LOW PRICES: A TRUE STORY



Simona's Shop

Shops occurred on 22nd September 2026 at PAK'nSAVE Albany and Woolworths Greville Road.

BRAND	PRODUCT	QTY	WEIGHT/ PACK SIZE	PAK'nSAVE TOTAL	WOOLWORTHS TOTAL	WOOLWORTHS PURCHASE
	Brown Onions		345g	$1.14	$1.21	
	Carrots		1.66kg	$3.30	$4.07	
	Broccoli	1		$0.99	$2.00	
	Telegraph Cucumber	1		$3.49	$3.30	
	Peeled Red Onion		195g	$1.13	$1.36	
	Iceberg Lettuce	1		$1.99	$2.30	
	Red Kumara		990g	$5.93	$6.39	
	White Button Mushrooms		180g	$1.53	$2.33	
	Celery Bunch Whole	1		$2.49	$2.99	
	Bananas		925g	$3.32	$3.47	
	Navel Oranges		1.265kg	$4.41	$6.20	
	Green Kiwifruit		385g	$1.92	$2.12	
	Royal Gala Apples		1.23kg	$6.14	$7.20	
	Avocado	4		$3.00	$3.96	
Only Organic	Mango Coconut & Quinoa 6+ Months	1	120g	$1.69	$1.80	
Only Organic	Apple Blueberry Blackberry & Oats 8+ Months	1	120g	$1.69	$1.80	
Little Bellies	Organic Apple & Cinnamon Puffs 7+ Months	1	12g	$2.29	$2.50	
Little Bellies	Organic Blueberry Puffs 7+ Months	1	12g	$2.29	$2.50	
Ceres Organics	Banana Baby Rice Puffs 10+ Months	1	15g	$1.99	$1.90	
Pams	White Sugar	1	1.5kg	$3.19	$3.44	Woolworths White Sugar
Ceres Organics	Organic Brown Rice Cakes Tamari	1	110g	$3.49	$3.69	Organic Brown Rice Cakes Quinoa
Huntley & Palmers	Roasted Garlic & Herb Baked Sourdough Crackers	1	140g	$4.29	$3.99	
Pams	Chocolate Digestives Biscuits	1	200g	$0.99	$3.19	Woolworths Chocolate Wheats
Sanitarium	Weet-Bix Breakfast Cereal	1	750g	$6.19	$6.89	
Harraways	Extra Creamy Scotch Oats	1	800g	$5.19	$4.19	
Kellogg's	Nutri-Grain Breakfast Cereal	1	290g	$5.49	$6.50	
Wattie's	Baked Beans in Tomato Sauce	1	3 pack	$6.29	$7.19	
Wattie's	Chickpeas in Spring Water	2	400g	$4.98	$4.98	Edgell Chickpeas
Mother Earth	Lightly Salted Roasted Deluxe Mixed Nuts	1	150g	$4.89	$5.39	
Nice & Natural	Peanut & Cashew Choc Nut Bars	1	6 pack	$2.49	$4.49	
Bluebird	Chips Originals Mix Snack Packs	1	20 pack	$7.69	$7.95	Snack Faves Mix Chips
Eta	Ripple Cut Chicken Potato Chips	1	150g	$2.29	$2.20	
Mexicano	Tasty Salsa Corn Chips	1	300g	$3.70	$5.30	
Havana	Five Star Coffee Beans	1	200g	$8.99	$9.49	
Havana	Super Deluxe Coffee Beans	1	200g	$8.99	$9.49	
Chef's World	Pad Thai Noodles	2	200g	$2.58	$2.78	
Diamond	Spiral Pasta	1	500g	$2.59	$2.99	
Pams	Couscous	1	500g	$2.69	$2.89	Woolworths Couscous
Pams	Instant Mexican Steamed Rice	1	250g	$1.49	$2.49	Woolworths Mexican Style Rice
Coca-Cola	Zero Sugar Soft Drink	1	2.25L	$4.09	$3.79	
Sanitarium	So Good Regular Soy Milk	3	1L	$10.47	$11.97	
Danny's	Original Pita Bread	1	5 pack	$4.89	$5.99	
Golden	Crumpets Round	4	6 pack	$10.00	$11.60	
Freya's	Tuscan Mixed Grain Bread	1	750g	$4.30	$4.61	
Vogel's	Extra Thick Fruit & Spice Bread	1	720g	$5.01	$5.49	
Tip Top	Supersoft White Toast Bread	1	700g	$3.89	$4.29	
Meadow Fresh	Kalo Authentic Greek Yoghurt Berries	1	800g	$7.89	$8.65	
Meadow Fresh	Strawberry Yoghurt Pouch	2	70g	$2.78	$4.18	
The Homegrown Juice Company	Orange Juice Low Pulp	1	1L	$6.99	$7.29	
Anchor	Calci-Yum Chocolate Flavour Milk	1	250ml	$1.29	$1.40	
Pams Value	Standard Milk	1	2L	$4.79	$4.82	Woolworths Standard Milk
Hellers	Old Fashioned Beef Sausages	1	6 pack	$11.99	$13.00	
	NZ Beef Premium Mince		528g	$14.78	$17.94	Woolworths Grass Fed Beef 5% Fat Lean Mince
	Skinless Chicken Breasts		634g	$8.24	$10.33	
Shore Mariner	Cocktail Vegetable Spring Rolls	1	750g	$6.79	$7.00	
Juicy Authentic	Pork & Coriander Dumplings	1	700g	$6.49	$10.00	
Wattie's	Chinese Vegetable Mix	1	750g	$5.19	$5.99	
Colgate	Toothbrush Medium	1	1 pack	$1.59	$2.99	Reach Toothbrush Soft
Rascals	Premium Nappies Unisex Size 4 10-15kg	1	36 pack	$16.99	$20.00	Treasures Premium Nappies Unisex Size 4 10-15kg
Tom Organic	Organic Super Pads	1	10 pack	$6.09	$6.49	
				$283.76	**$326.74**	

PAK'nSAVE Saving $42.98

Groceries were selected by Simona 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 $5.85 in savings. Simona also received $12.25 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 Simona and verified by Foodstuffs. Three products were excluded. Other offers valid at the time of shop: at PAK'nSAVE Simona had the chance to enter a monthly prize draw to win a PAK'nSAVE gift card ($500) by providing feedback. Simona scanned her Club+ card at PAK'nSAVE and received a fuel voucher for 8 cents off per litre up to $200.00 per fill, only redeemable at PAK'nSAVE Albany. At Woolworths Simona collected 347 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.

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