

FOODLAND

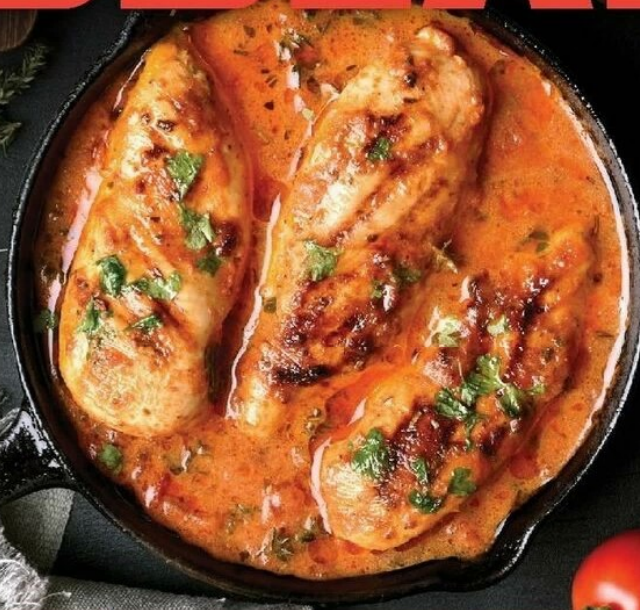
On Sale 12-18 June 2024

\$9.50 kg

Aussie Chicken



Fresh Skinless
Chicken Breast Fillets



Serving suggestion

\$2.50 ea

SAVE \$2.50
UP TO



The Natural
Chip Co.
Potato
Chips
150-170g

All
**HALF
PRICE**

\$6.75 ea

SAVE \$6.75
UP TO



Twinnings
Tea Bags
80-100 Pack

\$2.90 ea

SAVE \$2.90
UP TO



Birds Eye
Golden
Crunch
Chips 900g
\$3.22 per kg

\$3.50 ea

SAVE \$3.50
UP TO

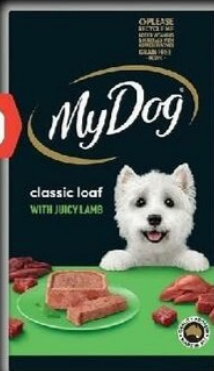


Kellogg's
Coco Pops
375g or
Just Right
460g



\$6 ea

SAVE \$3.50
UP TO



My Dog
6 x 100g or
Dine Classic
Cat Food
Multipack
7 x 85g

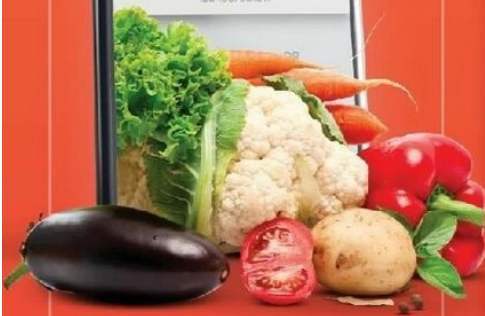


Great Food Lives Here

FOODLAND
THE MIGHTY SOUTH AUSSIES

\$10K Giveaway EVERY MONTH

GREAT
REWARDS
LIVE
HERE



Promotion runs 26/7/23 - 23/7/24. For full terms and conditions visit foodlandsa.com.au. SA Licence Number (T23/1011), NSW Authority Number (TP/02786)

All **HALF PRICE**

\$4.25 ea
SAVE UP TO **\$4.25**



Palmolive
Ultra Strength
Dishwashing
Liquid 950ml
\$0.45 per 100ml

\$6 ea
SAVE UP TO **\$6.00**



Pine O Clean
Disinfectant
Wipes
110 Pack
\$0.05 each

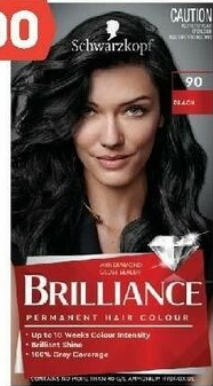
\$5.50 ea
SAVE UP TO **\$5.50**



Bref
Spa Moments,
Blue Active or
Power Active
2 Packs 100g
\$5.50 per 100g

\$11 ea

SAVE UP TO **\$11.00**



Schwarzkopf
Brilliance Hair
Colour 1 Pack

\$31 ea

SAVE UP TO **\$31.00**



Finish Ultimate Plus Dishwasher
Tablets Lemon 45 Pack \$0.69 each

\$14 ea

SAVE UP TO **\$14.00**



OMO 3 in 1 Laundry Capsules 28 Pack
\$0.50 each

\$3.50 ea

SAVE UP TO **\$3.50**



Harpic
Fresh Power
Toilet
Cleaner
700ml
or Toilet
Blocks
35-39g

\$275
ea

SAVE UP TO **\$2.75**



Nice & Natural Bars 180-192g

\$375
ea

SAVE UP TO **\$3.75**



Mighty Soft
Cafe Style
Raisin
Toast 600g
\$0.63 per 100g

\$125
ea

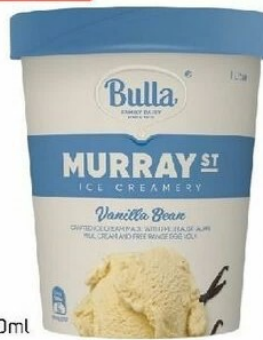
SAVE UP TO **\$1.25**



Nestlé or Violet Crumble
Medium Bars 35-50g

\$6
ea

SAVE UP TO **\$6.00**



Bulla
Murray St
Ice Cream
1 Litre
\$0.60 per 100ml

\$11
ea

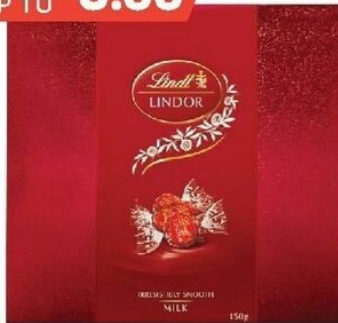
SAVE UP TO **\$11.00**



Cadbury
Favourites
520g
\$2.12 per 100g

\$8
ea

SAVE UP TO **\$8.00**



Lindt Lindor Gift Box 150g \$5.33 per 100g

\$275
ea

SAVE UP TO **\$2.75**



Violet
Crumble
125-150g

\$110
ea

SAVE UP TO **\$1.10**



Mars or Varieties Medium Bar Lines
\$2.50 per 100g

\$10K
Giveaway
EVERY
MONTH



Download
the Foodland
app



Spend \$30
or more



Scan your
Foodland
app at the
checkout

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FRESH

ADELAIDE HILLS Apples

NEW
SEASON
PRODUCE



\$3.50
ea

1.5KG BAG



QUIRKY ON THE OUTSIDE,
DELICIOUS ON THE INSIDE!

**PECULIAR
PICKS**

Peculiar Picks Adelaide Hills Red or Green Apples 1.5kg Bag \$2.33 per kg

\$4.90
ea

LOCAL
PRODUCE

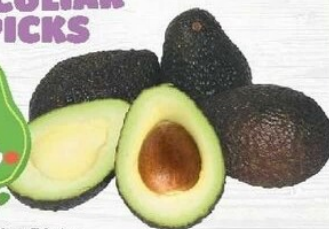


Hi Fresh
Superfood
Mix 400g
\$1.23 per 100g

\$4.90
ea

750G BAG

**PECULIAR
PICKS**



Peculiar Picks
Hass Avocados 750g \$6.53 per kg



\$9.90
kg

MARKET
FRESH



New Zealand Gold Kiwifruit

SOUTH AUSSIE Mitolo Potatoes



\$3.50
ea

1.5KG BAG



Mitolo Potatoes (Mashing, Low Carb, Chipping) 1.5kg Bag \$2.33 per kg

\$7.90
kg

FARM FRESH



Brussels Sprouts

\$3.80
kg

NEW SEASON



Ruby Red Grapefruit or Riverland Large Navel Oranges

\$4.60
ea

GREAT VALUE



Local Kitchen Baby Spinach 280g \$1.64 per 100g

MEAT

\$22 kg

PRODUCT OF AUSTRALIA



Serving suggestion

Australian Lamb Loin Chops

\$15⁹⁰ kg

PRODUCT OF AUSTRALIA



Serving suggestion

Australian Pork Loin Steaks

\$16⁹⁰ kg

Premium

PRODUCT OF AUSTRALIA



Serving suggestion

Australian Premium Gravy Beef

\$18⁹⁰ kg

PRODUCT OF AUSTRALIA



Serving suggestion

Australian Crumbed Beef Schnitzel

\$16⁹⁰ ea

SAVE \$4.10 UP TO

PRODUCT OF AUSTRALIA



Lenard's Chicken Flavoured Pockets 684-744g

\$6⁹⁰ ea

PRODUCT OF AUSTRALIA



Ingham's Australian Turkey Mince 500g \$13.80 per kg

\$6⁵⁰ ea

SAVE \$2.20 UP TO

SOUTH AUSTRALIA



Olga's Beef Chevapchichi 400g \$16.25 per kg

\$11⁵⁰ ea

SAVE \$6.50 UP TO

D'Orsogna



Mini HONEY LEG HAM
Naturally Wood Smoked
Gluten Free

D'Orsogna Champagne or Honey Leg Ham Portions 850g \$13.53 per kg

\$22⁹⁰ ea

AUSTRALIAN PORK

BUY LOCAL



Wintulichs Australian Short Cut Bacon 1kg \$22.90 per kg

\$9⁵⁰ kg

AUSTRALIAN PORK



SunPork Smoked Bacon Hocks

\$12⁵⁰ ea




SOUTH AUSTRALIA

Foodland Whole Marinated & Seasoned Chicken Size 20 (2.05kg) \$6.10 per kg

Serving suggestion

\$7⁹⁰ ea




SOUTH AUSTRALIA

Olga's Fine Foods Beef Sausage, Pattie or Burger 500g \$15.80 per kg (Selected Varieties)

Serving suggestion

\$12⁵⁰ kg




THOMAS CAPPO SEAFOODS

Thomas Cappo Seafoods Imported Large Squid Tubes U/5 (Find me in the Deli. Thawed)

Serving suggestion

\$37⁹⁰ kg

FRESH




THOMAS CAPPO SEAFOODS **PRODUCT OF AUSTRALIA**

Fresh Tasmanian Salmon Portions Skin Off (Find me in the Deli)

Serving suggestion

\$16⁵⁰ ea

SAVE UP TO \$6.50



Global Prawns Cooked Tail On 500g \$33.00 per kg

\$13⁵⁰ ea

SAVE UP TO \$2.50



SOUTH AUSTRALIA

Ferguson Flathead Fillets 200g \$6.75 per 100g

\$8⁵⁰ ea

SAVE UP TO \$3.50



Global Seafoods Prawns Cooked & Peeled 300g \$28.33 per kg

\$9⁵⁰ ea

SAVE UP TO \$2.40



Thomas Cappo Seafoods Basa Fillets 1kg \$9.50 per kg

\$7⁹⁰ ea

SAVE UP TO \$2.00



A&T Seafood Extender/Salad Mix 1kg \$7.90 per kg

\$16⁹⁰ ea

SAVE UP TO \$4.10



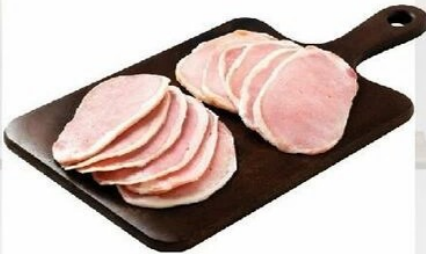
Thomas Cappo Seafoods King Scallop 1/2 Shell 4 Piece \$4.23 per piece

DELI



- A. Barossa Fine Foods Kransky Range **\$19.90kg**
- B. San Marino Australian Prosciutto **\$47kg**
- C. Primo Signature Triple Smoked Leg Ham **\$26kg**
- D. Penfield Olives Semi-Dried Marinated Tomato Halves or Strips **\$19.90kg**
- E. Bertocchi Sopressa Hot or Mild **\$28kg**
- F. Lemnos Twin Pack Fetta 2 x 100g **\$5.50ea SAVE \$1.50** \$27.50 per kg
- G. Mil Lel Parmesan, Pecorino or Romano (Whole or Pieces Only) **\$27.90kg**
- H. King Island Cheddar Cheese 170g **\$8.50ea SAVE \$2.45** \$50.00 per kg

\$15 kg



KR Castlemaine Short Cut Bacon

\$29⁵⁰ kg



Hans Hungarian Salami Mild or Hot

\$13 kg



Don Real Diced Bacon or Ham Shredded

\$27⁹⁰ kg



Our Kitchen Shredded Chicken Breast Roast Style or Tandoori

\$7⁵⁰ ea

SAVE UP TO \$1.50



Lemnos Haloumi 2 x 100g \$37.50 per kg

\$6⁵⁰ ea

SAVE UP TO \$1.50



San Marino Prosciutto & Mozzarella or Salami & Mozzarella 85-100g

BAKERY

\$4.40 ea

SAVE UP TO **\$1.10**

Simson's
Pantry Low
Carb High
Protein
Wraps
5 Pack
210-225g



\$5 ea

TRY ME!

NEW
FLAVOUR



Vili's Gourmet Pies
or Pasties Range 160-200g

\$3.50 ea

SAVE UP TO **\$1.40**



Golden Bakery Crumpet Squares
6 Pack \$0.58 each

\$4.90 ea

SAVE UP TO **60c**



Bagel Boys Bagels 4 Pack \$1.23 each

\$4.70 ea

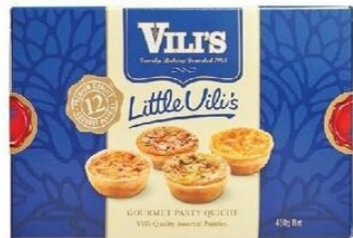
4 PACK



Riviera Brioche Hamburger Roll 4 Pack
\$1.18 each

\$18 ea

FAMILY
TRADITION



Vili's Little Gourmet
or Cocktail Quiche Range 480-800g

\$3.50 ea

GREAT VALUE



Balfours Mega Muffin 180g
\$1.94 per 100g

\$7.70 ea

SUPPORT
LOCAL



Emmaline's Biscuits 300-350g
(Selected Varieties)

NEW
PRODUCT



5 STAR HEALTH
5 STAR TASTE



\$4.40 ea

TRY ME!

Wonder
5 Star Bread
680g
\$0.65 per 100g

BAKERY & BISCUITS

Everyday
LOW
PRICES



\$3.30

ea

EVERY DAY!



Foodland Bread Range 700g \$0.47 per 100g

\$6.50

ea

EVERY DAY!





LifeStyle Bakery Gluten Free Soft 'n' Light Range 500g \$1.30 per 100g

\$6.20

ea

EVERY DAY!



Helga's Crafted 700-750g

\$4

ea

EVERY DAY!



Buttercup Country Split Bread 450g \$0.89 per 100g

\$4.40

ea

EVERY DAY!



Tip Top The One Bread 700g \$0.63 per 100g

\$4.90

ea

EVERY DAY!



Helga's Bread Range 650-850g

\$5

ea

EVERY DAY!



Arnott's Family Assorted Biscuits 500g \$1.00 per 100g

\$2.75

ea

EVERY DAY!



SunBites Crackers 105-110g

\$6

ea

EVERY DAY!



Arnott's Tim Tam Value Pack 365g \$1.64 per 100g

\$9
ea

EVERY DAY!



Lavazza
Ground
Coffee 250g
\$3.60 per 100g

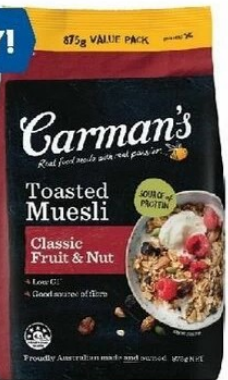


Everyday
**LOW
PRICES**

on a warming
cup of coffee

\$9.50
ea

EVERY DAY!



Carman's
Muesli 875g
\$1.09 per 100g

\$2.80
ea

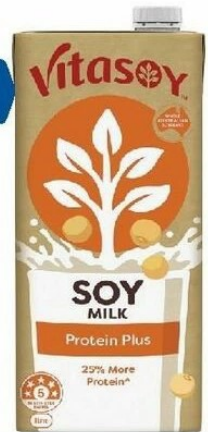
EVERY DAY!



Tetley All Rounder Tea Bags 50 Pack
\$0.06 each

\$3
ea

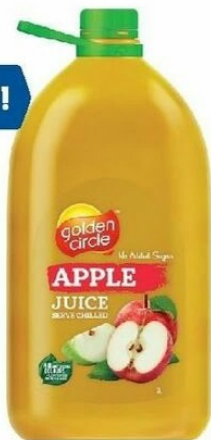
EVERY DAY!



Vitasoy
UHT Soy
Milk 1 Litre
\$3.00 per litre

\$5
ea

EVERY DAY!



Golden Circle
Juice 3 Litre
\$1.67 per litre

\$10.20
ea

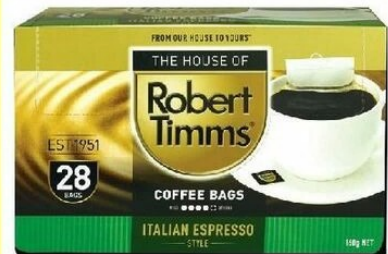
EVERY DAY!



Sustagen
Powder
550g
\$1.85 per 100g

\$10
ea

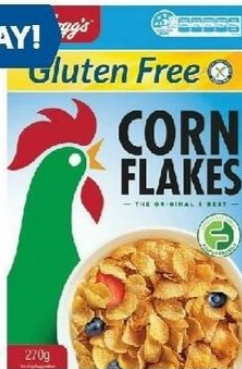
EVERY DAY!



Robert Timms Coffee Bags 24-28 Pack

\$5
ea

EVERY DAY!



Kellogg's
Corn Flakes
Gluten Free
270g
\$1.85 per 100g

\$8.30
ea

EVERY DAY!



Bega
Simply Nuts
Peanut
Butter 650g
\$1.28 per 100g

\$4
ea

EVERY DAY!

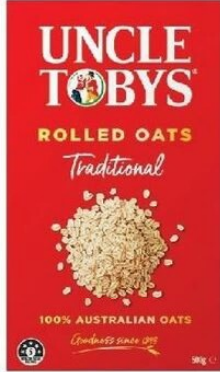
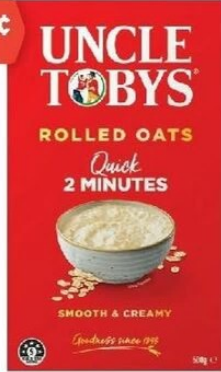


SPC Fruit 4 x 120g \$0.83 per 100g

BREAKFAST

\$3.60 ea

SAVE UP TO **90¢**



Uncle Tobys
Traditional
or Quick
Oats 500g
\$0.72 per 100g

\$18 ea

SAVE UP TO **\$10.60**



Nescafé
Blend 43 500g
\$3.60 per 100g

\$16 ea

SAVE UP TO **\$1.35**



Brasilia
Coffee Beans
or Ground
Coffee 500g
\$3.20 per 100g

\$3.75 ea

SAVE UP TO **\$2.25**



Moccona
Coffee Sachets
8-10 Pack

\$12.50 ea

SAVE UP TO **\$7.00**



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

\$4 ea

SAVE UP TO **\$1.00**



Oatly
Oat Milk
1 Litre
\$4.00 per litre

\$4.50 ea

SAVE UP TO **\$2.50**



Nescafé Farmers Origins
Capsules 10 Pack \$0.45 each

\$2.80 ea

SAVE UP TO **65¢**



Tetley All Rounder Tea Bags 50 Pack
\$0.06 each

\$9.80 ea

SAVE UP TO **\$3.30**



Nestlé
Milo 700g
\$1.40 per 100g

\$6.75 ea

SAVE UP TO **\$6.75**

HALF PRICE



Ovaltine
Sleep
Chocolate or
Vanilla 400g
\$1.69 per 100g

\$5 ea

SAVE UP TO \$1.50



B Honey
Squeeze 300g
\$1.67 per 100g

\$3 ea

SAVE UP TO \$3.00

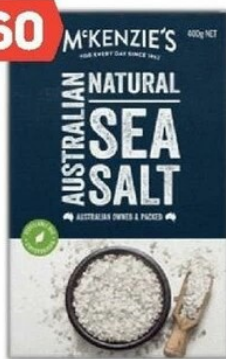
HALF PRICE



White Wings
Cake Mix
230-560g

\$4.40 ea

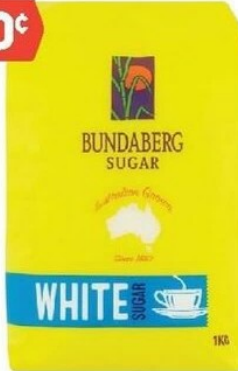
SAVE UP TO \$1.60



McKenzie's
Natural Salt
Sea 400g
\$1.10 per 100g

\$2.20 ea

SAVE UP TO 30¢



Bundaberg
White
Sugar 1kg
\$2.20 per kg

\$4 ea

SAVE UP TO \$1.00



Nestlé
Choc Bits
200g,
Choc Melts
290g or
Plastowe
Cooking
Chocolate
180g

\$5 ea

SAVE UP TO \$1.00



Carman's
Oat Bar
Crunch
125g
\$4.00 per 100g

\$6.75 ea

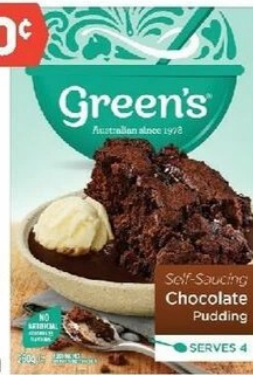
SAVE UP TO 75¢



Lotus
Biscoff
Spread
380-400g

\$2.80 ea

SAVE UP TO 70¢



Green's
Self Saucing
Pudding
260g
\$1.08 per 100g



HALF PRICE

\$2.75 ea
SAVE UP TO \$2.75

*Approximate per bar. 1 Teaspoon of Sugar equivalent to 4.2g.

Nice & Natural Smoothie Bars 100g \$2.75 per 100g

PANTRY

\$11⁵⁰ ea

SAVE UP TO **\$1.50**



Red Island
Australian
Extra Virgin
Olive Oil 500ml
\$2.30 per 100ml

\$3¹⁰ ea

SAVE UP TO **50¢**



San Remo
Pasta 750g
\$0.41 per 100g

\$2²⁰ ea

SAVE UP TO **50¢**



Fantastic
or Suimin
Bowl
Noodles
105-110g

\$2 ea

SAVE UP TO **50¢**



SPC
Baked Beans
or Spaghetti
420-425g

\$2 ea

SAVE UP TO **\$2.00**

HALF PRICE



Continental
Liquid Stock
1 Litre
\$0.20 per 100ml

\$3 ea

SAVE UP TO **\$1.00**



Praise
Mayonnaise
Squeeze
365-410g

\$2⁴⁰ ea

SAVE UP TO **\$1.10**



Fountain
Sauces 250ml
\$0.96 per 100ml

\$1⁷⁰ ea

SAVE UP TO **65¢**



Mutti
Tomato
Paste Double
Concentrate
130g
\$1.31 per 100g

SCAN TO
ENTER



ENTER EACH
TIME YOU MAKE
AN ELIGIBLE
PURCHASE*



**WIN 1 OF 3
KITCHEN AID
STAND MIXERS
PURCHASE 2 LIL BELLA
SAUCES TO ENTER***

**EACH PRIZE INCLUDES
KITCHEN AID 4.8L ARTISAN STAND MIXER SET
3-PIECE PASTA ROLLER & CUTTER**

*T&C'S APPLY, SEE INSTORE.

PANTRY

\$4.70 ea

SAVE UP TO \$1.45



Patak's
Simmer
Sauce 450g
\$1.04 per 100g

\$3 ea

SAVE UP TO 60¢



Penfield Olives
Australian
Kalamata Olives
Whole 250g
\$1.20 per 100g

\$2.30 ea

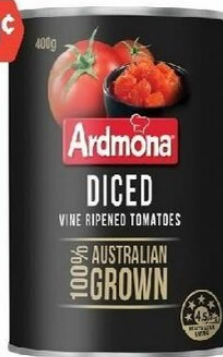
SAVE UP TO 50¢



Santamaria Sardines 120g \$1.92 per 100g

\$1.60 ea

SAVE UP TO 60¢

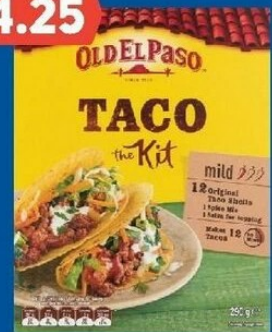


Ardmona
Diced or
Crushed
Tomatoes
400-410g

\$4.25 ea

SAVE UP TO \$4.25

HALF PRICE



Old El Paso
Standard
Kits
290-520g

\$4 ea

SAVE UP TO \$1.00



Nice Rice
Medium
Grain Rice 1kg
\$0.40 per 100g

\$2.75 ea

SAVE UP TO \$1.05



Continental
Pasta &
Sauce
Value Pack
145-170g

\$3.90 ea

SAVE UP TO 60¢



Australian
Organic Food
Co Soup
330g
\$1.18 per 100g

2 FOR

MULTI BUY

\$6

or \$3.50 ea



Campbell's
Chunky or
Country Ladle
Soup 500-505g

\$6.50 ea

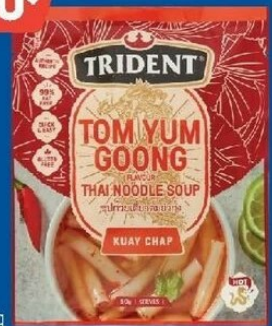
SAVE UP TO \$1.00



Sirena Tuna 425g \$1.53 per 100g

95¢ ea

SAVE UP TO 30¢



Trident
Packet
Soup 50g
\$1.90 per 100g

BISCUITS & SNACKS

\$3 ea

SAVE \$1.00
UP TO



Arnott's Shapes or Jatz 130-250g

\$3 ea

SAVE \$1.00
UP TO



Arnott's Cream Biscuits
250g \$1.20 per 100g



Arnott's Shapes or Jatz 130-250g

\$4 ea

SAVE \$1.50
UP TO



Arnott's Gluten Free Biscuits 110-170g

\$1.80 ea

SAVE \$1.70
UP TO



Griffin's Gingernuts 250g \$0.72 per 100g

\$2 ea

SAVE 50c
UP TO



Fantastic Rice Crackers 100g
\$2.00 per 100g

\$5.20 ea

GREAT VALUE



Finn's Crisps
175-200g

\$3.50 ea

SAVE \$1.00
UP TO



Arnott's Gold Label Crackers 100-110g

\$8 ea

GREAT VALUE



Nature's Delight Almonds
400-500g

\$7.50 ea

GREAT VALUE



Yummy Dried Cranberries
500g
\$1.50 per 100g

\$2.40 ea

GREAT VALUE



Val Verde Grissini 125g
\$1.92 per 100g



Prices effective from Wednesday 12th June 2024 to Tuesday 18th June 2024, or while stocks last.

• Photographs for illustration purposes only. • Some products may not be available in all stores. • To cover freight some prices may be higher in some country areas. • Check with your local Foodland store for trading hours. Savings based on the Metcash competition sell price as at 06.05.24. Advertised savings may vary in some stores as some products may already be priced below the Metcash competition price. RESALE OF PRODUCTS NOT PERMITTED.

Please recycle this catalogue

Coca-Cola **MARVEL**

LIMITED EDITION

ASSEMBLE THE MARVEL UNIVERSE



\$2.50 ea

SAVE \$1.35
UP TO

Coca-Cola
or Varieties
1.25 Litre
\$2.00 per litre



\$11.40 ea

SAVE \$7.60
UP TO

Coca-Cola Cans 10 x 375g \$3.04 per litre

© 2024 THE COCA-COLA COMPANY © 2024 MARVEL

\$4 ea

SAVE \$2.00
UP TO



Cadbury
Block
Chocolate
165-180g

\$3.50 ea

SAVE \$2.15
UP TO



Life Savers
Lolly Bags
150-200g

\$3.50 ea

SAVE \$1.50
UP TO



Cadbury
Chocolate
Bites
120-150g

\$4.20 ea

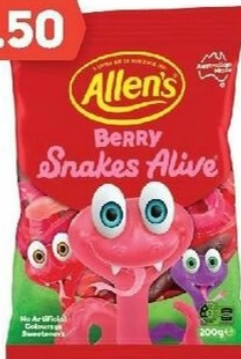
SAVE \$1.80
UP TO



M&M's,
Maltesers,
Skittles or
Pods
120-200g

\$3.50 ea

SAVE \$1.50
UP TO



Allen's
Lolly Bags
140-200g

\$6.50 ea

SAVE \$2.85
UP TO



Menz
FruChocs
300-350g



DIVE INTO



\$3¹⁵ ea
BEST BUY

NEW PRODUCT





\$4 ea
GREAT VALUE

Red Rock Deli
Potato Chips
150-165g

THE DELI

AWAKEN YOUR SENSES®

Red Rock Deli
Crackers 130-135g

\$3⁵⁰ ea
SAVE \$1.50 UP TO



Thins
Original
Thin & crispy potato chips
FRESHLY TASTY

Thins Potato Chips 150-175g

\$3⁵⁰ ea
SAVE \$1.50 UP TO



SAMBOY
The flavour HITS you!
mega BBQ hit
barbecue
crinkle cut potato chips

Samboy Potato Chips 175g \$2.00 per 100g

\$23 ea
SAVE \$5.50 UP TO

77¢ PER CAN



PEPSI MAX
30 PACK
375 mL CANS

Pepsi or Varieties Cans 30 x 375ml
\$2.04 per litre

DISCOVER **NEW** SALTED CARAMEL



HERSHEY'S
COOKIES 'N' CREME
SALTED CARAMEL

NEW



TERRY'S
ORANGE
CHOCOLATE BAR
e 35g

\$1²⁵ ea
SAVE \$1.25 UP TO

NEW



Reese's
CARAMEL
BIG CUP



Hershey's,
Terry's or
Reese's Bar
Lines 39-42g

All HALF PRICE

\$6.60
ea

SAVE UP TO **\$4.40**



V Energy Drink
4 x 250ml
\$6.60 per litre

\$3.95
ea

SAVE UP TO **\$1.75**



Halls Soft Drinks 1 Litre \$3.95 per litre

\$3.60
ea

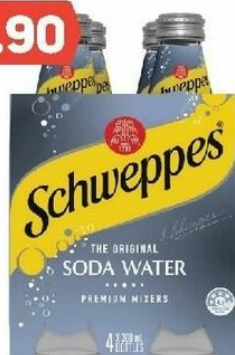
GREAT VALUE



Coca-Cola
2 Litre
\$1.80 per litre

\$5.50
ea

SAVE UP TO **\$1.90**



Schveppes Mixers
Drinks
4 x 300ml
\$4.58 per litre

\$3
ea

GREAT VALUE



Woodroffe Lemonade
2 Litre
\$1.50 per litre

\$1.85
ea

SAVE UP TO **\$1.25**



Mount Franklin Sparkling Water
1.25 Litre
\$1.48 per litre

\$28.30
ea

SAVE UP TO **\$18.90**



Coca-Cola Cans 30 x 375ml \$2.52 per litre

\$3.45
ea

GREAT VALUE



Powerade
1 Litre
\$3.45 per litre

\$15.50
ea

SAVE UP TO **\$3.50**



Giesen 0% Wines
750ml
\$20.67 per litre

\$11.80
ea

SAVE UP TO **\$3.20**



Asahi Super Dry Zero Beer
Drink
6 x 330ml
\$5.95 per litre

SNACKS & DRINKS

Everyday
**LOW
PRICES**

on sweet treats
to share



\$6 ea

EVERY DAY!



Cadbury
Party Share
Packs
216-234g

\$2.50 ea

EVERY DAY!



Pop Fiction
Popcorn
80-120g

\$2 ea

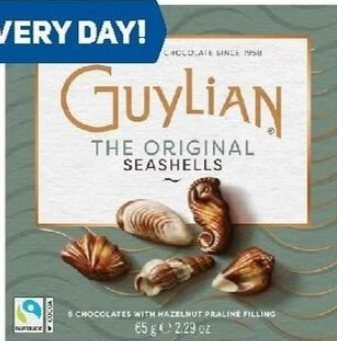
EVERY DAY!



Tru Blue
Soft Drinks
2 Litre
\$1.00 per litre

\$5.40 ea

EVERY DAY!



Guylian Chocolate Shells 65g \$8.31 per 100g

\$3.75 ea

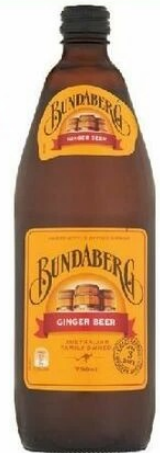
EVERY DAY!



Harvest Snaps
5 x 18g
\$4.17 per 100g

\$3.20 ea

EVERY DAY!



Bundaberg
Ginger Beer
750ml
\$4.27 per litre

\$7.50 ea

EVERY DAY!



M&M's
or Maltesers
Large
Pouch
250-380g

\$7.50 ea

EVERY DAY!



Top 20
Variety
Multipack
375g
\$2.00 per 100g

\$7 ea

EVERY DAY!



Menz Bumbles
Chocolate
Honeycomb
525g
\$1.33 per 100g

\$5.50
ea

EVERY DAY!



Bulla
Real Dairy
Ice Cream
2 Litre
\$0.28 per 100ml



Everyday
LOW PRICES

on your
freezer favourites

\$6.50
ea

EVERY DAY!



Farmers Union
Greek Style
Yogurt 1kg
\$0.65 per 100g

\$11
ea

EVERY DAY!



Cheer
Cheese
Slices 500g
\$22.00 per kg

\$7
ea

EVERY DAY!



Western Star Spreadable 500g
\$1.40 per 100g

\$3.50
ea

EVERY DAY!



Dons
Sliced or
Shaved
Meats 100g
\$35.00 per kg

\$4.80
ea

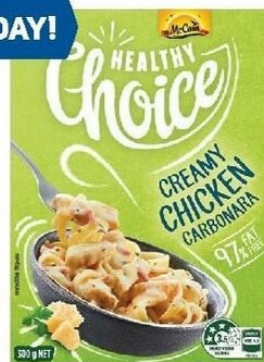
EVERY DAY!



McCain Superfries Chips 900g
\$5.33 per kg

\$4.50
ea

EVERY DAY!



McCain
Healthy
Choice
Meals
280-350g

\$5
ea

EVERY DAY!



Heinz
Mixed
Vegetables
1kg
\$5.00 per kg

\$11.50
ea

EVERY DAY!



Bird's Eye
Fish
Fingers 1kg
\$11.50 per kg

DAIRY



\$6.80
ea

SAVE UP TO \$1.50



Jalna
Pot Set
Yoghurt 1kg
(Excludes
organic and
Lactose Free)
\$6.80 per kg

\$2.30
ea

SAVE UP TO 70¢



Wicked
Sister
Protein
Puddings
170g
\$1.35 per 100g

95¢
ea

SAVE UP TO 25¢



Brownes
Wiggles
Pouch
Yoghurt 90g
\$1.06 per 100g

\$5
ea

SAVE UP TO \$1.00



The Yoghurt Factory 500g \$1.00 per 100g

\$4
ea

SAVE UP TO \$1.40



Pauls
Custard 1kg
\$0.40 per 100g

\$4.30
ea

SAVE UP TO \$1.45



Danone
Activa Yoghurt 4 Pack \$0.86 per 100g

\$1.60
ea

SAVE UP TO \$1.00

Dairy Farmers
Thick & Creamy
Yoghurt 140-150g

\$6.20
ea

GREAT VALUE



Paris Creek
Farms
Bio-dynamic
full cream
whole milk
\$3.10 per litre



\$4.50
ea

SAVE UP TO \$1.90

Boost
Juice 1 Litre
\$4.50 per litre



CHANCE TO
WIN \$200
INSTANTLY
FOR THE
Perfect
FAKEAWAY
NIGHT IN!

10
PREPAID GIFT CARDS
TO BE WON,
DAILY

Serving Suggestion



HOW TO ENTER:



\$6.50
ea

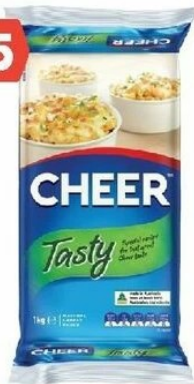
SAVE \$3.00
UP TO

Perfect Italiano
Cheese 450g
\$1.44 per 100g

*T&Cs apply, see perfectitaliano.com.au/en/fokeawaypromo. Open to AU res 18+. Starts: 12:01am AEST 22/5/24. Ends: 11:59pm AEST 2/7/24. Limit 1 entry p/transaction & max 1 entry p/person p/day. Retain original receipt/s. Instant win prizes: 420 x \$200 Digital Prepaid Mastercard® gift cards (10 per day). ACT winners published at perfectitaliano.com.au/en/fokeawaypromo by 4/7/24. Promoter: Fonterra Brands (Australia) Pty Ltd (ABN 90 095 181 669) of L2, 40 River Boulevard, Richmond VIC 3121. NSW Authority: TP/D0772 Permits NSW Authority: TP/D0772. Permits: ACT No. TP24/00413. SA No. T24/326. The PERFECT ITALIANO logo is a trade mark of the Fonterra Group of Companies.

\$12.50
ea

SAVE \$3.35
UP TO



Cheer
Cheese
Block 1kg
\$12.50 per kg

\$2.50
ea

SAVE 50c
UP TO



ZoOsh Dips 185g \$1.35 per 100g

\$9
ea

SAVE \$3.50
UP TO



Bega Cheese Slices 500g \$18.00 per kg

\$4
ea

SAVE \$4.00
UP TO

HALF PRICE



Latina Beef
Ravioli or Veal
Tortellini
Pasta 375g
\$1.07 per 100g

\$4
ea

SAVE \$2.50
UP TO



La Famiglia Garlic Bread Slices 270g
\$1.48 per 100g

\$12
ea

SAVE \$5.00
UP TO



Primo Pan-Sized Bacon 750g
\$16.00 per kg

FROZEN

\$6.50 ea

SAVE \$2.50 UP TO



McCain
Pizza Slices
540-600g

\$4.80 ea

SAVE \$2.70 UP TO



Chiko Roll 4s 650g \$0.74 per 100g

\$7 ea

SAVE \$2.00 UP TO



Ristorante Family Pizza 310-390g

\$7 ea

SAVE \$3.00 UP TO



Mrs Mac's
Pies or Giant
Sausage Roll
4 Pack
\$1.00 per 100g

\$4.80 ea

SAVE \$1.20 UP TO



McCain Pub Style Fries and Wedges
750g \$6.40 per kg

\$4.80 ea

SAVE \$1.70 UP TO



Pampas Puff Pastry 1kg \$4.80 per kg

\$11 ea

SAVE \$2.50 UP TO



Steggles
Chicken
Nuggets 1kg
\$11.00 per kg

\$5 ea

SAVE \$2.30 UP TO



Pacific West
Spring Rolls
430g
\$1.16 per 100g

\$7.20 ea

SAVE \$2.30 UP TO



McCain Pub Size Meals 480-500g

\$7.50 ea

TRY ME!

NEW
FLAVOUR



Fitness
Outcomes
Meals 360g
\$2.14 per 100g

\$5 ea

SAVE \$2.00 UP TO



Lean
Cuisine
Loaded
Vegie Meal
310-350g

\$8 ea

SAVE UP TO **\$3.00**

Bulla
Creamy
Classics
Ice Cream
2 Litre
\$0.40 per 100ml



\$7 ea

SAVE UP TO **\$3.50**



\$7.50 ea

SAVE UP TO **\$3.00**

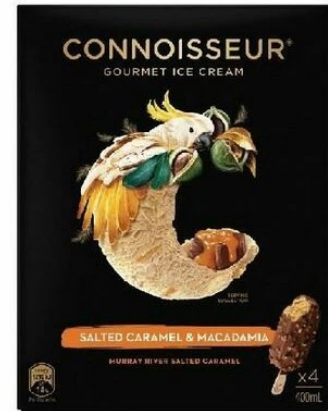


Peters Maxibon Multipacks 4s

\$6.50 ea

SAVE UP TO **\$3.50**

Cadbury
Oreo or Milo
1.2 Litre
\$0.54 per 100ml

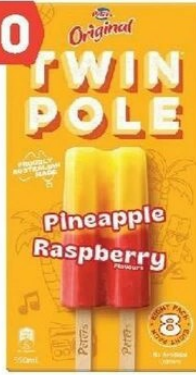


Connoisseur Multipack 4-6s

\$6 ea

SAVE UP TO **\$2.00**

Peters
Twin Pole
Multipacks 8s



\$12.90 ea

SAVE UP TO **\$1.00**

Golden North Country Style
Ice Cream 5 Litre \$0.26 per 100ml



\$7 ea

SAVE UP TO **\$2.50**

Bulla
Creamy
Classics
Multipack 4s
\$1.94 per 100ml



\$6.50 ea

SAVE UP TO **\$2.00**

Sara Lee Cheese Cake 360-410g



\$4.50 ea

GREAT VALUE

Nanna's Apple Crumble Pie 550g
\$0.82 per 100g



\$8.50 ea

SAVE UP TO **\$2.00**

Oob
Organic
Mango,
Mixed Berries
or Blueberries
450-500g



HALF PRICE

SELECTED **ORAL-B** PRODUCTS

NEW PRODUCT



A



B



C

- A. Oral B Floss Picks 30 Pack
\$1.75ea SAVE \$1.75 \$0.06 each
- B. Oral B Power Brush Extra Sensitive Refills 5 Pack
\$24.50ea SAVE \$24.50 \$4.90 each
- C. Oral B Pro-Health Toothpaste 200g
\$6ea SAVE \$6.00 \$3.00 per 100g

HALF PRICE

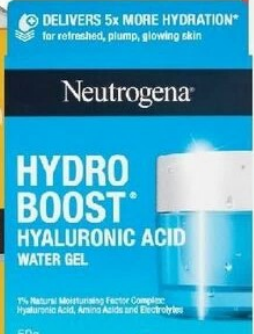
SELECTED **NEUTROGENA** PRODUCTS



A



B



C

- A. Neutrogena Make Up Remover Wipes 25 Pack
\$4.25ea SAVE \$4.25 \$0.17 each
- B. Neutrogena Oil-Free Acne Wash 175ml
\$8.75ea SAVE \$8.75 \$5.00 per 100ml
- C. Neutrogena Hydro Boost Face Gel or Cream 50g
\$17.50ea SAVE \$17.50 \$35.00 per 100g

\$6.50 ea

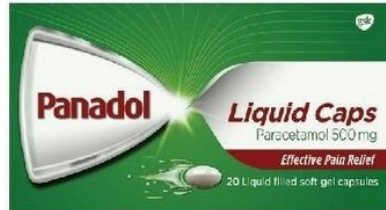
SAVE \$1.50 UP TO



Zyrtec Hayfever & Allergy Tablets 5 Pack* \$1.30 each

\$5 ea

SAVE \$1.00 UP TO

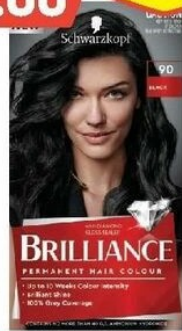


Panadol Liquid Caps 20 Pack* \$0.25 each

\$11 ea

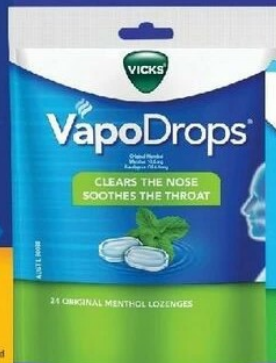
SAVE \$11.00 UP TO

HALF PRICE



Schwarzkopf Brilliance Hair Colour 1 Pack

20% OFF SELECTED **VICKS** PRODUCTS*



*Always read the label. Follow directions for use. This medicine may not be right for you. Read the warning on each before you choose. Incorrect use could be harmful. If symptoms persist, talk to your health professional.

HALF PRICE

SELECTED **HEALTH & BEAUTY PRODUCTS**



- A. Colgate Plax Mouth Wash 1 Litre
\$6ea SAVE \$6.00 \$0.60 per 100ml
- B. Palmolive Luminous Oil Shampoo or Conditioner 700ml **\$5ea SAVE \$5.00** \$0.71 per 100ml
- C. Lynx Body Wash 400ml
\$3.25ea SAVE \$3.25 \$0.81 per 100ml

HALF PRICE

SELECTED **BULL DOG PRODUCTS**

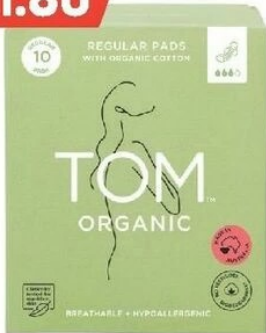


- A. Bull Dog Skincare for Men Moisturiser 100ml
\$7.50ea SAVE \$7.50 \$7.50 per 100ml
- B. Bull Dog Face Scrub 125ml or Face Wash 150ml
\$7.50ea SAVE \$7.50
- C. Bull Dog Beard Shampoo or Conditioner 200ml
\$8ea SAVE \$8.00 \$4.00 per 100ml

\$4.20 ea

SAVE \$1.80 UP TO

Tom Organic Ultra Thin Pads 10 Pack \$0.42 each



\$6 ea

SAVE \$1.50 UP TO

Femfresh Feminine Wash 250ml or Wipes 20s



\$6 ea

SAVE \$4.00 UP TO

Schick Hydro Silk Disposables 2 Pack \$3.00 each



30% OFF
SELECTED
TENA
UNDERWEAR

BabyLove Nappy Pants

PLAY MORE. LOVE MORE.

NEW BLUEY PRINTS

\$16^{ea}
SAVE UP TO \$4.00

BabyLove Nappy Pants 22-38s

Easy-to-change!
 PERFECT FIT
 12 HRS PROTECTION

Bluey

4 9-14 20

Bluey TM and BLUEY character logos TM & © Ludo Studio Pty Ltd 2018. Licensed by BBC Studios. BBC logo TM & © BBC 1996

\$24^{ea}
SAVE UP TO \$6.00

Nestlé
NAN[®] SUPREME^{pro} 3
 TODDLER

800g

From 1 year of age

Nestlé NAN Supreme Pro 3 Infant Formula 800g \$3.00 per 100g

\$17^{ea}
SAVE UP TO \$10.00

HUGGIES[®] Ultra Dry[™]

Tailor-Made For Boys

Tailor-Made For Girls

5 13-18 32 nappies

5 13-18 32 nappies

Huggies Ultra Dry Nappies 30-54s

\$15^{ea}
SAVE UP TO \$5.50

HUGGIES[®]
 Thick Baby Wipes

Fragrance Free

GENTLE GLIDE TRAPS MESS IN A WIPES

400 WIPES
 19.5cm x 17cm

Huggies Baby Wipes 400s \$3.75 per 100 units

\$7^{ea}
SAVE UP TO \$2.00

NEW

Curash
 Gentle Head to Toe Wash or Shampoo & Conditioner 400ml

\$1.75 per 100ml

\$4^{ea}
SAVE UP TO \$2.00

HUGGIES[®] Bio

100% BIODEGRADABLE[™] BABY WIPES

64 WIPES
 19.5cm x 17.4cm

Huggies Ultimate Baby Wipes 64 Pack \$6.25 per 100 units

\$3.65^{ea}
SAVE UP TO 85¢

NEW WHITE CLAY

COUNTRY LIFE[®]
 Fresh Linen & White Clay

5 PACK 450g NET

Country Life Soap 5 Pack \$0.73 each

*Always read the label. Follow directions for use. This medicine may not be right for you. Read the warning on your before purchase. Incorrect use could be harmful. If symptoms persist, talk to your health professional.

Dine[®]

MAKE EVERY NIGHT CATURDAY NIGHT™

\$6 ea

SAVE \$3.00
UP TO

Dine
Classic Cat Food
Multipack 7 x 85g
\$1.01 per 100g

\$4.20 ea

SAVE \$1.80
UP TO

Dine
Fresh & Fine
6 x 50g
\$1.40 per 100g

\$2.80 ea

SAVE \$1.20
UP TO

Dine
Creamy Treats
4 x 12g
\$5.83 per 100g

© 2024 Mars or Affiliates.

\$29 ea

SAVE \$13.00
UP TO

Optimum Dry Dog Food 7kg
\$0.41 per 100g

\$11 ea

SAVE \$5.00
UP TO

Schmackos Treats 500g
\$2.20 per 100g

\$8.30 ea

SAVE \$3.70
UP TO

Optimum Dry Cat Food 800g
\$1.04 per 100g

\$8 ea

SAVE \$1.50
UP TO

Nutri-mate Dog Food Roll 2kg \$4.00 per kg
(Available in the Meat Dept. Fridge)

\$2.45 ea

SAVE 75¢
UP TO

Farmer's Market 400g
\$0.61 per 100g

\$5.40 ea

SAVE 60¢
UP TO

VIP Paws Fresh Dog Food 600g
(Available in Meat Dept. Fridge) \$9.00 per kg

Everyday
**LOW
PRICES**

on strong hold
hairspray



\$11.95 ea

EVERY DAY!

L'Oréal Paris
Elnett
Hairspray
400ml
\$2.99 per 100ml



\$6 ea

EVERY DAY!

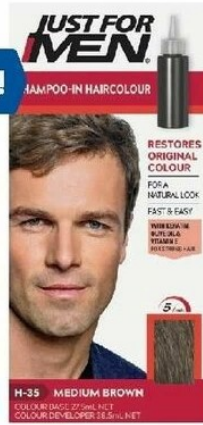
Taft
Styling
Gel Max
250g
\$2.40 per 100g



\$14 ea

EVERY DAY!

Just For Men
Hair Colour
1 Pack



\$18 ea

EVERY DAY!

L'Oréal
Wrinkle
Expert
Cream
50ml
\$36.00 per 100ml



\$9 ea

EVERY DAY!

Difflam Plus Anaesthetic
Sore Throat Lozenges Blackcurrant
Flavour 16 Pack* \$0.56 each



\$17 ea

EVERY DAY!

Difflam Plus Sore
Throat Spray 30ml*
\$56.67 per 30ml



\$22 ea

EVERY DAY!

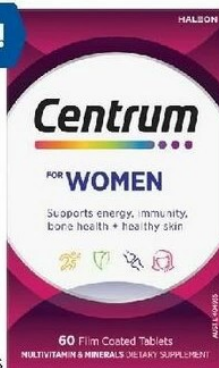
Berocca 45s* \$48.89 per 100 units



\$18.50 ea

EVERY DAY!

Centrum
Vitamin
Tablets
60 Pack*
\$30.83 per 100 units



\$7.95 ea

EVERY DAY!

Radox
Bath Salts
Muscle
Soothe 500ml
\$1.59 per 100g



\$9 ea

EVERY DAY!

Johnson's
Body Wash
1 Litre
\$0.90 per 100ml



*Always read the label. Follow directions for use. If symptoms persist, talk to your health professional. Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional. Vitamin and mineral supplements should not replace a balanced diet.

\$4 ea

EVERY DAY!



Chum
Dog Food
1.2kg
\$0.33 per 100g



Everyday
**LOW
PRICES**

on best friend
buys

\$21⁵⁰ ea

EVERY DAY!



Purina Felix Cat Food 24 x 85g \$1.05 per 100g

\$5⁴⁰ ea

EVERY DAY!



Nature's Gift
Meatballs 700g
(Available in
Meat Dept. fridge)
\$7.71 per kg

\$40 ea

EVERY DAY!



Vileda
Promist Max
Flip Spray
Mop
\$40.00 each

\$11⁵⁰ ea

EVERY DAY!



Vileda
Promist
Max Flip
Spray Refill
\$11.50 each

\$4⁸⁰ ea

EVERY DAY!



Gumption Multi-Purpose Cleaner 500g
\$0.96 per 100g

\$4 ea

EVERY DAY!



Ajax
Floor
Cleaner 750ml
\$0.53 per 100ml

\$3⁸⁰ ea

EVERY DAY!



Glad
Kitchen Tidy
Wavetop
Bags 20-40s

\$3⁶⁰ ea

EVERY DAY!



Ansell
Heavy Duty
Gloves M or L
1Pack
\$3.60 each

HALF PRICE

SELECTED **DYNAMO PRODUCTS**



- A. Dynamo Professional Laundry Liquid 2 Litre
\$14.50ea **SAVE \$14.50** \$7.25 per litre
- B. Dynamo Laundry Liquid 4 Litre
\$20.50ea **SAVE \$20.50** \$5.13 per litre

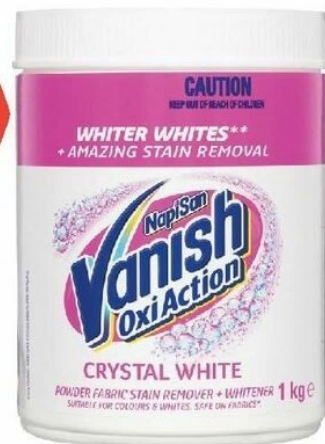
\$10⁸⁵ ea
SAVE \$4.65
UP TO

OMO
Active Clean
or Sensitive
Laundry
Liquid
1 Litre or
Powder 1kg



\$8⁹⁵ ea
SAVE \$2.55
UP TO

Napisan
Vanish Oxi
Action Stain
Remover
Powder 1kg
\$8.95 per kg



\$9 ea
SAVE \$9.00
UP TO

Comfort
In-wash Scent
Booster
Beads 200g
\$4.50 per 100g



\$26 ea
SAVE \$26.00
UP TO

Finish Ultimate Plus Dishwasher Tablets
Lemon 31 Pack \$0.84 each



\$8⁵⁰ ea
SAVE \$8.50
UP TO

Cold Power Triple Capsules 18 Pack
\$0.47 each



HALF PRICE

Energizer.

UP TO **200% LONGER LASTING***
*THAN CARBON ZINC. RESULTS VARY BY DEVICE (AA ONLY)



50% OFF

\$11³⁵ ea
SAVE \$11.35
UP TO



Energizer
Max Plus AA or
AAA 10 Pack \$1.14 each

\$4 ea

SAVE UP TO **\$1.50**



iCare
Double Length
3 Ply Toilet
Rolls 4 Pack
\$0.28 per 100 sheets

\$2 ea

SAVE UP TO **50¢**



Quilton White 3 Ply Facial Tissues 110s \$1.82 per 100 units

\$4 ea

SAVE UP TO **\$1.00**



Handee Ultra Paper Towel 3 Pack \$2.22 per 100 sheets

\$2.50 ea

SAVE UP TO **60¢**



Sorbent Facial Tissues 250 Pack \$1.00 per 100 units

\$3.70 ea

SAVE UP TO **\$1.70**



White King
Bleach Spray
or Disinfectant
Cleaner 500ml
\$0.74 per 100ml

\$4.50 ea

SAVE UP TO **\$1.50**



White King
Disinfectant
Gel 1 Litre
\$0.45 per 100ml

\$4 ea

SAVE UP TO **\$1.00**



Dettol
Healthy Clean
Bathroom or
Kitchen Spray
500ml
\$0.80 per 100ml

**For a powerful clean
trust White King**



A. White King
Bleach 2.5 Litre
\$4ea SAVE \$0.80
\$1.60 per litre

B. White King
Toilet Gel 700ml
\$3.80ea SAVE \$2.20
\$0.54 per 100ml



FOODLAND GREAT SAVINGS

Live Here

\$1.35
ea

SAVE \$1.35
UP TO

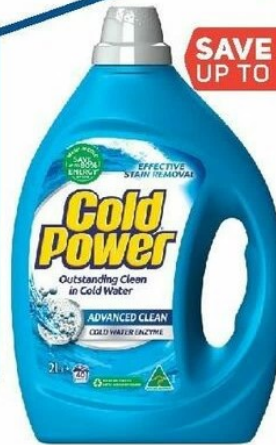


Twisties,
Cheetos or
Burger Rings
65-90g



\$12
ea

SAVE \$12.00
UP TO



Cold Powder
Laundry
Liquid 2 Litre
or Laundry
Powder 2kg

\$6
ea

SAVE \$6.00
UP TO



Birds Eye
Oven Bake
Range
425g
\$14.12 per kg

\$1.40
ea

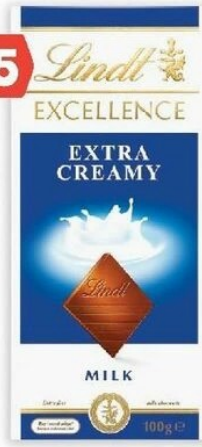
SAVE \$1.40
UP TO



Oreo Cookies 128-131g

\$3.25
ea

SAVE \$3.25
UP TO



Lindt
Excellence
Block
Chocolate 100g
\$3.25 per 100g

MEET OUR LATEST

4 PLY

THICK & SOFT

\$6.90
ea

SAVE \$3.00
UP TO



Sorbent Thick & Soft 4Ply Toilet Paper
12 Pack \$0.43 per 100 sheets

**NEW
PRODUCT**



Scan and subscribe to receive the digital catalogue straight to your inbox.



FOODLAND GREAT SAVINGS

Live Here

\$1.35
ea

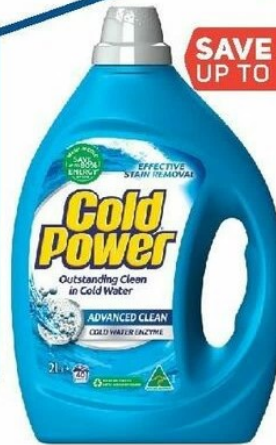
SAVE \$1.35
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Twisties,
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Powder 2kg



\$6
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Oven Bake
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ea

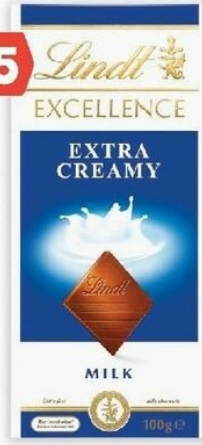
SAVE \$1.40
UP TO



Oreo Cookies 128-131g

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ea

SAVE \$3.25
UP TO



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Excellence
Block
Chocolate 100g
\$3.25 per 100g

MEET OUR LATEST

4 PLY

THICK & SOFT

\$6.90
ea

SAVE \$3.00
UP TO

Sorbent
AUSTRALIAN SINCE 1952
4 PLY THICK & SOFT
12 ROLLS
140 SHEETS 10 x 18.5 cm

**NEW
PRODUCT**

Sorbent Thick & Soft 4 Ply Toilet Paper
12 Pack \$0.43 per 100 sheets

