

Comparison of *healthyfood* - single shopping list between Countdown NZ and Woolworths AU

# <u>New Zealand</u>	as at	variation	equivalent	# <u>Australia</u>	as at
	19-Sep-11		0.8012		19-Sep-11
	NZ\$	NZ\$	NZ\$		AU\$
1 signature range pita bread wholemeal 8pk	3.29	(0.81)	2.48	1 Woolworths Bread Pita Pocket Wholemeal 8pk 250g	1.99
1 signature range toast bread soy & linseed 700g	3.39	2.64	6.03	1 Helgas Bread Soy/Linseed 850g	4.83
1 farmer brown eggs 1/2 dozen size 8	2.50	0.93	3.43	1 Pace Farm Eggs Jumbo 6pk 400g	2.75
1 home brand apricots dried 200g	2.79	6.53	9.32	1 Macro Dried Apricot 250g	7.47
1 home brand cocoa powder 375g	5.19	0.11	5.30	1 Homebrand Cocoa Powder 375g	4.25
1 signature range cooking chocolate dark chocolate chips 250g	3.49	1.54	5.03	1 Cadbury Chocolate Chips Dark 230g	4.03
1 tasti brazil nuts pkt 70g	1.89	4.33	6.22	1 Macro Natural Raw Brazil Nuts 225g	4.98
1 home brand rice crackers plain 100g	1.19	0.54	1.73	1 Homebrand Rice Cracker Plain 100g	1.39
1 huntley & palmers crackers classic 5 grain 200g	3.19	0.15	3.34	1 Arnotts Sao Original Cracker 250g	2.68
1 arataki clover honey 250g	2.39	1.62	4.01	1 Homebrand Honey 100% Australian 500g	3.21
1 harraways rolled oats pkt 800g	3.19	(1.87)	1.32	1 Homebrand Oats Rolled 750g	1.06
1 home brand apricot jam 680g	3.09	(1.09)	2.00	1 Homebrand Jam Apricot 500g	1.60
1 home brand strawberry jam 680g	3.09	(1.23)	1.86	1 Homebrand Jam Strawberry 500g	1.49
1 sanitarium peanut butter crunchy 500g	4.65	(0.77)	3.88	1 Homebrand Peanut Butter Crunchy 550g	3.11
1 brunswick sardines in tomato sauce 106g	1.60	0.40	2.00	1 Brunswick Sardines Tomato Sauce 106g	1.60
1 ceres organics chick peas garbanzo 400g	2.39	(1.07)	1.32	1 Homebrand Chick Peas 400g	1.06
1 craigs beans 4 mixed 300g	1.73	(0.06)	1.67	1 Woolworths Select Beans Five Mix 420g	1.34
1 sealord tuna in spring water 185g	2.74	(1.28)	1.46	1 Homebrand Tuna In Brine 185g	1.17
1 spc fruit salad in natural juice 410g	1.50	1.25	2.75	1 Golden Circle Fruit Salad Traditional In Natural Juice 440g	2.20
1 watties baked beans in tomato sce 420g	2.09	(0.27)	1.82	1 Watties Baked Beans Regular 420g	1.46
1 home brand milk trim plastic 1l	2.19	(0.63)	1.56	1 Woolworths Milk Lite Carton 1L	1.25
1 galaxy fresh cheese creamy feta 200g	3.99	0.94	4.93	1 Nisi Cheese Feta Danish 200g	3.95
1 mainland cheese block mild 250g	5.89	0.80	6.69	1 Mainland Cheese Cheddar Tasty Block 250g	5.36
1 tararua cottage cheese lite 500g	4.80	(0.79)	4.01	1 Homebrand Cottage Cheese Creamed 500g	3.21
1 yoplait yoghurt tub strawberry 1kg	6.33	0.98	7.31	1 Yoplait Yoghurt Lite Strawberry 1kg	5.86
1 signature range icecream vanilla low fat 2l	5.99	(3.06)	2.93	1 Homebrand Ice Cream Vanilla 2L	2.35
1 fresh produce bananas yellow kg	3.99	7.54	11.53	4 Banana - Eat Now - Each	9.24
1 fresh produce cabbage green half each	2.49	(0.01)	2.48	1 Cabbage Green Half - Each	1.99
0.5 fresh produce carrots loose 1kg	0.89	0.01	0.90	0.5 Carrot 1kg	0.73
1 fresh produce kumara red each	1.25	(0.04)	1.21	0.25 Sweet Potato Gold 1Kg	0.97
1 fresh produce lettuce traditional iceberg each	2.99	(0.52)	2.47	1 Lettuce Iceberg - Each	1.98
1 fresh produce nectarines yellow flesh imported 1kg	3.47	(1.25)	2.22	1 Pear Packham 1kg Punnet	1.78
0.25 fresh produce onions brown loose 1kg	0.62	0.24	0.86	1 Onion Brown Large - Each	0.69
3 fresh produce potatoes washed each	1.80	0.06	1.86	0.5 Potato Cream Delight Washed Loose 1kg	1.49
0.5 fresh produce tomatoes truss vine loose 1kg	3.24	(1.74)	1.50	4 Tomato Standard - Each	1.20
1 fresh zone spring onion bunch	2.49	(0.02)	2.47	1 Shallot - Each	1.98
1 home brand mexican burrito tortilla 15pk	4.99	0.36	5.35	1 Homebrand Burrito Tortilla 15 Pack 690g	4.29
1 home brand pasta macaroni 500g	1.09	0.26	1.35	1 Woolworths Select Macaroni 500g	1.08
1 home brand sundried tomatoes 500g	5.49	0.66	6.15	1 Homebrand Tomatoes Sundried 500g	4.93
1 san remo couscous 500g	2.81	0.80	3.61	1 San Remo Cous Cous Medium Grain 500g	2.89
1 san remo pasta risoni pkt 500g	2.40	0.62	3.02	1 San Remo Pasta Risoni 500g	2.42
1 select apple sauce no added salt 360g	2.35	0.32	2.67	1 Woolworths Select Sauce Apple No Added Sugar 360g	2.14
1 sunrice brown rice calrose 500g	1.30	3.38	4.68	1 Sunrice Rice Calrose Brown Medium Grain 1kg	3.75
1 butchery beef steak sirloin min 345g pack each	10.87	4.11	14.98	1 Woolworths Beef Fillet Steak Heart Smart Min. 300g	12.00
0.4 butchery chicken thighs fillets boneless & skinless 1kg	7.99	1.10	9.09	1 Chicken Thigh Fillet Skinless Min. 520g	7.28
1 butchery pork steak scotch min 500g pack each	13.89	(6.65)	7.24	1 Pork Leg Steak Heart Smart Min. 320g	5.80
Total list	160.98	19.06	180.04		144.28
			11.8%		