



**1.48** Lb.

USDA Inspected  
**Sliced Bone-In  
Pork Loin Half**



USDA Inspected  
**Whole Boneless  
Pork Loin**

**1.98** Lb.



USDA Inspected  
**Boneless Center  
Cut Pork Chops**

**2.98** Lb.



USDA Inspected  
**Bone-In Assorted  
Pork Chops**

**1.68** Lb.



1-Pc., Frozen Or  
Previously Frozen  
**St. Louis Style  
Spare Ribs**

**2.48** Lb.



USDA Inspected  
**Boston Butt  
Pork Roast**

**1.68** Lb.



USDA Inspected,  
Bone-In  
**Country Style  
Pork Ribs Or  
Pork Butt Steaks**

**2.98** Lb.



27-Oz.  
**Silver Floss  
Sauerkraut**

**2.48**



15-Oz. Selected  
**Luck's  
Beans**



**.88**



# COWEN

Visit us at [www.coweniga.com](http://www.coweniga.com)



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

70 Railroad Avenue Cowen, WV 304-226-3811

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

WV E-WIC Cards Accepted



## THROW BACK THURSDAYS

Download your **DIGITAL COUPON** for a **CRAZY LOW PRICE.**

THESE CRAZY PRICES GOOD THURSDAY, DEC. 26 - SUNDAY, DEC. 29, 2024 ONLY! COUPON VALID FOR ONE-TIME USE ONLY



**LIMIT 1 OFFER,**  
SALE PRICE 4.98  
DIGITAL COUPON 1.00 OFF ONE  
**FINAL PRICE 3.98**  
28-Oz., Family Pack Carolina Pride Cocktail Smokies



**LIMIT 1 OFFER,**  
8.5-Oz., Selected Jiffy Corn Muffin Mix

SALE PRICE .68  
DIGITAL COUPON .28 OFF ONE  
**FINAL PRICE .40**



**LIMIT 1 OFFER,**  
5.75 to 12.4-Oz., Selected Cheez-It Crackers

SALE PRICE 3.48  
DIGITAL COUPON 2.00 OFF ONE  
**FINAL PRICE 1.48**



**LIMIT 1 OFFER,**  
32-Oz., Selected IGA Shredded Cheese

SALE PRICE 5.98  
DIGITAL COUPON 1.00 OFF ONE  
**FINAL PRICE 4.98**



**LIMIT 1 OFFER,**  
13 To 22-Oz., Selected Farm Rich Appetizers

SALE PRICE 5.98  
DIGITAL COUPON 2.00 OFF ONE  
**FINAL PRICE 3.98**



**2.98** Lb.  
10-Lb. Chub, 73% Lean Fresh Ground Beef



**4.98** Lb.  
USDA Select Boneless Beef Shoulder Roast



**2.48** Lb.  
Tray Pack, Frozen Boneless Skinless Chicken Breasts



**6.98** Lb.  
USDA Select Boneless New York Strip Steaks

**5.98**  
3 To 4-Oz. Lobster Tails



**3.48** Lb.  
73% Lean, Family Pack Fresh Ground Beef



**4.98**  
12 To 16-Oz., Selected Oscar Mayer Sliced Bacon



1-Lb., 16/20-Ct., P&D, Tail-On Southern Seas Cooked Shrimp  
SALE PRICE 6.98  
DIGITAL COUPON 1.00 OFF ONE  
**FINAL PRICE 5.98**

### FARMER'S MARKET

**2 / .88**  
Crisp Green Cabbage

**3.98**  
10-Lb. Bag Russet Potatoes

**2 / \$1**  
Creamy Ripe Hass Avocado  
1.2-Oz. Extra Spicy Or 1.5-Oz. Classic Concord Guacamole Mix..... **1.28**

## SAVINGS IN EVERY AISLE

**2 / \$6**  
16.3-Oz., Selected Peter Pan Peanut Butter



**4 / \$5**  
2-Lt., Selected Faygo Soda



**1.28**  
20-Oz. Hunt's Ketchup



**2 / \$3**  
15-Oz. Reg. Or Sausage Libby's Country Gravy



**2 / \$7**  
8.8 To 13.7-Oz., Selected Ritz Crackers



**3 / \$3**  
12 To 16-Oz., Selected Mueller's Pasta



**2 / \$4**  
6.5-Oz., Selected Reddi Wip Cream



**2 / \$5**  
7 To 8-Oz., Selected Shredded Borden Cheese



**2.98**  
52-Oz., Selected IGA Premium Orange Juice



**5.98**  
128-Oz., Sherbet Or Selected Country Maid Ice Cream



**4.98**  
16.9 To 29.3-Oz., Selected DiGiorno Pizza



**3.48**  
13-Ct. Pods Or 31 To 32-Oz., Selected Tide Simply Detergent



**5.98**  
4-Ct. Bounty Paper Towels Or 6-Ct. Bath Tissue Charmin Essentials



**3.98**  
6-Ct. Mini Sub Rolls Or 9-Ct. Kings Hawaiian Slider Buns



**2 / \$7**  
7 To 13-Oz., Selected Tostitos Chips Or Salsa



**4.99**  
16.9-Oz. Bottles 24-Pack Dasani Water



**2 / \$4**  
Refreshing 2-Liter Pepsi Products

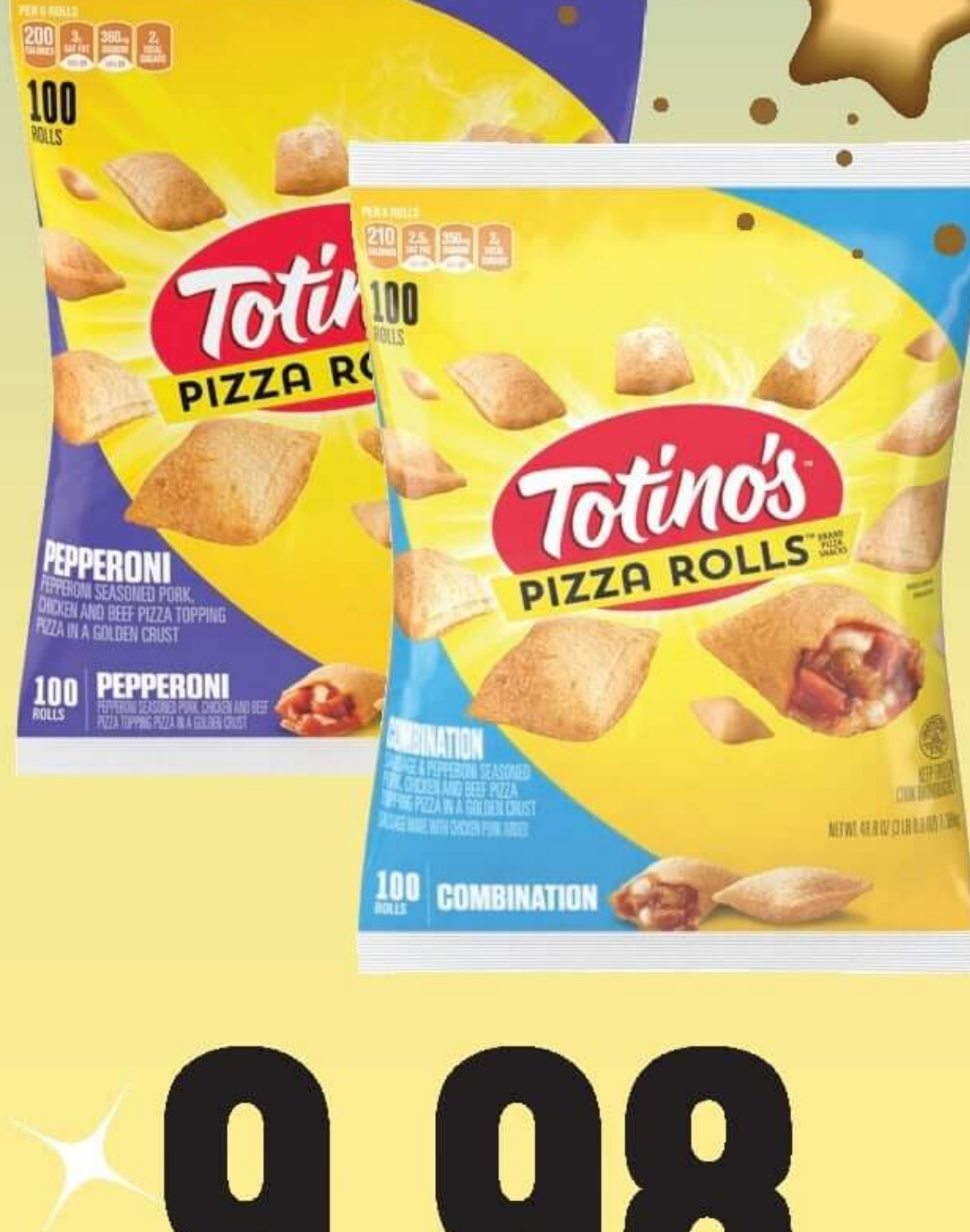


**4 / \$13**  
16.9-Oz. Bottles 6-Pack Pepsi Products



**9.99**  
12-Oz. Cans 24-Pack Pepsi Products





**9.98**  
100-Ct., Selected  
**Totino's**  
Pizza Rolls



**11.98** 90 To 96-Oz., Selected  
Family Size  
**Stouffer's**  
Lasagna



**11.98** 4-Lb.  
**Armour**  
Meatballs



**9.98** 3-Lb., Breaded  
**Mozzarella**  
Cheese Sticks



**4.98** 3-Lb.  
Springer Mtn. Farms  
**Buffalo Style**  
Chicken Wings



**6.98** 36-Oz., Selected  
**Hidden Valley**  
Ranch Dressing



**4.98** 20-Oz. Parmesan Garlic  
Or Medium  
**Buffalo Wild**  
Wings Sauce



SALE PRICE  
**2/\$4**  
DIGITAL COUPON  
**1.00**  
OFF TWO

FINAL PRICE  
**2/\$3**

16-Oz., Selected  
**Dean's**  
Dip



**2.98** 128-Oz, Selected  
**Hawaiian**  
Punch

# RING IN THE SAVINGS



**3/\$5**  
15-Oz., Selected  
**Hunt's  
Tomato  
Sauce**



**1.98**  
8-Oz.,  
Selected  
**Wish Bone  
Dressing**



**3.78**  
25.4-Oz.,  
Selected  
**Welch's  
Sparkling Juice**



**4/\$5**  
14 To 15-Oz., Selected  
**Margaret  
Holmes  
Vegetables**



**2.48**  
8-Oz. Plain  
Or Seasoned  
**4C Panko  
Bread Crumbs**



**2.48**  
12 To 14-Oz.,  
Selected  
**Success  
Rice**



**6.48**  
20-Oz. Squeeze  
**Hellmann's  
Mayonnaise**



**2.48**  
46-Oz.  
**Red Gold  
Tomato Juice**



**3.98**  
16-Oz., Selected  
**Terry Ho's  
Yum Yum Sauce**



**6.98**  
28-Oz.  
**McCormick  
Mayonesa**



**1.78**  
15 To 16-Oz.,  
Selected  
**Hunt's  
Manwich**



**.78**  
33.8-Oz. Club Soda  
Or Selected  
**Food Club  
Tonic Water**



**3.98**  
64-Oz., Selected  
**Libby's  
Pineapple Juice**



8.8-Oz., Selected  
**Belvita  
Breakfast  
Biscuits**



**5.98**  
20 To 27.2-Oz.,  
Selected Giant Size  
**General Mills  
Cereal**



**4.98**  
15-Pk.,  
Selected  
**Tampico  
Punch**



**2.98**  
64-Oz.,  
Selected  
**Old Orchard  
100% Juice**



**1.98**  
18.4-Oz.,  
Selected  
**Pillsbury  
Brownie Mix**



## HOUSEHOLD ESSENTIALS

## PET Shop



**6.98**  
50-Ct., Selected  
**Solo Squared  
Plastic Cups**



**2.98**  
40 To 100-Ct., Selected  
**Vanity Fair  
Napkins**



**3.78**  
12 To 50-Ct., Selected  
**Dixie Bowls  
Or Plates**



**2.48**  
2-Ct.  
**Simply Done  
Paper Towels**



**1.48**  
40-Ct., Selected  
**Simply Done  
Dryer Sheets**



**3.98**  
81-Oz., Selected  
**Simply Done  
Bleach**



**6.98**  
32-Ct. Chewy Tablets Or  
60 To 96-Ct., Selected  
**Tums  
Antacids**



**5.98**  
12.5-Oz. Selected 2-In-1 Or  
**Head & Shoulders  
Shampoo**



**3.48**  
6.3-Oz., Selected  
**Temptations  
Cat  
Treats**

## IGA Savings



**4/\$5**  
16-Oz., Navy, Pinto Or  
**IGA Great  
Northern  
Beans**



**2/\$4**  
16-Oz. Bread & Butter  
Chips Or  
**IGA Hamburger  
Slices**



**2/\$5**  
16-Oz. Sweet Whole  
Gerkins Or  
**IGA Pickle  
Sandwich Slices**



**1.68**  
1-Lb.  
**IGA Dry  
Blackeye  
Peas**



**3/\$5**  
6-Oz., Selected  
**IGA  
Olives**



**.98**  
4.25-Oz.  
**IGA Chopped  
Black Olives**



**1.98**  
64-Oz.  
**IGA White  
Vinegar**

# FRESH PRODUCE

# SNACK Attack

**2.98**

Tropical Ripe, Fresh  
**Golden Pineapple**

**1.28**

Fresh  
**Bunch Kale Greens**

**2/\$7**

Large Bunch  
**Collard Greens**



**7.98**

14 To 16-Oz., Selected  
**Blue Diamond Almonds**



**2/\$5**

2 To 3-Pk., Selected  
**Orville Redenbacher's Popcorn**



**3/\$7**

4.9 To 5.57-Oz., Selected  
**Pringles Potato Crisps**



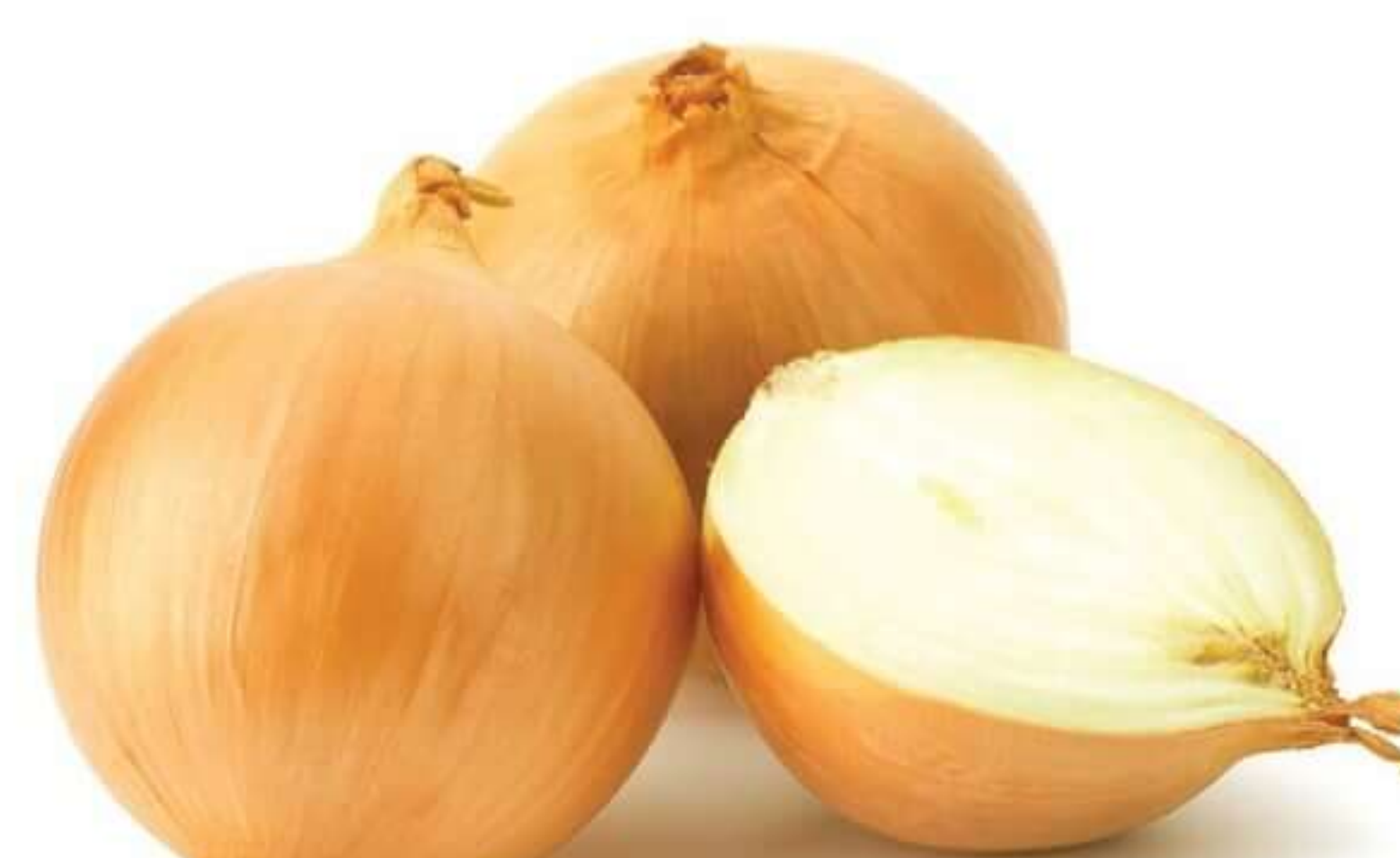
**4.98**

3-Lb. Bag, Seedless  
**Cara Cara Red Navel Oranges**



**1.28** lb.

All Purpose  
**Sweet Yellow Onions**



**2/\$6**

Cut and Peeled,  
2-Lb. Bag  
**Bolthouse Baby Carrots**



**2/\$6**

16-Oz. No Waste Fresh  
**Cut Celery Sticks**

**1.78**

8-Oz. Shredded  
Lettuce Or 12-Oz.  
**Fresh Express Garden Salad Mix**



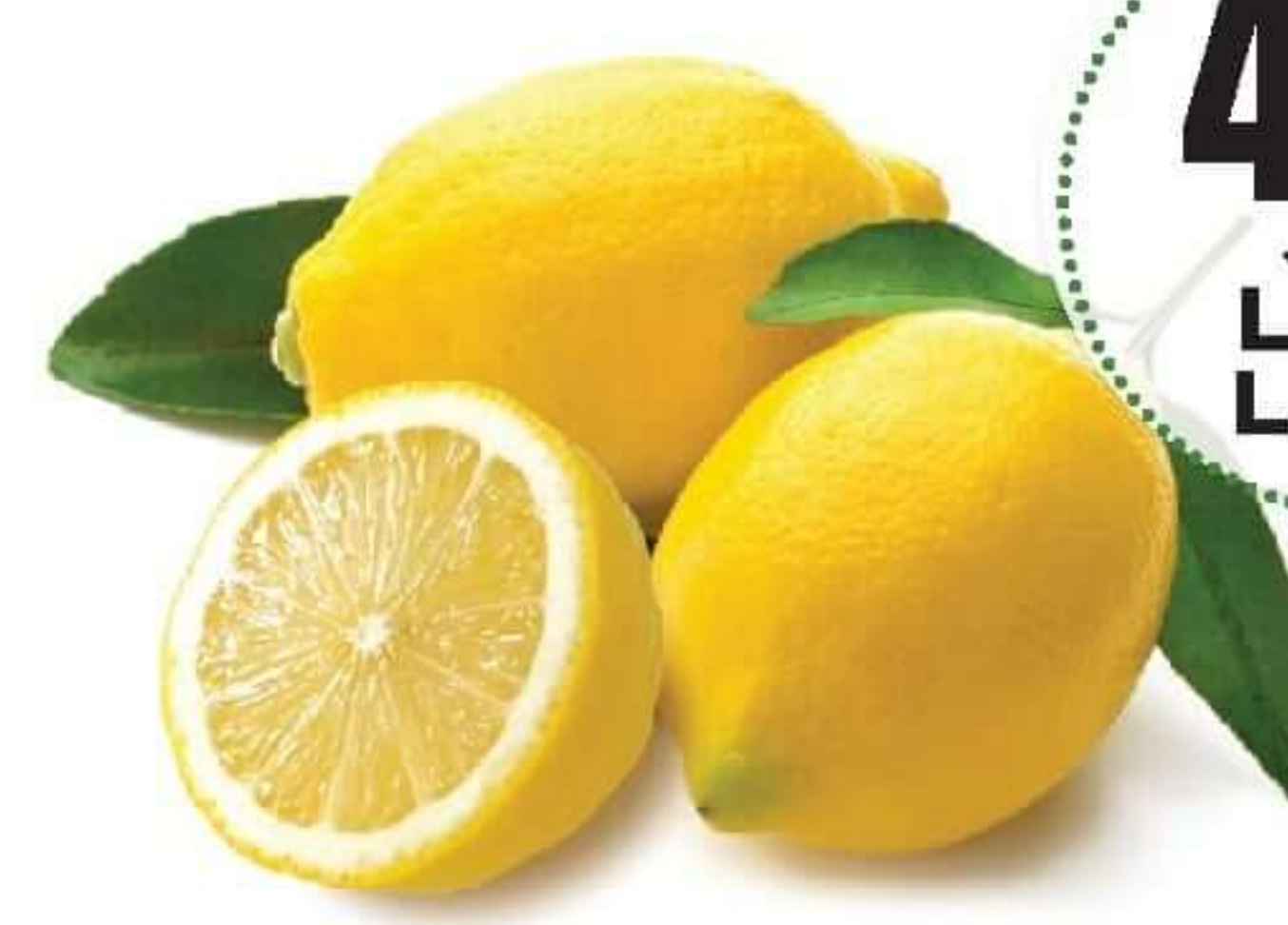
**FREE**

7.5-Oz. Selected  
**Fresh Wholly Guacamole**



**2/.88**

Zesty  
**Tangy Lemons**



**4/\$1**

Juicy  
**Large Limes**

**3.98**

12-Oz., Selected  
**Marzetti Premium Dips**



**1.98** lb.

"No Waste"  
**Crisp Broccoli Crowns**



**12.98**

42-Oz. Large  
**Del Monte Veggie Tray With Dip**



**7.98**

21-Oz. Petite Del Monte  
**Veggie Tray With Dip**

**7.98**

15-Stem,  
Premium  
**Fireworks Bouquet**



5.5-Oz., Selected  
**Pringles Mingles**

SALE PRICE **2/\$7**  
DIGITAL COUPON  
**1.00 OFF TWO**

FINAL PRICE  
**2/\$6**



7.1 To 8.1-Oz., Selected  
**Ritz Toasted Chips**

SALE PRICE **2/\$8**  
DIGITAL COUPON  
**2.00 OFF TWO**

FINAL PRICE  
**2/\$6**



**2.98**

15-Oz.  
**Rico's Gourmet Nacho Cheese**



**2/\$7**

8.5 To 9-Oz., Selected  
**Frito Lay Dip**



**9.99**

18-Ct., Selected  
**Frito Lay Variety Pack**



# DAIRY & FROZEN

**3/\$5**

10-Ct.,  
Butter-Me-Nots  
**IGA Biscuits**



**2/\$5**

59-Oz., Selected  
Lemonade Or  
**Florida's Natural Fruit Juice**



**4/\$5**

4.85 To 8-Oz., Selected  
**Banquet Frozen Dinners**



**5.48**

19.1 To 24.6-Oz., Selected  
Sticks Or  
**Mrs. Paul's Fish Fillets**



**2.98**

12-Oz., Selected  
**Borden Singles**



**2/\$4**

12-Oz.  
**Heluva Good! French Onion Dip**



**4.48**

11 To 14-Oz., Selected  
**Healthy Choice Max Entrees**



**3.98**

6-Pk. Dippers Or  
12 To 16-Oz., Selected  
**Dole Frozen Fruit**



**2.98**

16-Oz.  
**Breakstone's Sour Cream**



**1.98**

16-Oz., Selected  
**Food Club Cottage Cheese**



**4.98**

14.5 To 15-Oz., Selected  
**Hungry Man Entrees**



**3.48**

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



**2.98**

24-Oz.  
**Food Club Sour Cream**



**3.48**

10 To 17-Oz., Selected  
**Sister Shubert's Rolls**



**3.78**

9.5 To 11.75-Oz., Selected  
**Pepperidge Farms Bread**



**3.98**

11 To 18-Oz., Selected  
**Pictsweet Vegetables**



Skip the Drive-THRU- For dinner!

24-Oz., Selected **John Soules Breaded Chicken** **9.98**

Sold In 4-Lb. Bag **Waffle Fries** **6.98**

28 To 32-Oz., Selected **Bob Evans Side Dishes** **4.98**

# ENTERTAINING FAVORITES

**9.98** Sold in 2-Lb. Box **Holten's Smashed Burgers**

**3.98** Lb. **73% Lean Ground Beef For Chili**

**4.98** 16-Oz. **Tennessee Pride Sausage Balls**

**2.98** 14-Oz. **Eckrich Cocktail Smokies**

Rise and Shine

30-Ct. Mild Or Hot **Swaggerty's Sausage Patties** **9.98**

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

12-Oz. **John Morrell Sliced Bacon** **2.98**

16-Oz., Hot Or Mild **Jamestown Pork Sausage** **2.48**

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

8-Oz. All Natural Cooked Patties Or **Butterball Sausage Links** **2/\$7**

8-Ct., Selected **Jimmy Dean Breakfast Sandwiches** **9.98**

**3.48** 12 To 14-Oz., Selected Sausage Or **Johnsonville Bratwurst**

**2.98** 5-Oz. **Armour Pepperoni**

**2.98** 14-Oz. **Eckrich Cocktail Smokies**

# FAMILY MEAL DEALS

**5.98** Lb. **USDA Select Boneless Shoulder Steak**

**5.98** Lb. **USDA Select, Boneless Beef Stew Or Cubed Steaks**

**2.48** Lb. **USDA Inspected, Boneless Country Style Pork Ribs**

**\$24** Sold in a 6-Lb. Box, 75% Lean, 24-Ct. **Party Pack Holten Beef Patties**

**8.98** 2.5-Lb., Selected **Prairie Fresh Pork Shoulder Roast**

**6.98** **Spring Mtn. Farms Boneless Chicken Tenders**

**3.48** 16-Oz., 85% Lean **Butterball Ground Turkey**

**1.98** Lb. **USDA Inspected, Bone-In Country Style Pork Loin Ribs**

**3.48** 14-Oz. Loop **Kielbasa Or Smithfield Smoked Sausage**

**.78** 2-Oz., Selected **Buddig Lunch Meat**

**5.98** 22-Oz. Selected **Buddig Lunch Meat**

**1.48** 12-Oz., Selected **Sugardale Franks**

**2.18** 16-Oz., Selected **Fischer's Bologna**

**2.48** Lb. Sold In 5-Lb. Bag @ \$12.40 **Party Wings**

**2.48** Lb. Sold In 5-Lb. Bag @ \$12.40 **Boneless Breaded Chicken**

**4.98** 1.5-Lb., Selected **Pilgrim's Nuggets**

**4.98** 16-Oz., Regular Or Spicy **Curly's Pulled Pork BBQ**

**3.48** 12-Oz., Selected **Salads Or Ballard's Spread**

# REEL IN THE SAVINGS

**8.98** Lb. **Fresh Atlantic Salmon Fillets**

**5.98** 1-Lb., 21/25-Ct., P&D, Tail-Off Or 16/20-Ct. **Southern Seas EZ Peel Raw Shrimp**

**19.98** 36-Oz. **Southern Seas Shrimp Ring**

**7.98** 32-Oz. **Sea Best Tilapia Fillets**

**13.98** 1-Lb., 20/30-Ct. **Sea Scallops**

**18.98** Lb. **Frozen Red King Crab Clusters**

**9.98** 8-Oz. Extra Small, Small Or **Standard Or Select Oysters**

**3.48** 8-Oz. **Tartar Sauce Or 9-Oz. Phillips Cocktail Sauce**

# BAKERY FRESH

**4/\$4** 4.2-Oz. **Raspberry W/ Vanilla Donut**

**11.98** 52-Oz. **Double Layer Red Velvet Cake**

**\$1** 4-In. **Pecan Pie**

**3.98** 16-Ct. **Split Top Potato Rolls**

**3.98** 4-Pk. **Superior On Main Eclairs**

**3.98** 14-Oz., Selected **Dulceria Cookies**

**4.98** 16-Oz., Selected **Nikola's Bakery Loaf**

**3.58** 8-Oz., Selected **DePalo Calzones**

**4.98** 11.25-Oz., Selected **DePalo Tear N' Share**

**8.98** 10.2-Oz. **King's Hawaiian Pretzel Bites**

**6.98** 6-Ct., Vanilla Or Maple Iced **Walnut Creek Cinnamon Rolls**

**3.98** **Bakery Fresh Garlic Knots**

**3.98** 9.68-Oz. **Cheesy Pull Apart Flatbread**

# LOCAL Equals FRESH

LOCALLY OWNED BY PEOPLE YOU CAN TRUST!