

# Supermarket = Super Takeaways

✓ *super convenient* ✓ *super value* ✓ *super nutritious* ✓ *super tasty*

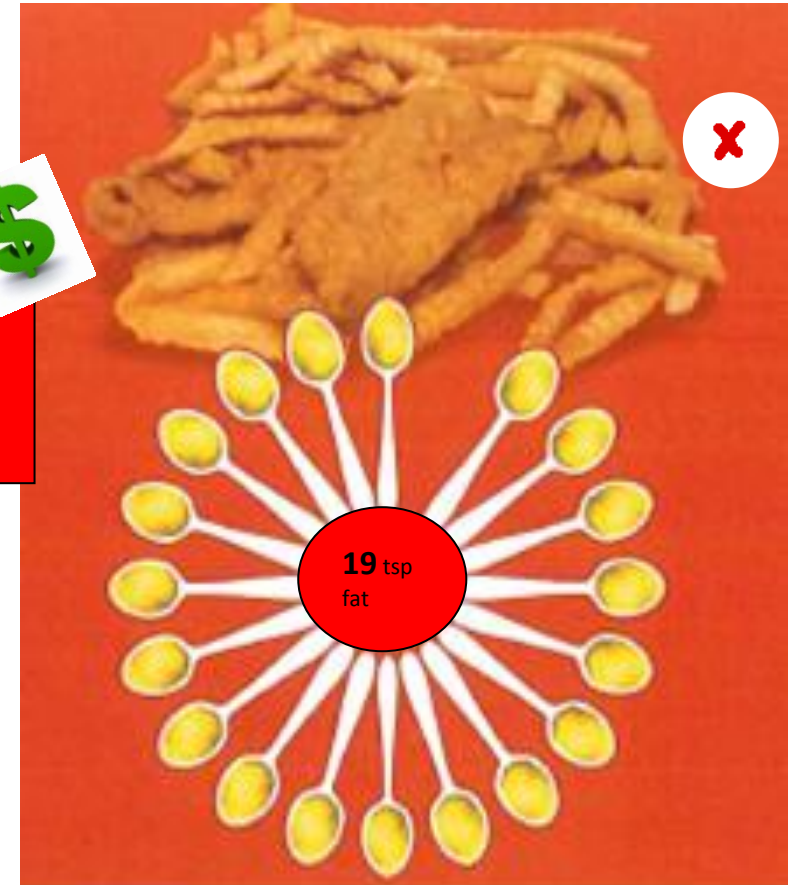
Whether you've been rushing about all day, heading to your child's school picnic or simply feel like a night off cooking – there are occasions that call for an instant, 'no fuss' family dinner. Instead of swinging by your local fish & chip shop, consider your local supermarket – you'll have an easy, nourishing family meal in your hot little hands faster than your local chippie can say 'order up'!



# Weighing up your options... *greater value vs greater fat?*



5 fish, 2 scoops of chips  
Approx. **\$20**



***Takeaways are best enjoyed only occasionally***