

# LOW PRICES: A TRUE STORY

## Alicia's Shop

**Shops occurred on  
28th May 2026 at  
PAK'nSAVE Rolleston and  
Woolworths Rolleston.**

**I LOVE A  
PREDICTABLE  
ENDING.**



| BRAND          | PRODUCT                         | QTY | WEIGHT/<br>PACK SIZE | PAK'nSAVE       | WOOLWORTHS      | WOOLWORTHS<br>PURCHASE                  |
|----------------|---------------------------------|-----|----------------------|-----------------|-----------------|-----------------------------------------|
| Pams           | Oranges                         |     | 1.733kg              | \$7.43          | \$11.96         |                                         |
|                | Apples Ambrosia                 |     | 1.57kg               | \$7.36          | \$10.97         |                                         |
|                | Capsicum Red                    | 2   |                      | \$4.78          | \$8.90          | Capsicum Green                          |
|                | Baby Spinach                    | 1   | 120g                 | \$4.69          | \$4.70          | Woolworths Baby Leaf Spinach            |
|                | Broccoli                        | 2   |                      | \$5.98          | \$5.30          |                                         |
| Pams           | Carrots                         |     | 1.935kg              | \$4.43          | \$6.48          |                                         |
| Pams           | Tomatoes Sweet Temptation Pack  | 1   | 500g                 | \$7.39          | \$6.00          | Woolworths Gourmet Delight Tomatoes     |
| Hellers        | Cheerios Gluten Free            | 1   | 1kg                  | \$11.99         | \$12.49         |                                         |
| Hellers        | NZ Lamb Shoulder Chops          |     | 938g                 | \$18.28         | \$18.71         |                                         |
|                | Shaved Manuka Smoked Ham        | 1   | 200g                 | \$5.39          | \$4.50          |                                         |
|                | Bacon Streaky Manuka Smoked     | 1   | 800g                 | \$14.49         | \$21.99         |                                         |
| Better Eggs    | Free Range Eggs Size 7          | 2   | 12 pack              | \$13.98         | \$25.80         |                                         |
| Value          | Standard Milk                   | 1   | 3L                   | \$6.79          | \$7.28          | Woolworths Standard Milk                |
| Yoplait        | Apricot Feijoa Yoghurt          | 1   | 1kg                  | \$7.05          | \$6.00          | Yoplait Blueberry Yoghurt               |
| Cyclops        | Greek Yoghurt Vanilla Bean      | 2   | 750g                 | \$12.98         | \$11.20         | Cyclops Greek Yoghurt Natural           |
| Pams           | Butter Salted                   | 1   | 500g                 | \$8.49          | \$8.59          | Woolworths Butter Salted                |
| Rolling Meadow | Edam Cheese                     | 1   | 1kg                  | \$12.99         | \$13.90         | Alpine Edam Cheese                      |
| Fanta          | Fanta Orange Cans               | 1   | 6 pack               | \$6.49          | \$7.50          |                                         |
| Pams           | Rice Crackers Chicken           | 1   | 100g                 | \$1.75          | \$1.99          | Woolworths Tangy BBQ Thin Rice Crackers |
| Arnott's       | Shapes Snacks Pizza             | 1   | 190g                 | \$2.29          | \$3.85          |                                         |
| Arnott's       | Shapes Chicken Crimpy           | 1   | 175g                 | \$2.29          | \$3.85          |                                         |
| Life Savers    | Sherbert Bombs Lollies          | 1   | 150g                 | \$3.29          | \$3.89          |                                         |
| Griffins       | Chockie Chippies Biscuit        | 1   | 200g                 | \$2.49          | \$4.19          |                                         |
| Griffins       | Cookie Bear Shrewsbury Biscuit  | 1   | 195g                 | \$2.49          | \$4.19          |                                         |
| Pams           | Choc Coated Peanut Nut Bars     | 2   | 225g                 | \$5.18          | \$5.58          | Woolworths Nut Bar Crunchy Choc         |
| Pams           | Chocolate Biscuits Mint         | 2   | 200g                 | \$5.58          | \$6.58          | Woolworths Chocolate Biscuits Mint      |
| Dole           | Fruit Mix in Juice              | 1   | 432g                 | \$2.89          | \$3.19          |                                         |
| Nescafé        | Gold Coffee Intense Intensity 7 | 1   | 90g                  | \$8.79          | \$7.00          | Gold Coffee Intense Intensity 8         |
| Hummingbird    | Nectar Coffee Beans             | 2   | 200g                 | \$18.98         | \$25.30         |                                         |
| Sanitarium     | Weetbix Bites berry             | 1   | 500g                 | \$6.99          | \$6.99          |                                         |
| Kellogg's      | Nutrigrain                      | 1   | 470g                 | \$9.49          | \$7.00          |                                         |
| Keri           | Juice Orange Apple              | 1   | 2.4L                 | \$4.99          | \$5.00          |                                         |
| Ritz           | Original Crackers               | 1   | 227g                 | \$2.99          | \$3.50          |                                         |
| Sealord        | Tuna Mayonnaise Canned          | 2   | 95g                  | \$4.38          | \$3.40          |                                         |
| Wattie's       | Tomato Sauce                    | 1   | 560g                 | \$4.39          | \$4.50          |                                         |
| Diamond        | Rice Risotto                    | 1   | 200g                 | \$3.29          | \$4.19          |                                         |
| Basso          | Olive Oil Extra Virgin          | 1   | 500ml                | \$9.99          | \$10.80         | Borges Olive Oil Extra Virgin           |
| Wattie's       | Gravy Mix Supreme Chicken       | 1   | 29g                  | \$0.99          | \$1.09          |                                         |
| Pams           | Cashews Roasted & Salted        | 2   | 150g                 | \$7.58          | \$7.60          | Woolworths Cashews Roasted & Salted     |
| Heartland      | Potato Chips Southern Salt      | 1   | 150g                 | \$1.99          | \$3.19          |                                         |
| Coca-Cola      | Zero Sugar                      | 1   | 18 pack              | \$15.79         | \$15.99         |                                         |
| Pams           | Chips Chicken 10 Pack           | 1   | 180g                 | \$3.99          | \$4.25          | Woolworths Chips Chicken 10 pack        |
| Bluebird       | Chips Multipack 20 Pack         | 1   | 360g                 | \$8.49          | \$8.00          |                                         |
| Morinaga       | Hi-Chew Sweet & Sour            | 1   | 90g                  | \$2.59          | \$2.70          | Hi-Chew Original Mix 100g               |
| Mr Chips       | Iced Raspberry Finger Buns      | 1   | 4 pack               | \$2.99          | \$4.90          | Woolworths Iced Raspberry Finger Buns   |
|                | Bread French Stick              | 1   |                      | \$3.59          | \$4.00          | Woolworths Baguette                     |
|                | Shoestring Fries                | 1   | 900g                 | \$3.69          | \$3.40          | McCain Super Fries Shoestring           |
| Mr Chips       | Gold Agria Straight Cut         | 1   | 900g                 | \$3.69          | \$3.40          | McCain Super Fries Straight             |
| Tegel          | Takeouts Nashville              | 2   | 600g                 | \$28.70         | \$32.98         |                                         |
| Mitchum        | Roll On Womens Deodorant        | 1   | 50ml                 | \$4.09          | \$4.79          |                                         |
| Superior       | Chunky Dog Food                 | 1   | 2kg                  | \$11.99         | \$12.40         |                                         |
|                |                                 |     |                      | <b>\$363.67</b> | <b>\$415.96</b> |                                         |

**PAK'nSAVE Saving \$52.29**

Groceries were selected by Alicia to reflect a typical weekly shop for her household. PAK'nSAVE was shopped first with the shop at Woolworths commencing within an hour of completing the PAK'nSAVE shop. Pricing at your local PAK'nSAVE or Woolworths may differ, pricing on another day may also differ. Everyday Rewards specials are included and equate to \$1.89 in savings. Alicia also received \$34.07 in other savings at Woolworths, which is included. Rounding excluded. Weighted products were purchased in as similar sizes as possible and then equalised to the exact weight purchased at PAK'nSAVE with the price adjusted accordingly. Equivalent products are noted above and were of same or better quality in Woolworths as determined by Alicia and verified by Foodstuffs. Seven products were excluded. Other offers valid at the time of shop: at PAK'nSAVE Alicia had the chance to enter a monthly prize draw to win a PAK'nSAVE gift card (\$500) by providing feedback. Alicia also received a PAK'nSAVE Fuelup voucher for 10 cents/litre off up to 100 litres (excluding LPG) to fill one vehicle, redeemable at any Z. or participating Caltex service stations. Alicia also received a voucher for \$1.00 off one regular or large coffee from Zak's CoffeePod at PAK'nSAVE Rolleston. At Woolworths Alicia collected 472 Everyday Rewards points, and had the chance to enter a monthly prize draw to win a share of over \$1,000 worth of Everyday Rewards vouchers by providing feedback.

**PAK'nSAVE**