

THROW 

BACK

THURSDAYS

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

THESE CRAZY PRICES GOOD THURSDAY, JANUARY, 9 - SUNDAY, JANUARY 12, 2025 ONLY! COUPON VALID FOR ONE-TIME USE ONLY



LIMIT 1 OFFER

SALE PRICE 4.98	FINAL PRICE 3.98
DIGITAL COUPON 1.00 OFF ONE	

27-Oz., Hot Or Mild Swaggerty's Sausage Patties



LIMIT 1 OFFER

SALE PRICE 2.98	FINAL PRICE .98
DIGITAL COUPON 2.00 OFF ONE	

16-Oz. Zesta Saltine Crackers



LIMIT 1 OFFER

SALE PRICE 2.48	FINAL PRICE 1.48
DIGITAL COUPON 1.00 OFF ONE	

15 To 16-Oz., Selected Jif Peanut Butter



LIMIT 1 OFFER

SALE PRICE 2.48	FINAL PRICE .98
DIGITAL COUPON 1.50 OFF ONE	

8.5 To 9-Oz., Selected Hot Pockets



LIMIT 1 OFFER

SALE PRICE 2.98	FINAL PRICE 1.98
DIGITAL COUPON 1.00 OFF ONE	

4-Pk. Temptations, Gelatin Or Jell-O Pudding Cups

SPECIAL OFFER

BOGO

BUY ONE GET ONE

SALE

SHOP NOW



BUY ONE, GET ONE **FREE**

16-Oz., Selected Oscar Mayer Meat Wieners



BUY ONE, GET ONE **FREE**

14-Oz., Selected Armour Meatballs



BUY ONE, GET ONE **FREE**

2.44 To 2.9-Oz., Selected Armour LunchMakers

SPECIAL OFFER

BOGO

BUY ONE GET ONE

SALE

SHOP NOW



BUY ONE, GET ONE
FREE

11-Oz., American Or 9-Oz.
Fresh Express Italian Salad



BUY ONE, GET ONE
FREE

5-Lb.
Mahatma Rice



BUY ONE, GET ONE
FREE

4.5 To 8-Oz., Selected
Betty Crocker Fruit Snacks



BUY ONE, GET ONE
FREE

16.3-Oz., Selected
Betty Crocker Brownie Mix



BUY ONE, GET ONE
FREE

4-Oz., Selected
Old Trapper Beef Jerky



BUY ONE, GET ONE
FREE

9-Oz.
Steak-Umm Sliced Steaks



BUY ONE, GET ONE
FREE

100-Ct., Selected
Melitta Coffee Filters



BUY ONE, GET ONE
FREE

43.5 To 50-Oz., Selected
Purex Detergent



POCAHONTAS



18838 Seneca Trail
Marlinton, WV 24954

Phone: 304-799-6667

BIG SAVINGS
TO WARM UP YOUR
Winter

SNACK BACK TO SCHOOL WITH NABISCO!

**SPEND \$25
SAVE \$5.00**

On 10 - 12 Ct. Nabisco Multipack Variety Snacks
PARTICIPATING BRANDS INCLUDE OREO, NUTTER BUTTER, NILLA WAFERS, HANDI SNACKS, AND CHIPS AHOY

REWARD MEMBERS ONLY! VALID JANUARY 3-17, 2025

.98 lb.
Frozen Or Previously Frozen
Bone-In Split Breast

4.48 lb.
80% Lean
Fresh Ground Chuck

1.48 lb.
USDA Inspected
Sliced Bone-In Pork Loin Half

2.98 lb.
USDA Inspected, Bone-In
Center Cut Pork Chops

4.98 lb.
USDA Select
Boneless Chuck Roast

3.98 lb.
80% Lean, Family Pack
Fresh Ground Chuck

1.68 lb.
USDA Inspected, Bone-In
Assorted Pork Chops

7.98 lb.
USDA Select
T-Bone Steak

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

2.48 lb.
Frozen Or Previously Frozen
Pork Tenderloin

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

5.98 **Southern Seas SEAFOOD**
1-Lb., 41/50-Ct., P&D, Tail-On
Southern Seas Cooked Shrimp

FARMER'S MARKET

2/\$5
Pint
Fresh Blueberries

1.28 lb.
Tender
Yellow Or Zucchini Squash

2/\$6
3-Lb. Bag, Gold Delicious, McIntosh, Gala, Rome, Fuji Or
Eastern Grown Red Delicious Apples

SERVE UP GREAT DEALS

10.5 To 11.25-Oz., Selected
Campbell's Soup

2/\$5
14.5 To 24-Oz., Selected
Prego Pasta Sauce

2/\$5
15-Oz., Selected
Wish-Bone Dressing

2/\$3
4.7 To 8.7-Oz., Selected
Hamburger Helper

SALE PRICE **2/\$3** FINAL PRICE **2/\$2**
DIGITAL COUPON **1.00 OFF TWO**

7.25-Oz. Original
Kraft Mac & Cheese

SALE PRICE **4/\$5** FINAL PRICE **4/\$4**
DIGITAL COUPON **1.00 OFF FOUR**

6.98
28.4-Oz., Ground
Maxwell House Wake Up Roast

9.6 To 12.6-Oz., Selected
Special K Cereal

SALE PRICE **2/\$6** FINAL PRICE **2/\$4**
DIGITAL COUPON **2.00 OFF TWO**

2/\$5
9.31 To 16.5-Oz., Selected
Hostess Snack Cakes

2/\$7
16-Ct., Selected
Kraft Singles

7.2 To 9.98-Oz., Selected
Smucker's Uncrustables

SALE PRICE **2/\$6** FINAL PRICE **2/\$5**
DIGITAL COUPON **1.00 OFF TWO**

12.7-Oz. French Toast Sticks Or 10.75 To 12.3-Oz., Selected
Eggo Waffles

SALE PRICE **2/\$5** FINAL PRICE **2/\$4**
DIGITAL COUPON **1.00 OFF TWO**

3.98
4-Ct. Comfort Plus Mega Rolls
Scott Bath Tissue

7.98
10-In. Baked
Apple Pie

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

2.59
Half-Gallon, Selected (Excludes Whole Buttermilk Only)
United Milk

PRICES EFFECTIVE THURS. JAN. 9 THRU WED. JAN. 15, 2025

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

STORE HOURS

Monday - Saturday
8am - 9pm
Sunday 9am - 9pm

We Accept EBT Cards





WARM UP TO COZY DEALS



4.48
8-Oz. Anderson's Maple Syrup

.98
1-Oz. Original Ortega Taco Seasoning Mix

1.98
8-Oz., Selected Ortega Taco Sauce

3.48
16-Oz. Medium Or Ortega Mild Taco Sauce

13.98
128-Oz., Pure Canola Or Crisco Vegetable Oil

5/\$5
3.75-Oz., Selected Beach Cliff Sardines

5/\$5
5-Oz. In Water Bumble Bee Chunk Light Tuna

2/\$4
16.1 To 16.3-Oz., Selected Campbell's Homestyle Soup

2/\$3
14-Oz. Armour Chili With Beans

.98
15.5-Oz. Kidney Beans Or Selected Hanover Beans

1.18
15-Oz. Van Camp's Pork And Beans

3/\$5
15 To 16-Oz., Selected Hunt's Manwich Sauce

2/\$4
12 To 14-Oz., Selected Minute Rice

2.48
12-Oz., Selected Mueller Noodles

4.48
31.9-Oz. Pepperoni Or Cheese Chef Boyardee Pizza Kit

2.48
7.5 To 10-Oz., Selected Hormel Compleats Entrée

1.28
2.89 To 4-Oz. Top Ramen Bowls Or Nissin Or Cup Noodles

5/\$2
3-Oz., Selected Top Ramen Noodles

3.98
11 To 16-Oz., Selected Nature Valley Granola

1.68
2.05 To 2.39-Oz. Velveeta Shells Or Kraft EZ Mac & Cheese

5.48
4-Pk., Selected Kraft EZ-Mac Cups

8-Oz., Selected Nabisco Snack Saks
SALE PRICE **2/\$6** FINAL PRICE **2/\$5**
DIGITAL COUPON 1.00 OFF TWO

8.98
32-Oz. Coldbrew, 10-Ct K-Cups Or 12 Oz. Selected Starbucks Ground Coffee

2.98
18 To 20-Ct., Selected Bigelow Tea Bags

2/\$6
12-Ct., Selected Moon Pie Minis

3.98
60 To 64-Oz., Selected Ocean Spray 100% Juice

2/\$6
18-Oz., Selected Quaker Oats

.98
3-Oz. Cheddar Or Andy Capp's Hot Fries

4.48
6 To 12-Pk., Selected Orville Redenbacher's Popcorn

9.98
10-Pk., Cans Pringles Grab & Go!

2.99
20-Oz., 100% Wheat Nature's Own Sliced Bread

9.99
18-Ct., Selected Frito Lay Variety Pack

PET Shop



6.98
3 To 3.15-Lb., Selected Meow Mix Dry Cat Food

9.98
12-Pk., Selected Meow Mix Cat Food

Meow Mix
NEW! Tastier Recipe
The only dry cat food with 12 cups of real meat & chicken.
Tender Centers.
CHUNKS in Gravy
CHUNKS in Sauce
TENDER SAUCE
WITH REAL MEAT & CHICKEN
SOIL COMPLETE AND MANAGED FOR CAT CARE

HOUSEHOLD ESSENTIALS

8.98
6-Ct., Selected Sparkle Paper Towels

\$5
4-Rolls Scott Paper Towels

FREE ITEM Friday
COUPON REDEEMABLE 1/10/25 - 1/12/25
*LIMIT ONE FREE ITEM PER HOUSEHOLD
THIS OFFER REQUIRES AN AD
STORES WHERE APPLICABLE
FREE 1.6-Oz. Honees Honey Menthol Cough Drops
Download your **DIGITAL COUPON** for a **FREE ITEM**.
LOAD FRIDAY ONLY
Load Friday 1/10/25 ONLY and redeem by Sunday 1/12/25

3.98
40 To 43-Oz., Selected Clorox Liquid Bleach

3.78
4-Ct. Duo Cubes, 2-Ct. 4 in 1 Or 24 To 28.6-Oz., Selected Soft Scrub All Purpose Cleaner

4.98
75-Ct., Selected Clorox Disinfectant Wipes

3.98
16-Oz. Spray Refill Or 18 To 22-Oz., Selected Dawn Dish Spray

2.98
11-Oz., Selected Dial Liquid Hand Soap

2.98
11.25-Oz., Selected Softsoap Liquid Hand Soap

1.58
56-Ct., Plus Or Ultra Puffs Facial Tissue

1.98
200-Ct. Triple Size Top Care Cotton Balls

9.98
16-Ct. Liquicaps Or 8-Oz., Selected DayQuil Or NyQuil

4.98
2-Ct. C Or D, 1-Ct. 9-Volt, Or 4-Ct. AA Or AAA Duracell Batteries

FRESH PRODUCE

.68

Sweet Seedless
**California
Navel
Oranges**

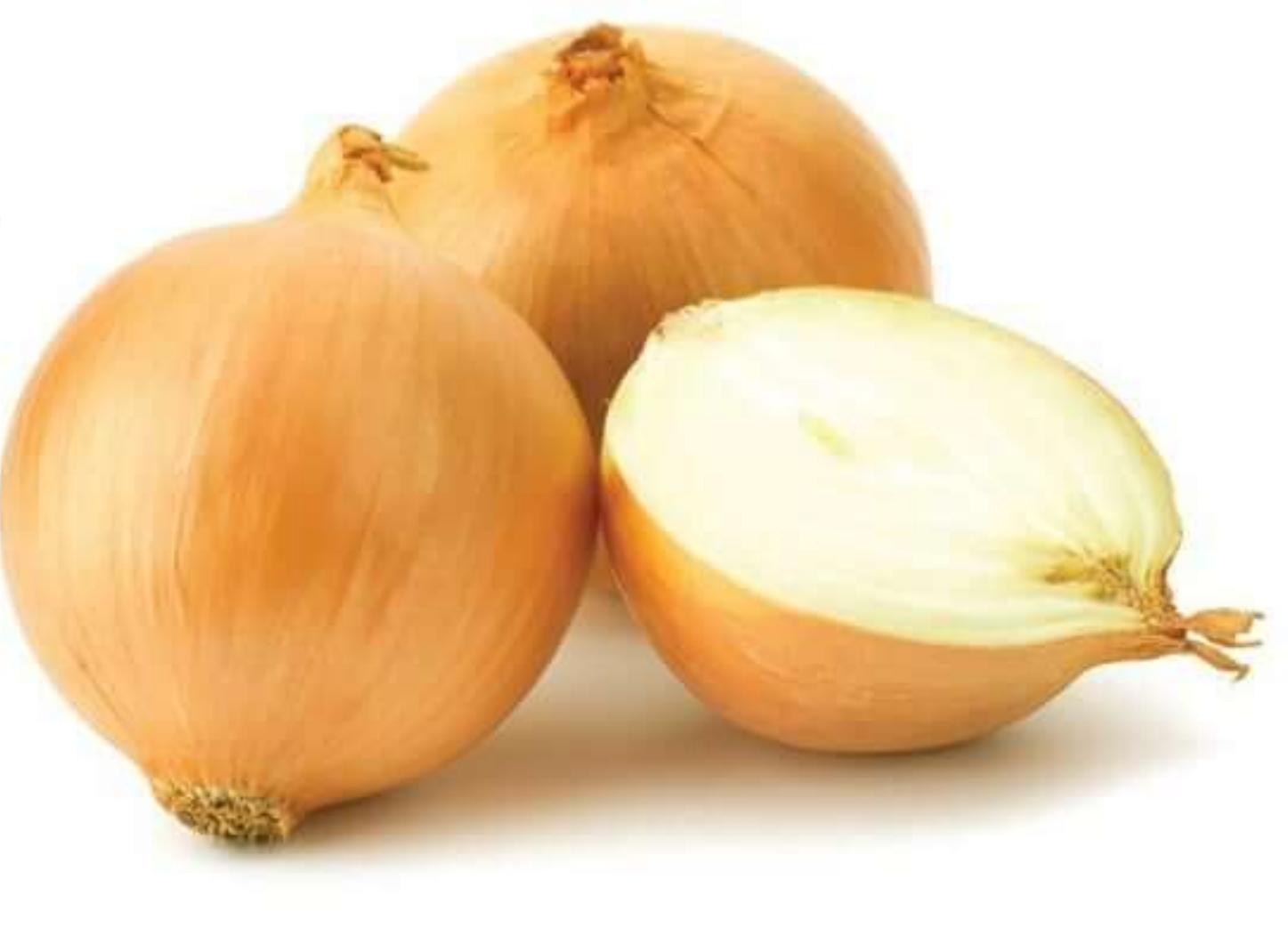
.78

Creamy Ripe
**Hass
Avocado**

2.98

1-Lb. Bag
**Tender Brussel
Sprouts**

1.28 Lb.
All Purpose
**Sweet
Yellow
Onions**



2/\$6
6-Oz. Pkg.
**Plump
Sweet
Blackberries**



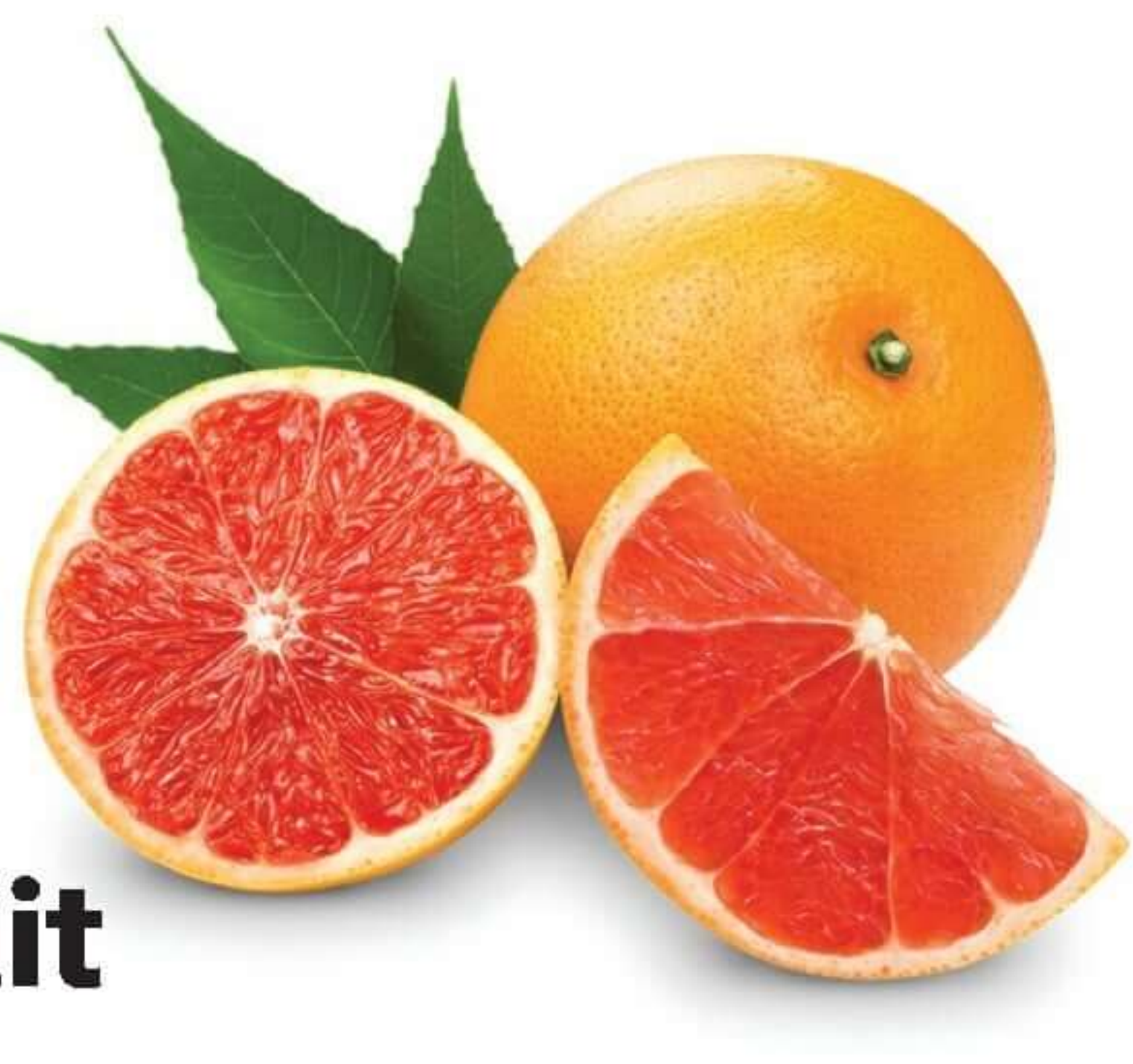
3.98
16-Oz., Selected
**Little Potato
Company
Potatoes**



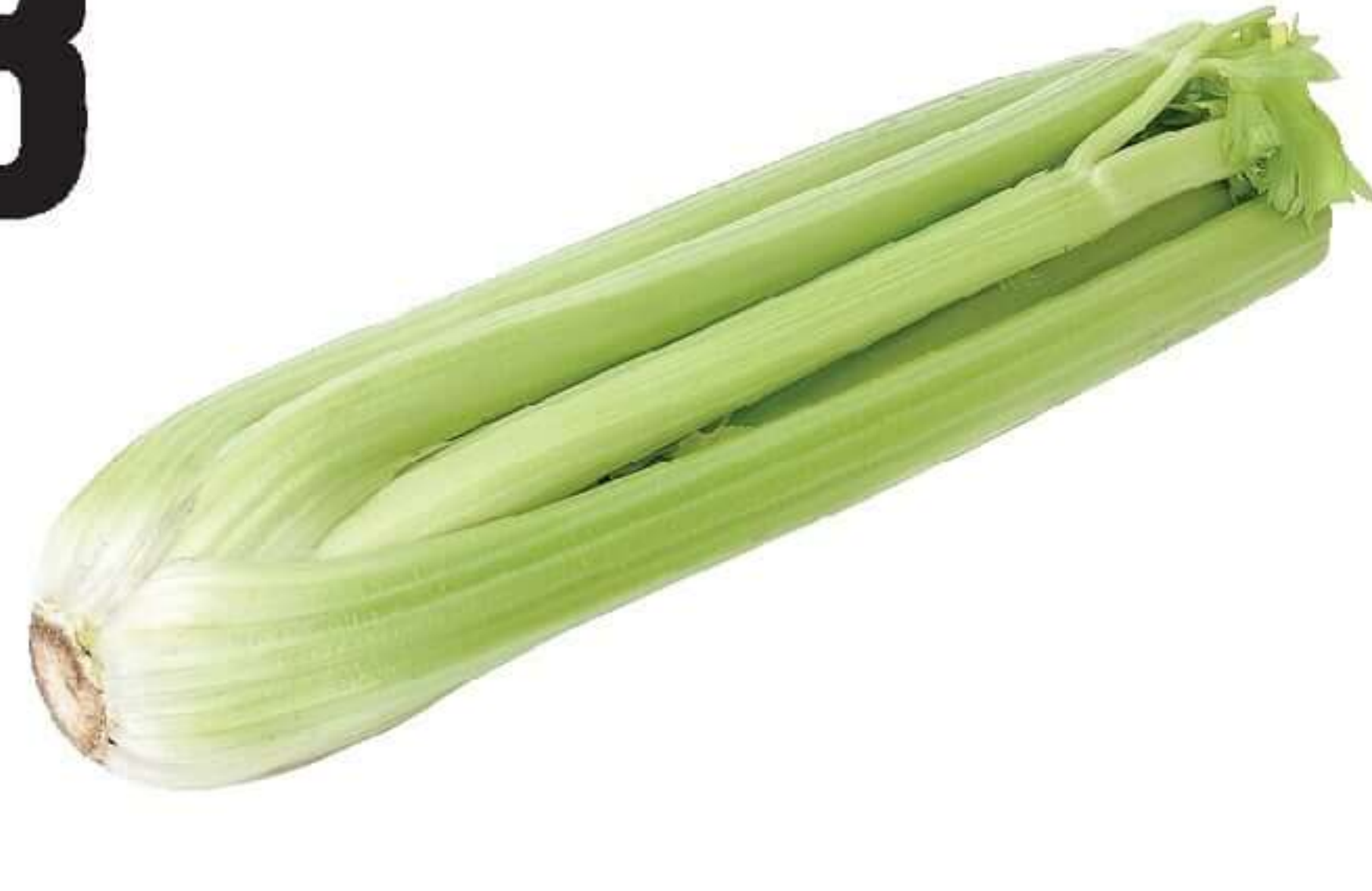
2.48
8-Oz. Champs
**Sliced
Baby Bella
Mushrooms**



2/\$3
Texas Rio Star
**Juicy
Red
Grapefruit**



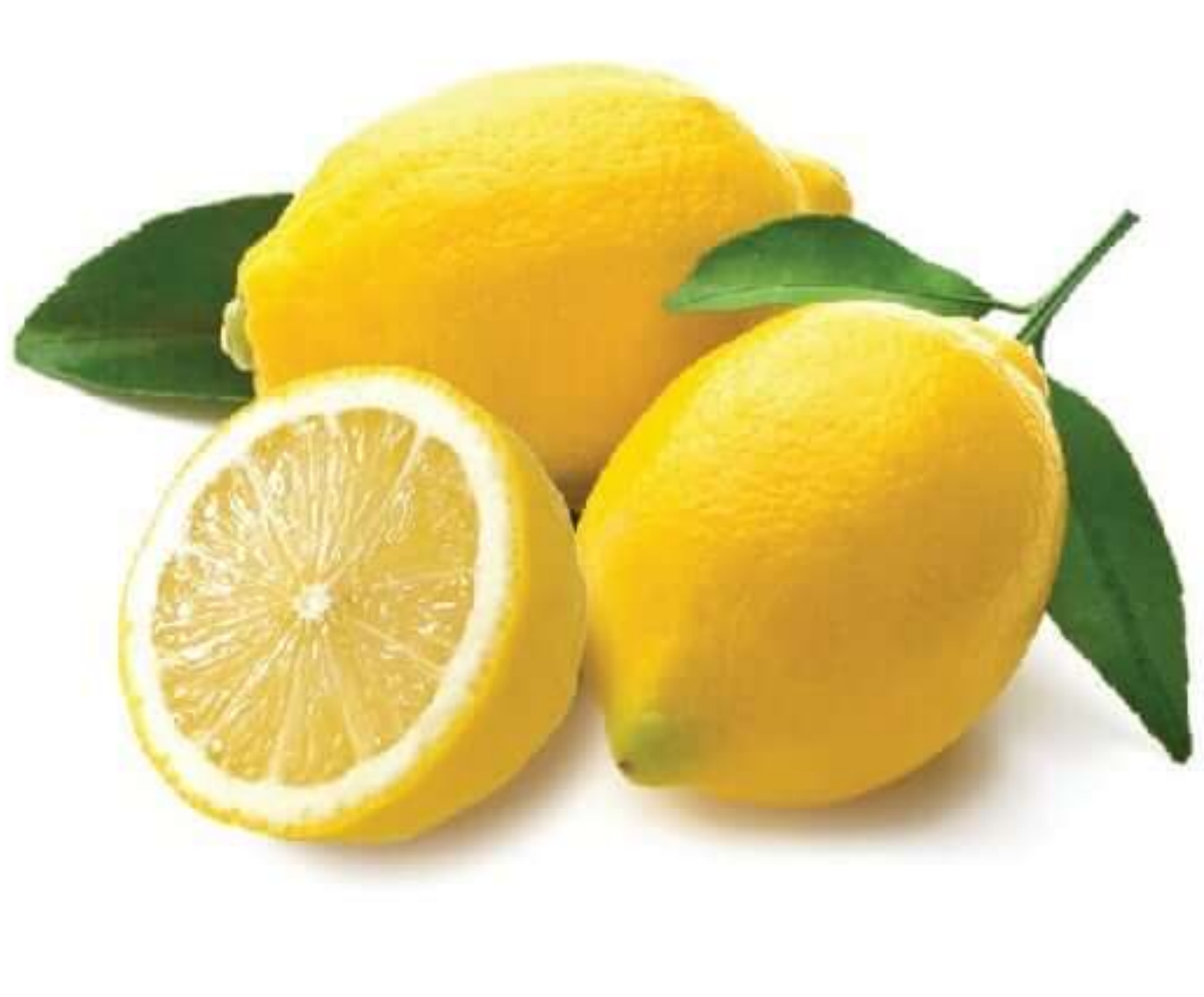
2.78
'No Waste'
**Crisp
Celery
Hearts**



1.48
16-Oz.,
Bolthouse Farms
**Sweet Baby
Peeled Carrots**



3.48
2-Lb.
Bag
**Tangy
Lemons**



7.98
Florist Quality
**Deluxe
Alstroee
Rose Bouquet**
WHERE AVAILABLE



DAIRY & FROZEN

32-Oz.
**Blue
Bonnet
Margarine**
SALE PRICE **2/\$5** DIGITAL COUPON **1.00 OFF TWO** FINAL PRICE **2/\$4**



2/\$3
5.3 To 6-Oz.,
Selected
**Daisy Cottage
Cheese Singles**



4/\$5
10 To 10.8-Oz.,
Selected Steamfresh
**Birds Eye
Vegetables**



2.48
7 To 8.8-Oz.,
Selected
**Kid Cuisine
Frozen Meals**



4/\$5
4.5 To 5.3-Oz., Selected
**Oikos
Greek Yogurt**



3.48
4 To 6-Pk., Selected
**YoCrunch, Yoplait Or
Danimals
Smoothies**



3.48
9.15 To 14-Oz.,
Selected
**Marie
Callender's
Entrees**



4.48
11-Oz.,
Selected
**P.F. Chang's
Bowls**



1.48
8-Oz.
**Breakstone
Sour Cream**



3.98
32-Oz.,
Selected
**Coffeemate
Creamer**



18-Oz., Selected
**Crav'n Flavor
Meal
Starter**
SALE PRICE **5.98** DIGITAL COUPON **1.00 OFF ONE** FINAL PRICE **4.98**



1.78
6.49 To 10-Oz.,
Selected
**Smart Ones
Entrées**



6 To 8-Oz., Selected
**Sargento
Sliced
Cheese**
SALE PRICE **2/\$7** DIGITAL COUPON **1.00 OFF TWO** FINAL PRICE **2/\$6**



2.48
24-Oz.,
Selected
**Food Club
Cottage Cheese**



5.98
18.2 To 24-Oz. Fish
Sticks Or Selected
**Food Club
Fish Fillets**



8.78
16 To 26.5-Oz.,
Selected
**Tyson Frozen
Chicken**



PLAYOFF FAVORITES



6.98
18 To 20-Oz.,
Selected
Land O' Frost
Sub Kit



3.98
15 To 16-Oz. Cheese
Dogs Or Selected
Oscar Mayer
Beef Franks

4.98
25-Oz., Original Or
Italian
Armour
Meatballs

3.98
12-Oz.
Armour
Pepperoni

4.98 lb.
80% Lean
Ground Chuck
For Chili

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

2.48 lb.
Sold In 4-Lb. Box @
\$9.92
Flanders
Beef Patties

FAMILY MEAL DEALS

5.98 lb.
USDA Select
Boneless
Beef Stew

5.98 lb.
USDA Select
Boneless Beef
Chuck Steak

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

.98 lb.
USDA Inspected
Heavy Pork
Spare Ribs

2.98
9-Oz., Selected Premium
Buddig
Deli Lunch Meat

3.98
12-Oz. Links Or
Smithfield
Sausage Patties

2/\$3
7-Oz., Polish Or
John Morrell
Smoked Sausage

2.18
16-Oz., Selected
Fischer's
Bologna

3.48
16-Oz., Selected Stack Pack
Oscar Mayer
Deli Meat

2.98
6-Oz., Reg. Or Fajita Strips
John Soules
Grilled Chicken

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

1.98
8-Oz. Diced Or
Sugardale
Cubed Ham

3.48
16-Oz., Selected
Ballard's Farm
Sausage Rolls

3.48
14-Oz., Polish Kielbasa Loop Or
Smithfield
Smoked Sausage

1.68
12-Oz., Selected
John Morrell
Franks

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

1.98
2 To 4.4-Oz., Selected
Lunchables Or
Oscar Mayer P3
Protein Packs

7.98
48-Oz.
IGA Smoked
Sausage

3.48
12-Oz. Selected Salads Or
Ballard's
Spreads

3.48
12-Oz.
John Morrell
Sliced Bacon

4.98
2.52-Oz., Selected
Fully Cooked
Oscar Mayer
Bacon

8.98
30-Oz., Original
Or Blueberry, On A Stick
Jimmy Dean
Pancake & Sausage

7.98
Sold in 5-Lb. Bag
Tater
Rounds

REEL IN THE SAVINGS

8.98 lb.
Fresh Atlantic
Salmon
Filets

5.98
1-Lb., 41/50-Ct.,
P&D, Tail-Off Or
Southern Seas
EZ Peel Raw Shrimp

9.98
35.13-Oz. Clam Bake,
Crawfish, Shrimp Or
Taste Choice
Seafood Boil

3.98
6-Oz., Selected
Moji
Sushi

9.98
2-Lb.
Sea Best
Tilapia Fillets

2/\$5
8-Oz. Lobster Or
Louis Kemp
Crab Delights

6.98
11-Oz. Cream Of Crab Or
Trout's Maryland
Crab Soup

DELI & BAKERY

8.98
Selected
Rotisserie
Chickens

2/\$5
15 To 16-Oz., Selected
Reser's
Deli Salads

2.88
24-Oz., Lewis Bake Shop
Texas
Toast

2.78
Gallon, Lemonade Or
Sunny South
Sweet Tea

CHEESE
OF THE MONTH

5.98
7-Oz., Selected
Castello
Round Cheese

3.98
6-Oz., Selected
Roth Havarti
Cheese

4.48
4-Oz., Selected
Crunchmaster
Crackers

5.98 lb.
Original Or Honey
Kretschmar
Ham Off The Bone

5.98 lb.
White Or Yellow
Kretschmar
American Cheese

4.28
16-Oz., Selected
Panera
Soup

FREE
BUY ONE, GET ONE
2-Ct., Sourdough
Panera
Bread Bowls

3.98
5.4-Oz., Selected
Laughing Cow
Cheese

2/\$4
16-Oz., Selected
Pizza
Dough Ball

3.98
4-Ct., Selected
Cafe Valley
Muffins

3.98
6-Ct., Selected
Nikola's Bakery
Coffee Cakes

4.49
24-Oz.
United Dairy
Cottage
Cheese

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

7.99
20-Oz. Bottles, Selected
8-Pack
Gatorade

2/\$10
16.9-Oz. Bottles
6-Pack
Propel

6.99
16.9-Oz. Bottles
12-Pack
Lipton
Tea

3/\$12
12-Oz. Cans, Selected
8-Pack
Bubly
Sparkling Water

4/\$11
16.9-Oz. Bottles
6-Pack
RC Products