

We Proudly Serve



ingles

LOW PRICES...

LOVE THE SAVINGS!

FUEL FRIDAY!

JULY 26TH 2024



Use this coupon FRIDAY for 4X Ingles Fuel Points



LOAD THE COUPON DIRECTLY to your Advantage Card via the AdvantagEmail weekly email



EXCLUSIONS & RESTRICTIONS APPLY SELECT STORES ONLY • SEE STORE FOR DETAILS



Select Locations!



Item Of The Week!



TYSON FRESH BONE-IN SPLIT CHICKEN BREAST Family Pack SAVE 1.20 Lb.

\$1.78 Lb.



BONELESS NEW YORK STRIP STEAK Ingles Premium Certified USDA Choice Beef Regular Or Family Pack SAVE 6.00 Lb.

\$11.98 Lb.



JUICY MANGOES SAVE .90 ea.

58¢ ea.



BEEF LONDON BROIL OR TOP ROUND ROAST Ingles Premium Certified USDA Choice Beef SAVE UP TO 1.90 Lb.

\$5.98 Lb.



DUKE'S MAYONNAISE 32 Oz. - Selected Varieties SAVE 2.00 ea.

\$2.98 ea.



PAZAZZ APPLES SAVE 2.00 Lb.

98¢ Lb.



SWIFT PREMIUM FRESH NATURAL PORK TENDERLOIN SAVE 2.50 Lb.

\$2.98 Lb.



PURE LIFE WATER 16.9 Oz. - 24 Pack SAVE 2.40 ea.

\$3.98 ea.



In Select Stores!



Boar's Head Yellow Or White American Cheese \$6.99 Lb. Save 2.00 Lb.

BOAR'S HEAD MAPLE GLAZED HONEY COAT HAM SAVE 2.00 Lb.

\$10.99 Lb.



MAYFIELD SELECTS ICE CREAM OR YOGURT 48 Oz. - Selected Varieties SAVE 2.00 ea.

\$3.98 ea.



GENERAL MILLS CEREALS 12-18.2 Oz. - Selected Varieties SAVE UP TO 6.68 ON 2

Buy One Get One FREE!



NATURE'S OWN HAWAIIAN OR 100% WHEAT BREAD 20 Oz. SAVE 1.79 ea.

\$2.48 ea.

Sip, Snack And Save!



COKE GROUP OF PRODUCTS 12 Pack Cans Limit 3 SAVE UP TO 13.50 ON 3 When You Buy 3 \$4.98 ea. Quantities Less Than 3 will be 9.48 ea.



LAY'S POTATO CHIPS 4.75-8 Oz. - Selected Varieties SAVE 4.99 ON 2

Buy One Get One FREE!



COKE GROUP OF PRODUCTS 2 Liter Limit 3 SAVE UP TO 4.50 ON 3 When You Buy 3 \$1.98 ea. Quantities Less Than 3 will be 3.48 ea.

Love The Savings! **WANT EXTRA POINTS? CHECK OUT:**

YOU SPEND	YOU EARN	YOU SAVE PER GAL
\$100	100pts	5¢
\$200	200pts	10¢
\$300	300pts	15¢

EARN UNLIMITED GAS SAVINGS! Redeem on up to one 20 gal fill up. Offer valid at select locations. See store for details.

TRIPLE TUESDAY! 3X FUEL POINTS* 100 Bonus Points for every \$50 spent* \$1 in Groceries = 1 Fuel Point* (NORMAL EXCLUSIONS APPLY)

This week's REWARD! 16 oz **\$7.59** Galbani Mozzarella Log

Exclusive AdvantagEmail member price

Sign up for weekly emails at www.ingles-markets.com/amaill

Amerloan Owned!



ingles ONE TEAM... ONE COMMUNITY... Smile, It Changes Things!

Prices Good Wednesday, July 24 Through Tuesday, July 30, 2024

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
24 JULY	25 JULY	26 JULY	27 JULY	28 JULY	29 JULY	30 JULY

ENC-FI

Produce



INGLES ADVANTAGE
Low Prices... Love The Savings!

BLUEBERRIES
18 Oz.
SAVE 1.40 ea.

\$2.58 ea.



INGLES ADVANTAGE
Low Prices... Love The Savings!

SWEET KAROLINE
BLACKBERRIES
6 Oz.
SAVE .40 ea.

\$2.58 ea.



INGLES ADVANTAGE
Low Prices... Love The Savings!

LOCAL
HEIRLOOM TOMATOES
SAVE 2.00 Lb.

\$2.48 Lb.



INGLES ADVANTAGE
Low Prices... Love The Savings!

CALIFORNIA
SEEDLESS GRAPES
Red Or White
SAVE 1.00 Lb.

\$1.98 Lb.



INGLES ADVANTAGE
Low Prices... Love The Savings!

ENGLISH
CUCUMBERS
SAVE .50 ea.

98¢ ea.



INGLES ADVANTAGE
Low Prices... Love The Savings!

ORGANIC
LIMES
SAVE .37 ea.

48¢ ea.



INGLES ADVANTAGE
Low Prices... Love The Savings!

ORGANIC
FUJI APPLES
3 Lb. Bag
SAVE 3.00 ea.

\$3.98 ea.



INGLES ADVANTAGE
Low Prices... Love The Savings!

REMEDY
ORGANICS DRINKS
All Varieties
SAVE .50 ea.

\$3.78 ea.



INGLES ADVANTAGE
Low Prices... Love The Savings!

FLOWER FEST
BOUQUET
SAVE 2.00 ea.

\$10.98 ea.

INGLES IS NOT RESPONSIBLE FOR SUPPLIER SHORTAGES

Bakery



INGLES ADVANTAGE
Low Prices... Love The Savings!

LA BREA
ROASTED
GARLIC LOAF
SAVE .50 ea.

\$4.48 ea.



INGLES ADVANTAGE
Low Prices... Love The Savings!

Crusty
French Bread
White Or Multigrain
\$2.98 ea.
Save .50 ea.

\$5.38 ea.



INGLES ADVANTAGE
Low Prices... Love The Savings!

Onion Rolls
4 Count
\$3.48 ea.
Save .50 ea.

WHITE
MOUNTAIN BREAD
SAVE .50 ea.

\$3.48 ea.



INGLES ADVANTAGE
Low Prices... Love The Savings!

8X8
BROWNIES
Selected Varieties
SAVE .50 ea.

Cakerie Cake Sliced
Selected Varieties
\$7.48 ea.
Save .50 ea.

\$5.48 ea.



INGLES ADVANTAGE
Low Prices... Love The Savings!

FRUIT
TART
Selected Varieties
SAVE 1.00 ea.

Fruit Tarts
2 Count
\$5.48 ea.
Save .50 ea.

\$11.98 ea.



INGLES ADVANTAGE
Low Prices... Love The Savings!

APPLE FRITTER
12 Count
SAVE .50 ea.

\$10.48 ea.

Deli



INGLES ADVANTAGE
Low Prices... Love The Savings!

INGLES PREMIUM SELECT
DELI STYLE ROAST BEEF, CAJUN
ROAST BEEF OR CORNED BEEF
SAVE .50 Lb.

\$12.49 Lb.



INGLES ADVANTAGE
Low Prices... Love The Savings!

Niko's
Plain Feta Crumbles
6 Oz.
\$4.39 ea.
Save .60 ea.

ROTISSERIE CHICKEN SALAD
Selected Varieties
SAVE .50 Lb.

\$7.49 Lb.



INGLES ADVANTAGE
Low Prices... Love The Savings!

Cedar's
Tzatziki
12 Oz.
\$5.79 ea.
Save 1.00 ea.

BLUE MOOSE OF
BOULDER DIP
7 Oz. -
Selected Varieties
SAVE 4.98 ON 2

2/\$7 for



INGLES ADVANTAGE
Low Prices... Love The Savings!

Roth
Gran Queso
\$18.99 Lb.
Save 1.00 Lb.

BELGIOIOSO
MILD PROVOLONE
SAVE 1.00 Lb.

\$10.99 Lb.



INGLES ADVANTAGE
Low Prices... Love The Savings!

Alouette
Blue Cheese Or
Gorgonzola Crumbles
4 Oz.
\$5.19 ea.
Save .50 ea.

STELLA
CHEESE CUP
5 Oz. -
Selected Varieties
SAVE .60 ea.

\$4.59 ea.



INGLES ADVANTAGE
Low Prices... Love The Savings!

Président
Brie Log
6 Oz.
\$7.19 ea.
Save 1.00 ea.

MONTCHEVRE
GOAT LOG
4 Oz. -
Selected Varieties
SAVE 1.00 ea.

\$3.59 ea.



INGLES ADVANTAGE
Low Prices... Love The Savings!

Stonefire
Mini Naan
7-7.5 Oz. -
Selected Varieties
\$3.09 ea.
Save .70 ea.

CEDAR'S
HOMMUS
8 Oz. -
Selected Varieties
SAVE .60 ea.

\$3.29 ea.



INGLES ADVANTAGE
Low Prices... Love The Savings!

Président
Madrigal
Swiss
\$12.49 Lb.
Save 1.50 Lb.

BLACK DIAMOND
5 YEAR VINTAGE
RESERVE CHEDDAR CHEESE
SAVE 2.00 Lb.

\$16.99 Lb.



INGLES ADVANTAGE
Low Prices... Love The Savings!

BBQ
Pork
Selected Varieties
\$6.49 Lb.
Save .50 Lb.

IN-STORE MADE
6" SUBS
Selected Stores
EVERYDAY LOW PRICE!

\$4.98 ea.

Meat & Seafood



TYSON CHICKEN WINGS
Family Pack
SAVE 1.40 Lb.
\$2.48
Lb.



PERDUE HARVESTLAND ORGANIC BONELESS SKINLESS CHICKEN BREAST
SAVE .90 Lb.
\$6.98
Lb.



BUTTERBALL GROUND TURKEY
16 Oz. - 85% Lean
SAVE 1.38 ea.
\$3.50
ea.



SPRINGER MOUNTAIN FARMS CHICKEN STRIPS
8 Oz. -
Oven Roasted Or Grilled
SAVE .80 ea.
\$3.48
ea.



ECKRICH SMOKED SAUSAGE
10-14 Oz. -
Selected Varieties
SAVE .90 ea.
\$3.48
ea.



MAIN ST. BISTRO SIDES
20-24 Oz. -
Selected Varieties
SAVE 1.10 ea.
\$3.38
ea.



OSCAR MAYER FULLY COOKED BACON
2.52 Oz. -
Original Or Thick Cut
SAVE 1.98 ea.
\$4.50
ea.



CARANDO MEATBALLS
16 Oz. -
Italian, Sicilian,
Or Mozzarella
SAVE .70 ea.
\$5.58
ea.



MAHI MAHI FILLETS OR SIDES
SAVE 1.50 Lb.
\$6.48
Lb.



SOCKEYE SALMON FILLETS OR SIDES
SAVE 2.00 Lb.
\$11.98
Lb.



COD LOINS
SAVE 2.20 Lb.
\$11.78
Lb.



SEA BEST COOKED SHRIMP
51/60 Count -
Peeled & Deveined
SAVE 1.40 ea.
\$7.48
ea.

Grocery



PETE & GERRY'S PASTURE RAISED LARGE EGGS
18 Count
SAVE 4.40 ea.
\$4.98
ea.



KRAFT NATURAL SHREDDED OR CHUNK CHEESE
8 Oz. -
Selected Varieties
SAVE 3.50 ea.
\$1.68
ea.



KELLOGG'S KIDS CEREAL
8.8-12 Oz. -
Selected Varieties
SAVE 5.48 ON 2
Buy One Get One FREE!



POP-TARTS
8 Count -
Selected Varieties
SAVE 3.78 ON 2
Buy One Get One FREE!



KEIBLER COOKIE CADDY
12 Oz. -
Selected Varieties
SAVE 8.78 ON 2
Buy One Get One FREE!



PRINGLES
4.9-5.6 Oz. -
Selected Varieties
SAVE 2.78 ON 2
Buy One Get One FREE!



KELLOGG'S TOWN HOUSE OR CLUB CRACKERS
9.2-13.8 Oz. -
Selected Varieties
SAVE 4.98 ON 2
Buy One Get One FREE!



QUAKER STEEL CUT OATS
25 Oz.
SAVE 6.98 ON 2
Buy One Get One FREE!



HOSTESS SNACK MULTIPACK
8.2-15.3 Oz. -
Selected Varieties
SAVE 4.98 ON 2
Buy One Get One FREE!



VOORTMAN BAKERY COOKIES, WAFERS OR MINI'S
5-10.6 Oz. -
Selected Varieties
SAVE 3.98 ON 2
Buy One Get One FREE!



INDIAN SUMMER PREMIUM APPLE JUICE
128 Oz.
SAVE 5.78 ON 2
Buy One Get One FREE!



HANOVER BEANS
15-15.5 Oz. -
Selected Varieties
SAVE 1.58 ON 2
Buy One Get One FREE!

Health & Wellness

QC ALLERGY RELIEF
24 Tablets
SAVE 2.30 ea.

68¢ ea.

QC INFANTS' GAS RELIEF DROPS OR ACETAMINOPHEN
1-2 Oz. -
Selected Varieties
SAVE UP TO 4.98 ON 2

QC VITAMINS
Selected Varieties
SAVE UP TO 24.98 ON 2

Buy One Get One FREE!

Buy One Get One FREE!

Buy One Get One FREE!

Savings On Every Aisle!

HOUSE AUTRY
POUCH BREADERS
10-12 Oz. -
Selected Varieties
SAVE 2.38 ON 2

Buy One Get One FREE!

LIBBY'S
VEGETABLES
11-15.5 Oz. -
Selected Varieties
SAVE .70 ea.

88¢ ea.

KNORR
SIDES
4-5.2 Oz. -
Selected Varieties
SAVE 1.00 ea.

98¢ ea.

98¢ ea.

TIM HORTONS
BAG OR K-CUP COFFEE
12 Count Or 12 Oz. -
Selected Varieties
SAVE 4.00 ea.

\$4.98 ea.

M & M'S
SHARING SIZE CANDY
7.4-10.1 Oz. -
Selected Varieties
SAVE 2.00 ea.

\$3.98 ea.

TIDE
LIQUID LAUNDRY
DETERGENT OR PODS
15-20 Count
Or 42 Oz. -
Selected Varieties
SAVE UP TO 3.00

\$6.98 ea.

\$6.98 ea.

Mix & Match!

COKE GROUP OF PRODUCTS
6 Pack 7.5 Oz. Or
6 Pack 253 mL
Limit 6
SAVE UP TO 4.95 ON 3
\$3.33 ea. When You BUY 3 FINAL COST
Quantities Less Than 3 will be 4.98 ea.

FAMILY SIZE
Chips Ahoy!
ORIGINAL
CRACKERS

FAMILY SIZE
Nilla
wafers

Buy One Get One FREE!

POWERADE
8 Pack 20 Oz.
Where Available
SAVE UP TO 3.00
\$4.98 ea.

\$4.98 ea.

Beer & Wine

MEIOMI
FAMILY
750 mL
SAVE BIG!

\$1.99 ea.

KENDALL-JACKSON
FAMILY
750 mL
Selected Varieties
SAVE BIG!

\$1.29 ea.

DARK HORSE
OR **ANDRÉ** FAMILY
750 mL
SAVE BIG!

\$8.98 ea.

FRANCISCAN
CABERNET SAUVIGNON
OR **FREI BROTHERS**
WHITES FAMILY
750 mL
Selected Varieties
SAVE BIG!
\$14.98 ea.

SIERRA NEVADA
FAMILY
12 Pack
Selected Varieties
SAVE BIG!

\$1.69 ea.

TWISTED TEA
FAMILY
12 Pack Cans
SAVE BIG!

\$1.59 ea.

CORONA
FAMILY
12 Pack
Selected Varieties
SAVE BIG!

\$1.59 ea.

\$1.59 ea.

MILLER HIGH LIFE,
KEYSTONE LIGHT,
PABST OR **ICEHOUSE** FAMILY
24 Pack Cans
Where Available
SAVE BIG!
\$14.98 ea.

\$14.98 ea.

MICHELOB, KONA OR
LANDSHARK FAMILY
12 Pack
Selected Varieties
SAVE BIG!
\$13.98 ea.

\$13.98 ea.

BUSCH
LIGHT PEACH OR
BUDWEISER FAMILY
12 Pack Cans
Selected Varieties
Where Available
SAVE BIG!
\$10.98 ea.

\$10.98 ea.

MILLER OR **COORS**
FAMILY
15 Pack
Aluminum Pints
SAVE BIG!
\$15.98 ea.

ingles Caring For Your Health!
PHARMACY

Tools For Schools

FIND US ON FACEBOOK!
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www.instagram.com/inglesMarkets

Red Hot Two Day SALE!

2 Days Only!

While Supplies Last!

July 26 & 27



Limit 4
INGLES ADVANTAGE
 PORK BABY BACK RIBS
 All Size Packs
 SAVE 3.10 Lb.
\$2.88 Lb.
2 Days Only!



INGLES ADVANTAGE
 GRAPE TOMATOES
 1 Pint
 SAVE 1.30 ea.
\$1.68 ea.
2 Days Only!



INGLES ADVANTAGE
 PICTSWEET FARMS
 CLEAR BAG VEGETABLES
 22-28 Oz. -
 Selected Varieties
 SAVE UP TO 1.60
\$2.98 ea.
2 Days Only!



INGLES ADVANTAGE
 GARDEN FRESH PICKLES OR SAUERKRAUT
 Selected Varieties
 SAVE 1.00 ea.
\$4.99 ea.
2 Days Only!



INGLES ADVANTAGE
 SUB ROLLS
 6 Count
 SAVE .50 ea.
\$3.68 ea.
2 Days Only!



INGLES ADVANTAGE
 FRITO LAY MULT-PACK
 18 Count -
 Selected Varieties
 SAVE 5.71 ea.
\$7.98 ea.
2 Days Only!



INGLES ADVANTAGE
 LANCE SANDWICH CRACKERS
 10 Count -
 Selected Varieties
 SAVE 5.55 ON 2
Buy One Get One FREE!
2 Days Only!



INGLES ADVANTAGE
 PEPPERIDGE FARM FARMHOUSE BREAD OR BUNS
 13.5-24 Oz. -
 Selected Varieties
 SAVE 1.66 ea.
\$3.33 ea.
2 Days Only!



INGLES ADVANTAGE
 SPARKLING ICE SINGLES
 17 Oz. -
 Selected Varieties
 SAVE 1.25 ON 5
5/\$5
2 Days Only!



Limit 4
INGLES ADVANTAGE
 NIAGARA PURIFIED DRINKING WATER
 24 Count
 SAVE 2.00 ea.
\$2.68 ea.
2 Days Only!



Limit 4
INGLES ADVANTAGE
 CHEEZ-IT ORIGINAL, PUFF'D OR SNAP'D
 5.75-7.5 Oz. -
 Selected Varieties
 SAVE UP TO 3.50
\$1.78 ea.
2 Days Only!



Limit 4
INGLES ADVANTAGE
 CRISCO OIL
 40 Oz. -
 Selected Varieties
 SAVE UP TO 3.50
\$3.28 ea.
2 Days Only!



Limit 4
INGLES ADVANTAGE
 GREEN MOUNTAIN, DONUT SHOP OR MCCAFFÉ K-CUPS COFFEE
 32 Count -
 Selected Varieties
 SAVE 9.60 ea.
\$13.98 ea.
2 Days Only!



Limit 4
INGLES ADVANTAGE
 PUREX LIQUID LAUNDRY DETERGENT OR PODS
 43.5-50 Oz. Or 17-21 Count -
 Selected Varieties
 SAVE 5.00 ea.
\$2.98 ea.
2 Days Only!

Savings All Month Long!



NEW ENGLAND
BAG OR K-CUPS
COFFEE
11 Oz. Or 12 Count -
Selected Varieties
SAVE UP TO 6.00



\$4.98
ea.



LAURA LYNN™
SODA
12 Count -
Selected Varieties
SAVE 1.00 ea.

\$2.98
ea.



BORDEN
SHREDDED OR
SLICED CHEESE
8-12 Oz. -
Selected Varieties
SAVE 3.58 ON 2

Buy One
Get One
FREE!



CHOCK FULL O'NUTS
CAN COFFEE
24-26 Oz. -
Selected Varieties
SAVE 6.60 ea.

\$7.98
ea.



KELLOGG'S
SPECIAL K
CEREAL
9.6-13.3 Oz. -
Selected Varieties
SAVE 5.48 ON 2

Buy One
Get One
FREE!



GAIN
LIQUID LAUNDRY DETERGENT,
FLINGS, DRYER SHEETS
OR POWDER DETERGENT
31-240 Count Or 88-91 Oz. -
Selected Varieties
SAVE UP TO 3.00

\$9.98
ea.



BOUNTY
DOUBLES PLUS
PAPER TOWELS
6 Count
SAVE 4.00 ea.

\$15.98
ea.



CHARMIN
MEGA BATH TISSUE
12 Count -
Selected Varieties
SAVE 5.00 ea.

\$14.98
ea.



DURACELL
COPPERTOP AA OR
AAA BATTERIES
4 Count
SAVE 6.48 ON 2

Buy One
Get One
FREE!

Frozen Favorites!



TOTINO'S PIZZA ROLLS
15 Count - 7.5 Oz. -
Selected Varieties
SAVE 1.00 ea.

\$1.98
ea.



BLUE RIBBON CLASSICS FROZEN DESSERT
46-48 Oz. -
Selected Varieties
SAVE 1.90 ea.

\$2.98
ea.



BREYERS FROZEN DESSERTS
48 Oz. -
Selected Varieties
SAVE 3.00 ea.

\$3.98
ea.



HUNGRY-MAN SELECTS DINNERS
16 Oz. -
Selected Varieties
SAVE 1.90 ea.

\$3.98
ea.



PILLSBURY TOASTER STRUDEL
11.7 Oz. - 6 Count -
Selected Varieties
SAVE 1.40 ea.

\$2.78
ea.



KLIMON DAIRY FREE ICE CREAM
16 Oz. -
Selected Varieties
SAVE 5.98 ON 2

Buy One Get One FREE!



BANQUET MEGA MEATS
13.2-14.6 Oz. -
Selected Varieties
SAVE 1.50 ea.

\$3.98
ea.



LA CHOY MEALS
18 Oz. -
Selected Varieties
SAVE 3.50 ea.

\$4.48
ea.



EL MONTEREY FAMILY PACK BURRITOS
30.4-32 Oz. -
Selected Varieties
SAVE 1.50 ea.

\$4.98
ea.



MAYFIELD ICE CREAM SANDWICHES OR STICK BARS
6 Count -
Selected Varieties (Excludes Sundae Cones)
SAVE 1.50 ea.

\$2.48
ea.



MORNING STAR FARMS VEGGIE CUISINE
5.25-12 Oz. -
Selected Varieties
SAVE 1.20 ea.

\$3.98
ea.



MAYFIELD SUPER NOVELTIES
4-6 Count -
Selected Varieties
SAVE 2.30 ea.

\$3.48
ea.



BASKIN ROBBINS ICE CREAM
14 Oz. -
Selected Varieties
SAVE 2.00 ea.

\$3.48
ea.



P.F. CHANG'S SKILLET MEALS FOR TWO
22-24 Oz. -
Selected Varieties
SAVE 3.70 ea.

\$6.48
ea.

Sweet Savings!



HERSHEY'S
CANDY BARS
1.39-2 Oz. -
Selected Varieties
SAVE UP TO 1.90 ON 5

5/\$5
for

HERSHEY'S
SHARE PACK CANDY
7.2-10.6 Oz. -
Selected Varieties
SAVE 2.00 ea.

\$3.98
ea.



HERSHEY'S
XL CANDY BAR
4-4.5 Oz. -
Selected Varieties
SAVE .70 ea.

\$1.98
ea.

ICE BREAKERS
ICE CUBES GUM
3.24 Oz. -
Selected Varieties
SAVE 1.00 ea.

\$3.78
ea.



HERSHEY'S
MINIS UNWRAPPED
CANDY
7.6-9.9 Oz. -
Selected Varieties
SAVE 1.30 ea.

\$3.98
ea.



HERSHEY'S
CANDY BAR
8 Pack -
Selected Varieties
SAVE 3.80 ea.

\$1.48
ea.



HERSHEY'S
SYRUP
22-24 Oz. -
Selected Varieties
SAVE 1.00 ea.
GT4

\$2.98
ea.



HERSHEY'S
CANDY BARS
6 Count -
Selected Varieties
SAVE 2.50 ea.

\$4.98
ea.

