morning Fresh Dishwashing Liquid 900ml 56¢ per 100ml



1/2 Price Morning Fresh<sup>§</sup> \$**24**65

**SAVE** \$24.70

Morning Fresh Pro Performance Dishwasher Tablets Pk 44 56¢ per ea



## Specials

**\$7**75

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



\$2.47 each or

ANY 2
FOR \$3

**SAVE** \$1.94

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 >







Obela Hommus

Garnished Dips 220g













SAVE \$1.20 Nudie Juice 2 Litre \$3.40 per litre



\*See page 7 for details.

\$9.

### SAVE \$3

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



\$**2**75

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

**SAVE** \$1.10



\$**7**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



\$**7**50

## \$2.50

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



**\$2** 

## SAVE

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



\$**7**50

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

SAVE \$2



**\$4** 

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

SAVE 90°



SNACKTIME WITH

CONTROL

THE PERFECT LUNCHBOX SNACKS

BLUEY TM and BLUEY character logos TM & © Ludo Studio Pty Ltd 2018. Kraft is a registered trademark owned by Kraft Foods and is used under license.

90°

#### SAVE 30°

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



**\$7**...

## SAVE \$2

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



**\$7** 

**SAVE \$2.72** 

McCain Pizza Slices 600g \$1.17 per 100g



\$40
PUB STYLE
CRISPY WEDGES
\$1.90

McCain Pub Style
Chips or Wedges
750g
\$5.87 per kg

HEALTH STAR
RATING

\$720

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

**SAVE** \$2.25



\$**7**50

McCain Pub Size Meals 480-500g

**SAVE** \$2.76



\$850

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

SAVE
\$4.65

BIRDS EYE

Southern
BILLE

Whiting

6 DRIGINAL CRUMB

900% WILD CAUGHT FRH HILLETS

HEALTH STAR
RATING

**\$7**50

Meals 350g **\$2.14 per 100g** 

SAVE \$2



Core Powerfoods Frozen

\$695

Sealord Hoki Fillets 300g \$23.17 per kg



\$**18**<sup>15</sup>



PRICES DROPPED for Autumn Range was \$8.10 27/2/24

\$**6**50

McCain Plated Dinner 320g \$2.03 per 100g



Range was <del>\$14</del>

\$13<sub>•</sub>

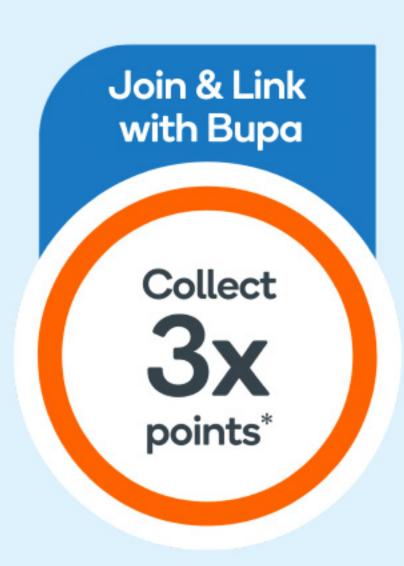
Just Caught
Crumbed or
Battered Frozen
Seafood 500-800g
– Excludes Just
Caught Crunchy
Battered Whiting

Fillets 800g



WC010524/NT33

# A match made in rewards



on fresh fruit, veg & Macro for 60 days

Find out more



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Difflam Plus Anaesthetic

FAST NUMBING RELIEF of poinful

Spray 30ml‡

\$46.33 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 \$21.75 ea SAVE \$14.55 \$3.63 per 100ml

C Glow Lab Hand Wash Refill 900ml \$11.30 ea SAVE \$7.60 \$1.26 per 100ml

D Glow Lab Hand Wash Pump 300ml \$4.80 ea SAVE \$3.20 \$1.60 per 100ml



\$12.80 TESTED FOR Cetaphil Gentle Skin Cetaphil Cleanser 1 Litre \$1.92 per 100ml



\$16<sup>10</sup> SAVE Ventits \$6.90 Gillette Venus Deluxe Smooth Platinum Razor



# Cold and flu essentials to keep on hand



30% off

Nyal, Difflam & Duro-Tuss<sup>a</sup>

\$10<sup>50</sup>

**SAVE** \$4.50

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



\$10<sup>50</sup>

**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



\$13<sup>95</sup>

Difflam Plus Triple Action Throat Lozenges Pk 32~ 44¢ per ea

SAVE \$6



\$8

SAVE 90°

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



\$**20**<sup>15</sup>

**SAVE** \$5.05

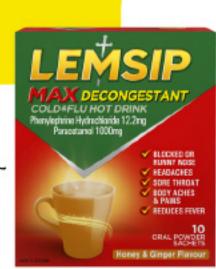
TouchBio RSV, Flu A/B & COVID-19 Rapid Antigen Test Pk 2<sup>A</sup> \$10.08 per ea



\$12<sup>60</sup>

**SAVE** \$3.15

Lemsip Max Cold & Flu Decongestant Hot Drink Pk 10~ \$1.26 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**

The Man or Lady Bar 50g<sup>^</sup> \$4.50 per 100g



SAVE \$14.20

Centrum Advance Daily Multivitamin Tablets Pk 120~ \$11.79 per 100 ea



SAVI

Only Organic Baby Food Pouch 120g \$1.50 per 100g





\$13

Bonds Zippy Wondersuit Assorted Pk 1



\$**12**10

SAVE \$3.30

Sudocrem Healing Cream 125g~ \$9.68 per 100g



SAVE \$6

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



\$18<sup>40</sup>

SAVE \$4.70

Nestle NAN Comfort Stage 3 Baby Formula 800g

 Limit of 2 Per Customer \$2.30 per 100g



## We have the range that's loved by pets















\*See page 7 for details.







Pet







\$19<sub>ed</sub>

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**<sup>60</sup>

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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Essentials to get you ready for the chilly season.

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Collect points



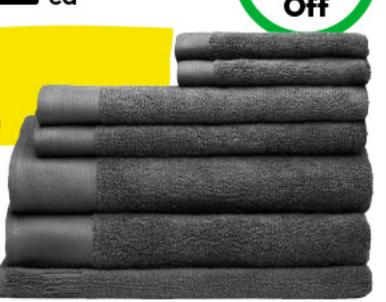
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SAVE \$15.95

Ramesses Luxury Bamboo 1000GSM Mattress Topper Queen



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\$168<sub>...</sub>

SAVE \$40.99

Spector Bread Maker Machine



\$139<sub>...</sub>

Over

SAVE \$20

Morphy Richards 1.6 Litre Clarity Soup Maker Black



\$**75**...

SAVE \$10

Healthy Choice 7 Litre 1700W Digital Stainless Steel Air Fryer



WC010524/NT42/R

\$229<sub>...</sub>

#### 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<sub>...</sub>

### 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

1/2 Price



\$150<sub>...</sub>

Collect 2000 points

Betterthan

Data Offer

**80gb** 

468 OPTUS

\$1-3000

#### SAVE \$100

Vodafone \$250 SIM# Includes:

- 365-day expiry

Data banking

- 240GB
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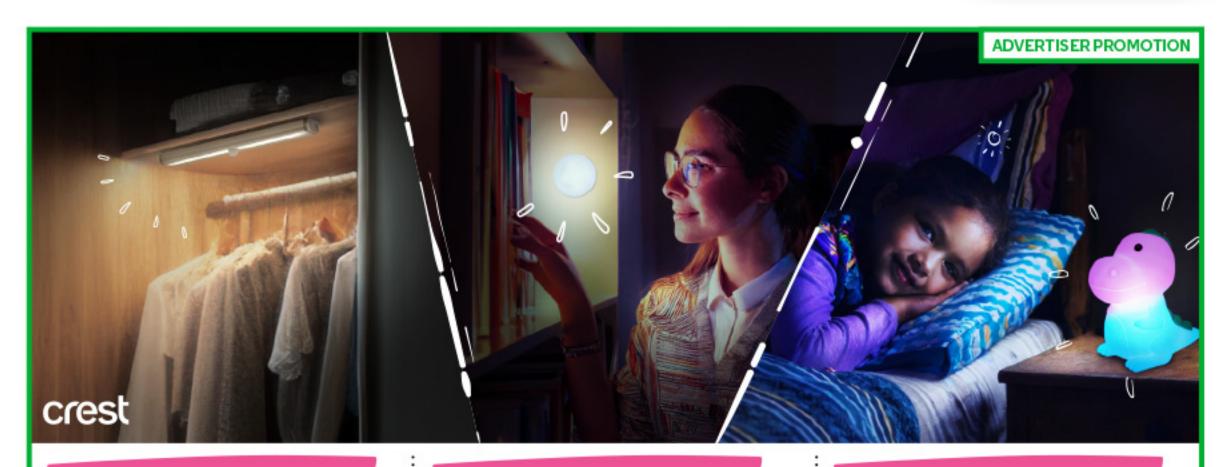


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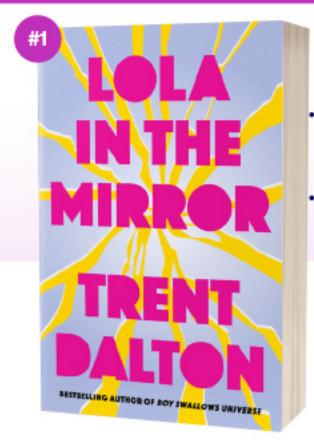
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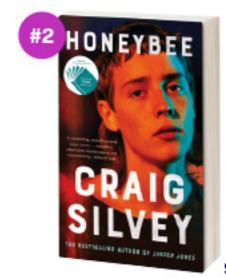
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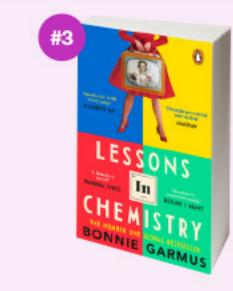


RRP \$32.99 Lola in the Mirror 319532



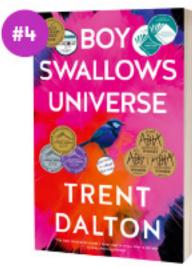
Honeybee 188382

RRP \$22.99



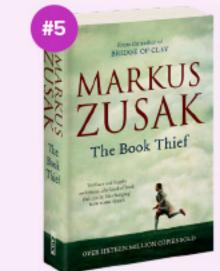
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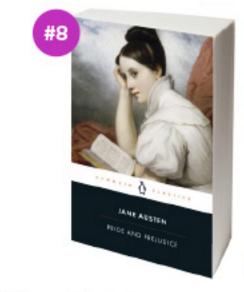
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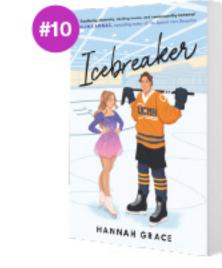


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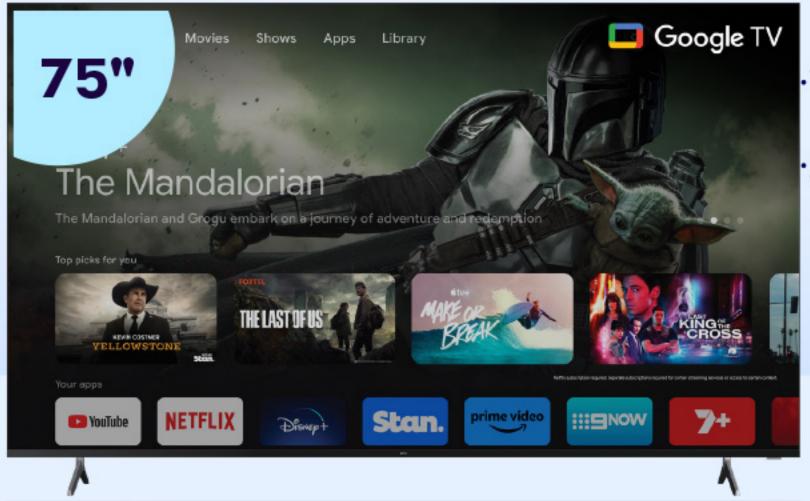
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