

TASTY FAVORITES!



2.98

12-Oz., Reg. Or Thick
Sugardale Sliced Bacon



1.28

5.5 To 7.25-Oz., Selected
Kraft Macaroni & Cheese



1.48

17.5 To 18-Oz., Selected
Kraft BBQ Sauce



2.48

8-Oz., Selected
Food Club Sliced Cheese



2.48

8.5 To 9-Oz., Selected
Hot Pockets



COWEN

Visit us at www.coweniga.com



STORE HOURS
Monday - Saturday
8am To 8pm
Sunday 9am - 7pm

WV E-WIC Cards Accepted



70 Railroad Avenue Cowen, WV 304-226-3811

We Reserve The Right To Limit Quantities And Correct Typographical Errors. No Sales To Dealers.



FIRE UP the GRILL!



3.98 Lb.
85% Lean, Family Pack,
Fresh Ground Round
Small Pack 85% Lean
Fresh Ground Round... Lb. **4.48**

.98 Lb.
Frozen Or Previously Frozen
Jumbo Pack
Chicken Drumsticks



1.98 Lb.
USDA Inspected, Whole
Boneless Pork Loin
Boneless
Center Cut Pork Chops... Lb. **3.48**



9.98 Lb.
USDA Select Beef
T-Bone Steak



4.98 Lb.
USDA Select Beef
Boneless Shoulder Roast



1.98 Lb.
Frozen Or Previously Frozen
Pork Tenderloin



4.98
1-Lb. P & D, Tail Off
41/50-Ct. Medium Raw Shrimp



2.48
16-Oz., Selected
Oscar Mayer Meat Wieners



Bakery FRESH
2.48
20-Oz., Selected
Lewis Sliced Sandwich Bread



2/\$7
Field Ripened
Athena Cantaloupes



5/\$5
Seedless
Jumbo Cucumbers



2/\$5
2-Lb. Bag, Selected
Washington State Apples



SAVINGS IN EVERY AISLE



8.98
42-Ct. Pods Or
100.5 To 105-Oz., Selected
Arm & Hammer Liquid Detergent



2/\$7
Selected
12-Ct. Pop-Tarts



2/\$6
16-Oz., Selected
Ken's Salad Dressing



3.48
48-Oz., Selected
IGA Cooking Oil



2/\$7
32-Oz.
Heinz Squeeze Ketchup



7.98
30.65-Oz.
Maxwell House Wake Up Roast



2/\$4
15.5 To 24-Oz., Selected
Ragu Pasta Sauce



2/\$8
11-Oz. Reg. Or Mini
Nilla Wafers



4/\$6
7.4 To 11.88-Oz., Selected
Banquet Meals



3.98
14 To 17.5-Oz., Selected
Duke's BBQ Sauce



3.98
30-Oz. Reg. Or Light
Duke's Real Mayonnaise



2/\$5
5 To 8-Oz. Natural Slices Or
Borden Shredded Cheese



5.98
128-Oz., Selected
Country Maid Ice Cream



3/\$10
7 To 10-Oz., Selected
Cheetos Or Fritos Snacks



5.99
16.9-Oz. Bottles
6-Pack Propel



3/\$11
16.9-Oz. Bottles
6-Pack Pepsi Products



3.69
24-Oz.
United Dairy Cottage Cheese



2/\$5
7 To 8-Oz., Selected
Utz Potato Chips



WHY PAY MORE?



2/\$3

20-Oz.
IGA
Ketchup



1.98

16-Oz. Salad Cubes,
Bread & Butter Chips Or
IGA Hamburger
Slices



.98

20-Oz.
IGA Squeeze
Mustard



.98

4.25-Oz., Selected
IGA
Potato Chips



1.98

28-Oz., Selected
IGA
Baked Beans



1.98

10-Oz.
IGA
Steak Sauce



1.48

10-Oz.
IGA
Worcestershire
Sauce



1.98

12.25-Oz., Selected
IGA
Marinade



1.48

18-Oz., Selected
IGA
BBQ Sauce



1.28

25-Sq. Ft. Roll
IGA Aluminum
Foil



4.48

12-Ct.
IGA
Fudge Bars



4.48

12-Count Bars Or
IGA Ice Cream
Sandwiches



2/\$7

16-Oz. Salted
IGA Butter
Quarters



.98

8-Oz., Selected
IGA Whipped
Topping

LIFE IS BETTER WITH TACO NIGHT



2/\$5

16 To 17.5-Oz., Selected Chi-Chi's Tortillas



2.78

16-Oz., Selected Chi-Chi's Salsa



5/\$5

1 To 1.12-Oz., Selected McCormick Taco Seasoning Mix



5/\$5

1 To 1.25-Oz., Selected McCormick Chicken Taco Seasoning



SAVINGS START HERE

4/\$5

7 To 7.6-Oz., Selected Martha White Muffin Mix



2/\$8

12 To 17.3-Oz., Selected Kellogg's Cereal



3.48

18-Oz. Old Fashioned Or Quaker Quick Oats



2.98

8-Oz. Bottles 6-Pack Mott's Juice



3.98

24-Oz. Log Cabin Syrup



8.98

McCafe Ground, 10 To 12-Ct., Selected McCafe Or Green Mountain K-Cups



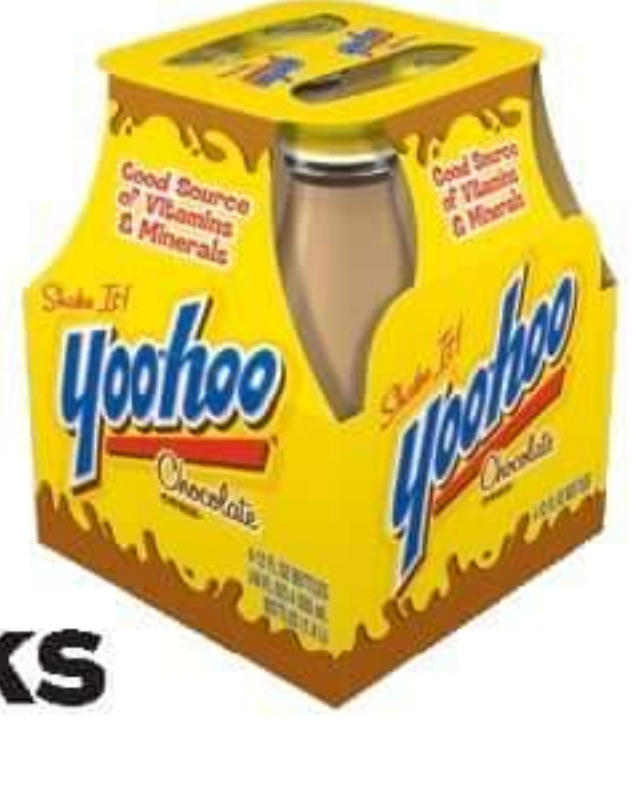
2/\$6

60-Oz. Grapefruit Juice Or 64-Oz. Selected Ocean Spray Cranberry Cocktail



3.98

4-Pk., Glass Yoo-Hoo Chocolate Drinks



2.98

20-Oz. Armour Beef Stew



4/\$5

4.6 To 7.2-Oz., Selected Pasta Roni Or Rice-A-Roni



16.98

128-Oz. Mazola Corn Oil



2.48

10 To 11.5-Oz., Soy Sauce, Sweet & Sour Or Kikkoman Teriyaki Sauce



4.48

10-Oz. Heinz 57 Sauce



4.48

15-Oz. Wendy's Chili W/ Beans



5/\$5

87-Oz., Reg. Or 30% Less Sodium McCormick Brown Gravy



3.98

24-Pack Crystal Geyser Water



3.48

6-Pk., Selected Veryfine Fruit 2 O



2/\$3

3-Pack, Selected Act II Microwave Popcorn



4/\$5

1.2 To 2.07-Oz., Selected M&M's Or Mars Singles



7.98

10 To 15.4-Lb. Bag Royal Oak Charcoal Briquets



4.98

12.2 To 14.4-Oz., Selected Honey-Maid Graham Crackers



2.48

16-Oz. Jet-Puffed Marshmallows



6.48

6-Ct., Selected Hershey's Candy

S'MORE TIME WITH LOVED ONES



8.98

12-Ct. Mega Rolls Simply Done Bath Tissue



8.98

6=12 Double Rolls Simply Done Paper Towels



2/\$3

7-Oz. Selected Renuzit Adjustable Air Freshener



4.98

4-Pack, AA Or AAA Energizer Alkaline Batteries



4/\$5

24-Ct. Clear Simply Done Forks Or Spoons



4.98

5.1-Oz., Selected Colgate Total Toothpaste



4.48

12-Oz., Selected Dove Shampoo Or Conditioner



8.98

14-Lb., 24/7 Or Instant Action Tidy Cats Scoop Litter



HEALTH & HOME



2.48

8-Oz., Original Or Romano IGA Grated Parmesan



2.48

24-Oz. IGA Kosher Spears



1.78

16-Oz. IGA Sweet Pickle Relish



4/\$5

5.6 To 6.4-Oz., Selected IGA Dinner Mix



1.78

6-Oz., Selected IGA Olives



2.48

12 To 16-Oz., Selected IGA Peanuts



2/\$4

10 To 20-Ct., Selected Slider Or 15 To 25-Ct. IGA Resealable Storage Or Freezer Bags



IGA Savings

FARM FRESH PRODUCE

2.48

3-Lb. Bag
**Medium
Yellow
Onions**

2/\$6

16-Oz. Pkg.
**Red Ripe
Strawberries**

1.78 Lb.

Hot House Grown
**Beefsteak
Tomatoes**



1.98

10-Oz. Matchstix
Or 16-Oz.
**Bolthouse
Crisp
Carrot Chips**



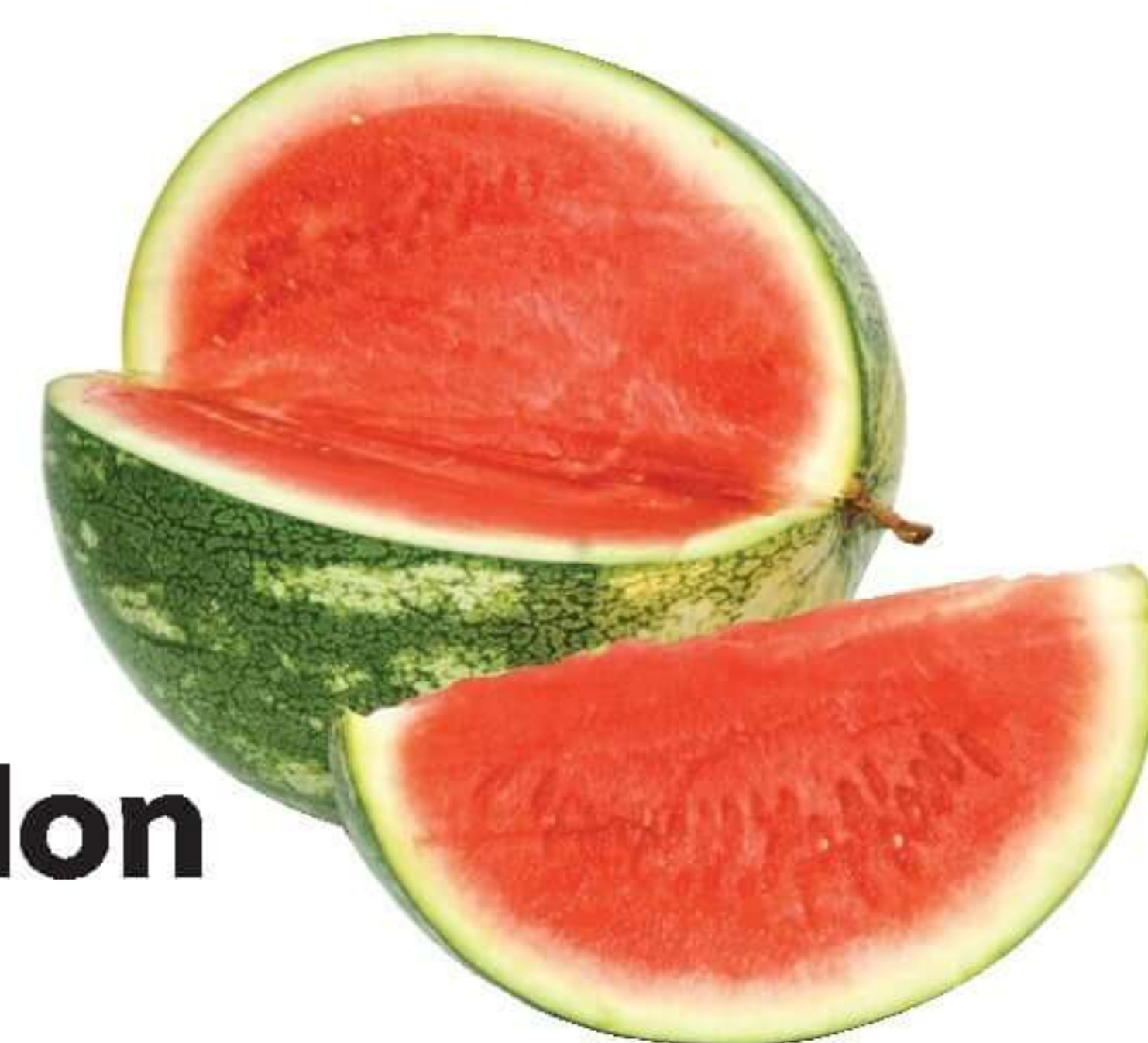
2/\$5

11-Oz., Green & Crisp
Or 9-Oz.
**Fresh Express
Romaine Salad**



.78 Lb.

Fresh
**Seedless
Watermelon
Quarters**



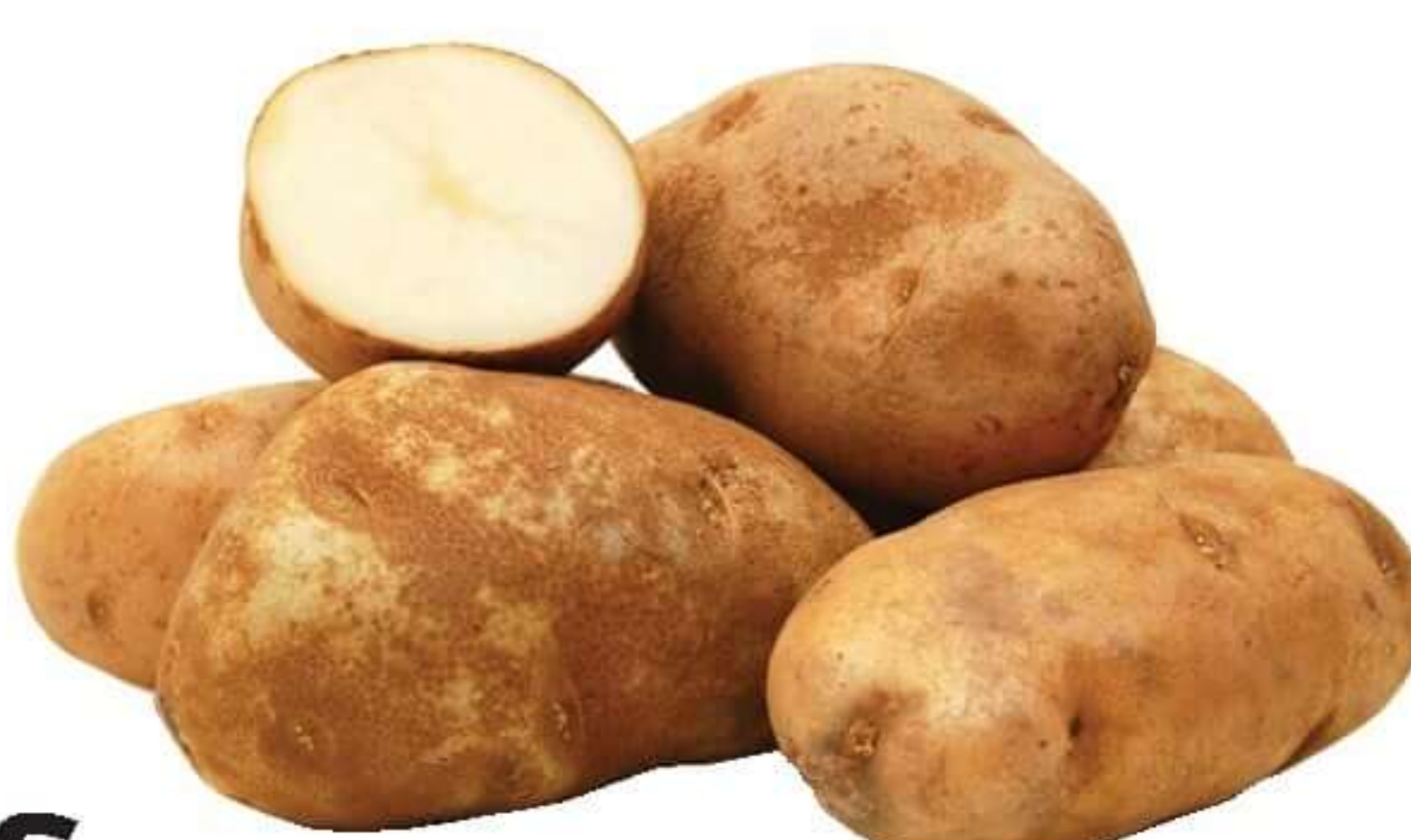
1.98 Lb.

'No Waste'
**Broccoli
Crowns**



2/\$6

5-Lb. Bag
**Russet
Potatoes**



3.98

In-Store 5-Count Tray
**Yellow,
White Or
Bi-Color Corn**



4/\$5

Tropical Ripe
**Juicy
Mangoes**



2/\$4

8-Oz. Sliced Or Whole
**Champs
White
Mushrooms**



8.98

10-Stem
**Simply
Spring
Bouquet**



WHERE AVAILABLE

DAIRY & FROZEN

3.98

52-Oz., Selected
**Florida's
Natural
Orange Juice**



2/\$3

15 To 16-Oz., Selected
**Blue Bonnet
Spread**



4.48

13.5-Oz. 5-Cheese
Texas Toast Or 11.5-Oz.
**Cole's
Cheesesticks**



3.98

11.5 To 15-Oz., Selected
**Marie
Callender's
Pot Pies**



2/\$3

5.3 To 6-Oz., Selected
**Daisy Cottage
Cheese Singles**



4.98

96-Oz., Selected
**Almond Breeze
Almond Milk**



4.98

50 Ct., Selected
**Totino's
Pizza Rolls**



2.98

14-Oz., Regular Or
Cinnamon
**Murry's French
Toast Sticks**



2/\$7

16-Ct., Selected
**Kraft
Singles**



3/\$5

11.5-Oz., Selected
**Simply
Juice**



8.98

16 To 24-Oz., Selected
**Foster Farms
Frozen Chicken**



5/\$5

4.5-Oz., Selected
**Noosa
Yogurt**



2/\$8

32-Oz. Selected
**International
Delight Creamer**



2/\$6

4-Ct. Mexican Street
Corn Or 11 To 18-Oz.,
Selected
**PictSweet
Farms Vegetables**



4.98

15.77 To 23.54-Oz.,
Selected Brick Oven Or
**Red Baron
Classic Crust Pizza**





2.98 lb.
Springer Mountain Farms
Fresh Boneless
Chicken
Thighs



4.98 lb.
85% Lean
Fresh Ground
Round
Patties



7.98
16.2-Oz., Frozen
Ball Park
Beef Patties



4.98
16-Oz., 93% Lean
Butterball
Ground Turkey



2.98 lb.
Boneless
Country Style
Pork Ribs



6.98
18.4-Oz., Selected
Prairie Fresh
Signature Pork
Tenderloin



2.48 lb.
Sold in 5-Lb. Bag
@ \$12.40
Boneless
Chicken Breasts



6.98 lb.
IQF, Ready To Cook
Chicken
Tenders



2.98 lb.
Corned
Beef
Brisket



5.98 lb.
USDA Select Boneless
Beef Stew Or
Cubed Steaks



Rise AND Shine

16-Oz. Roll
IGA Mild
Pork Sausage..... **3.48**

12-Oz., Links Or
Smithfield
Sausage Patties..... **3.98**

12-Oz. Center Cut Or 16-Oz., Selected
Hormel
Sliced Bacon..... **4.98**

24-Oz., Stack Pack Selected
Wright
Brand Bacon..... **8.98**

27-Oz.
Smoky Farms
Sausage Patties..... **4.98**

QUICK MEALS

3.48
12 To 14-Oz., Selected
Kielbasa Or
Hillshire Farm
Smoked Sausage



3.98
7 To 9-Oz., Selected
Oscar Mayer
Deli Fresh
Lunch Meat



3.98
16-Oz., Diced Or
Smithfield
Cubed Ham



8.98
64 To 70-Oz.,
Selected
Lunchables
Ready 5 Pack



5.98
15 To 16-Oz., Selected
Oscar Mayer
Deli Fresh
Lunch Meat



2.28
16-Oz., Selected
Fischer's
Bologna



3.48 lb.
Smithfield, Reg.
Or Brown Sugar
Bone-In Smoked
Ham Steak



1.48
12-Oz., Selected
Sugardale
Franks



3.98
12-Oz.
Armour Sliced
Pepperoni



3.98
7.5-Oz. Ham Or
Oscar Mayer
Carving Board
Turkey



Skip the
Drive
-THRU-
for Dinner!

26 To 28-Oz., Selected
On-Cor
Frozen Entrées..... **3.98**

22.5 To 27.5-Oz., Selected
On-Cor Value Bag
Boneless Chicken..... **4.98**

Sold in 5-Lb. Bag at \$12.40
Seasoned
Potato Wedges..... **2.48** lb.

3.48
11 To 14-Oz., Frozen, Selected
Armour
Meatballs



1.48
12-Oz., Potato Or
Ballard's
Macaroni
Salad



REEL IN THE SAVINGS

6.98
1-Lb., P & D, Southern Seas
41/50-Ct.
Medium Cooked
Tail On Shrimp



9.98 lb.
Fresh Atlantic
Salmon
Fillets



6.98 lb.
Sold in 2-Lb. Bag
at \$13.96
Snow Crab



3.98
16-Oz.
Sea Best
Tilapia Fillets



\$25
36-Oz.
Southern Seas
Shrimp Ring



4.98
12-Oz.
BBQ Bay
Shrimp Skewers



4.98
2 To 3-Oz., Frozen
Lobster
Tails



BAKERY FRESH

2.48
11-Oz., Powdered
Or Glazed
Donut Time
Mini Donuts



4.98
4-Ct., Selected
Cafe Valley
Muffins



10.98
49-Oz.
Luscious
Lemon Cake



4.58
12-Ct., Selected
Bakery Fresh
Cookies



2.48
5-Oz., Selected
Pudding
Parfait Cups



4.98
6-Ct., Selected
Nikola's Bakery
Coffee Cake



5.98
8-Inch
Bakery Fresh
Blueberry Pie



LOCAL Equals FRESH
LOCALLY OWNED BY PEOPLE YOU CAN TRUST!