

# Cheaper choices from Coles when you are living on a budget...

**\$25**



Located in Aisle 2  
Coles Baked Beans Canned Regular | 425g  
**\$1.50 ea**



Located in Dairy  
Coles Lite Milk | 2L  
**\$3.10 ea**



Located in Aisle 2  
Coles Spaghetti Rich Tomato Can...  
**\$1.50 ea**



Located in Aisle 3  
Coles Squeezy Sauce Tomato | 500mL  
**\$1.95 ea**



Located in Aisle 1  
Coles White Bread | 700g  
**\$2.40 ea**



Located in Aisle 10  
Coles Simply Regular Spread | 500g  
**\$2.30 ea**



Located in Aisle 3  
Maggi 2 Minute Instant Noodles Ori...  
**\$5.00 ea**



Located in Aisle 10  
Thomson's Deli Thin Franks | 500g  
**\$3.20 ea**



Located in Aisle 4  
Coles Vanilla Cream Wafers | 125g  
**\$0.80 ea**

**These items total \$21.75**

**This leaves \$3.25 for a couple of pieces of fresh fruit**



Should you require help with your budget please contact Care Goondiwindi and ask for the Financial Resilience Program. PH: 46700700

# Cheaper choices from Coles when you are living on a budget...

**\$25**

EVERY DAY



Located in  
Aisle 4  
Coles  
Australian Lite  
Long Life Mil...



**\$1.60 ea**

DOWN  
DOWN



Located in  
Bread & bakery  
Coles Soft  
White Wraps 8  
pack | 360g

**\$2.40 ea**

EVERY DAY



Located in  
Aisle 10  
Coles Dairy  
Cheese Slices  
Processed | 5...

**\$4.75 ea**



Located  
in Meat  
Coles RSPCA  
Approved  
Chicken Dru...



**\$4.50 kg**



Located in  
Aisle 5  
Coles Multi  
Vitamin Juice |  
2L

**\$2.80 ea**



EVERY DAY



Located in  
Aisle 3  
Coles Squeezy  
Sauce BBQ |  
500mL



**\$1.95 ea**



Located in  
Aisle 10  
Thomson's Deli  
Devon | 1kg

**\$4.50 ea**



EVERY DAY



Located in  
Aisle 4  
Coles Biscuits  
Scotch Fingers  
| 250g



**\$1.25 ea**



Located in  
Aisle 4  
Coles  
Chocolate  
Cream Wafer...



**\$0.80 ea**

**These items total \$24.55**



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# Cheaper choices from Coles when you are living on a budget...

**\$50**

EVERY DAY



Located in Aisle 10  
Coles Simply Garlic Bread Twin Pack | 4...

**\$2.30 ea**



Located in Aisle 4  
Coles Chocolate Cream Wafer...

**\$0.80 ea**



Located in Aisle 2  
Coles Organic Bolognese Pasta Sauce |...

**\$2.30 ea**

\$0.46 per 100g

EVERY DAY



Located in Aisle 10  
Coles Chicken & Vegetable Pies 4 pack |...

**\$5.60 ea**

\$0.80 per 100g

EVERY DAY



Located in Aisle 4  
Coles Australian Lite Long Life Mil...

**\$1.60 ea**

EVERY DAY



Located in Aisle 1  
Coles 100% Australian Pure Honey Squee...

**\$4.20 ea**

EVERY DAY



Located in Aisle 1  
Coles White Bread | 700g

**\$2.40 ea**

EVERY DAY



Located in Aisle 10  
Coles Simply Regular Spread | 500g

**\$2.30 ea**



Located in Meat  
Coles Regular Pork Mince | 500g

**\$5.50 ea**

\$11.00 per 1kg

EVERY DAY



Located in Aisle 10  
Coles Beef Lasagne | 1.8kg

**\$12.00 ea**

\$0.67 per 100g

EVERY DAY



Located in Aisle 2  
Coles Simply Pasta Spaghetti | 5...

**\$0.90 ea**



Located in Aisle 4  
Coles Vanilla Cream Wafers | 125g

**\$0.80 ea**

EVERY DAY



Located in Aisle 2  
Coles Long Grain Rice | 1kg

**\$1.80 ea**



Located in Aisle 4  
Coles 100's & 1000's Kids Mini Biscuits...

**\$2.00 ea**

**These items total \$50.00**

# Cheaper choices from Coles when you are living on a budget...

**\$50**



Located in Meat  
Coles RSPCA Approved Chicken Drumsticks | 4.50 kg



Located in Aisle 1  
Coles Free Range Eggs 6 Pack | 300g  
**\$3.75 ea**



Located in Fresh produce  
Coles Creme Royale Brushed Potatoes | 3.90 kg



Located in Aisle 4  
Coles Captain's Table Classic Water Crackers | 125g  
**\$1.75 ea**



Located in Meat  
Coles Simply Thin BBQ Sausages | 5...  
**\$6.50 ea**



Located in Aisle 4  
Coles Plain Rice Crackers | 100g  
**\$0.90 ea**



Located in Aisle 1  
Coles White Bread | 700g  
**\$2.40 ea**



Located in Aisle 3  
Coles Italian Diced Tomatoes | 4...  
**\$1.10 ea**



Located in Aisle 10  
Thomson's Deli Thin Franks | 500g  
**\$3.20 ea**



Located in Aisle 5  
Coles Tomato Salsa Mild | 300g  
**\$1.50 ea**



Located in Aisle 3  
Coles Beans 4 Bean Mix | 420g  
**\$1.00 ea**



Located in Aisle 10  
Coles Colby Cheese Block | 250g  
**\$5.00 ea**  
\$20.00 per 1kg | Was \$6.00 on...



Located in Fresh produce  
Coles Roma Tomatoes | 480g  
**\$4.90 ea**



Located in Aisle 2  
Coles Simply Pasta Sauce Caramelised...  
**\$2.10 ea**  
\$0.41 per 100g



Located in Aisle 3  
Coles Tuna Chunks in Springwater...  
**\$1.10 ea**



Located in Aisle 4  
Coles Chocolate Cream Wafer...  
**\$0.80 ea**



Located in Aisle 10  
Coles Frozen Meat Pies 4 Pack | 700g  
**\$5.50 ea**  
\$0.79 per 100g

**These items total \$49.90**



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