

We Proudly Serve



ingles

LOVE LOCAL...

LOVE THE SAVINGS!

FUEL FRIDAY!
EARN 4X
INGLES FUEL POINTS
JAN 3RD 2025

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

ingles ADVANTAGE
 Love. Price. Less. The Savings!

Tyson

TYSON BONELESS THIGH FILLETS
 Small Pack
 SAVE 1.50 Lb.

No Solution Added!

\$2.98
Lb.



Select Locations!

ingles ADVANTAGE
 Love. Price. Less. The Savings!

ingles
 USDA CHOICE PREMIUM CERTIFIED ALL NATURAL BEEF

BONELESS NEW YORK STRIP STEAK
 Ingles Premium Certified **USDA Choice** Beef
 SAVE 7.00 Lb.

\$9.98
Lb.

ingles ADVANTAGE
 Love. Price. Less. The Savings!

Item Of The Week!

JUICY MANGO
 SAVE .80 ea.

68¢
ea.

ingles ADVANTAGE
 Love. Price. Less. The Savings!

ingles
 USDA CHOICE PREMIUM CERTIFIED ALL NATURAL BEEF

BEEF LONDON BROIL OR TOP ROUND ROAST
 Ingles Premium Certified **USDA Choice** Beef
 SAVE UP TO 3.00 Lb.

\$4.98
Lb.

ingles ADVANTAGE
 Love. Price. Less. The Savings!

KELLOGG'S KIDS CEREAL
 8.8-12 Oz. - Selected Varieties
 SAVE 3.00 ea.

ingles ADVANTAGE
 Love. Price. Less. The Savings!

Kellogg's POPS
 Sweet crispy Crunch

\$2.48
ea.

ingles ADVANTAGE
 Love. Price. Less. The Savings!

RED GRAPEFRUIT
 5 Lb. Bag
 SAVE 1.50 ea.

\$4.48
ea.

ingles ADVANTAGE
 Love. Price. Less. The Savings!

HARVEST FARMS BONELESS PORK CHOPS
 SAVE 1.00 Lb.

\$4.98
Lb.

ingles ADVANTAGE
 Love. Price. Less. The Savings!

Chobani
 ONLY NATURAL INGREDIENTS
 Greek Yogurt
 Icy Lime Blended

Chobani
 A Hint of Madagascar
 Vanilla & Cinnamon

CHOBANI CORE OR LESS SUGAR YOGURT
 5.3 Oz. - Selected Varieties
 SAVE 1.10 ea.

88¢
ea.

ingles ADVANTAGE
 Love. Price. Less. The Savings!

In Select Stores!

Boar's Head

BOAR'S HEAD HICKORY SMOKED BLACK FOREST TURKEY BREAST
 SAVE 2.00 Lb.

Boar's Head Yellow Or White Vermont Cheddar Cheese
 \$8.99 Lb.
 Save 2.00 Lb.

\$11.99
Lb.

ingles ADVANTAGE
 Love. Price. Less. The Savings!

Laura Lynn

vanilla
 FLAVORED ICE CREAM

neapolitan
 ICE CREAM
 VANILLA FLAVORED, CHOCOLATE & STRAWBERRY

\$3.98
ea.

ingles ADVANTAGE
 Love. Price. Less. The Savings!

MAYFIELD Dairy Farms

lowfat cottage cheese
 1% MILKFAT

cottage cheese
 4% MILKFAT MINIMUM

MAYFIELD COTTAGE CHEESE
 24 Oz. - Selected Varieties
 SAVE 1.90 ea.

\$2.98
ea.

ingles ADVANTAGE
 Love. Price. Less. The Savings!

Nature's Own
 Butterbread

NATURE'S OWN BUTTERBREAD
 20 Oz.
 SAVE 4.27 ON 2

Buy One Get One FREE!

Sip, Snack And Save!

ingles ADVANTAGE
 Love. Price. Less. The Savings!

COKE GROUP OF PRODUCTS
 6 Pack 500 mL
 Limit 3
 SAVE UP TO 13.94 ON 3

3/\$10
 for 10
 When You BUY 3 FINAL COST
 Quantities Less Than 3 will be 7.98 ea.

ingles ADVANTAGE
 Love. Price. Less. The Savings!

Tostitos Chunky Salsa
 2/\$6.98

Ruffles, Tostitos or Simply
 5-13 Oz. - Selected Varieties
 SAVE UP TO 5.00 ON 2

2/\$6.98
 for

ingles ADVANTAGE
 Love. Price. Less. The Savings!

COKE GROUP OF PRODUCTS
 2 Liter
 Limit 3
 SAVE UP TO 4.74 ON 3

3/\$6
 for 6
 When You BUY 3 FINAL COST
 Quantities Less Than 3 will be 3.58 ea.

Love The Savings!

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

EARN UNLIMITED GAS SAVINGS!

TRIPLE TUESDAY!
3X FUEL POINTS
 100 Bonus Points for every \$50 spent*

\$1 in Groceries = 1 Fuel Point*
 (NORMAL EXCLUSIONS APPLY)

Redeem on up to one 20 gal fill up. Offer valid at select locations. See store for details.

This week's REWARD!

99¢ **\$3.99** **\$4.99**

Crisp Pickles
 Exclusive AdvantagEmail member price Located in the Deli!

3 oz 16 oz 32 oz

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

Amerlean Owned!

WE ACCEPT: **VISA** **MasterCard** **Discover** **AMERICAN EXPRESS**

UP TO 50¢
 WITH DOUBLE COUPONS EVERY DAY

NONE SOLD TO DEALERS. WE RESERVE THE RIGHT TO LIMIT QUANTITIES AND CORRECT TYPOGRAPHICAL AND PHOTOGRAPHIC ERROR. For complete Double Coupon Policy See store for details. Certain other restrictions and limitations apply.

ingles
ONE TEAM... ONE COMMUNITY...
Help Someone In Need!

Prices Good Thursday, January 2 Through Tuesday, January 7, 2025

Thursday	Friday	Saturday	Sunday	Monday	Tuesday
2	3	4	5	6	7
JAN	JAN	JAN	JAN	JAN	JAN

WNC-FL

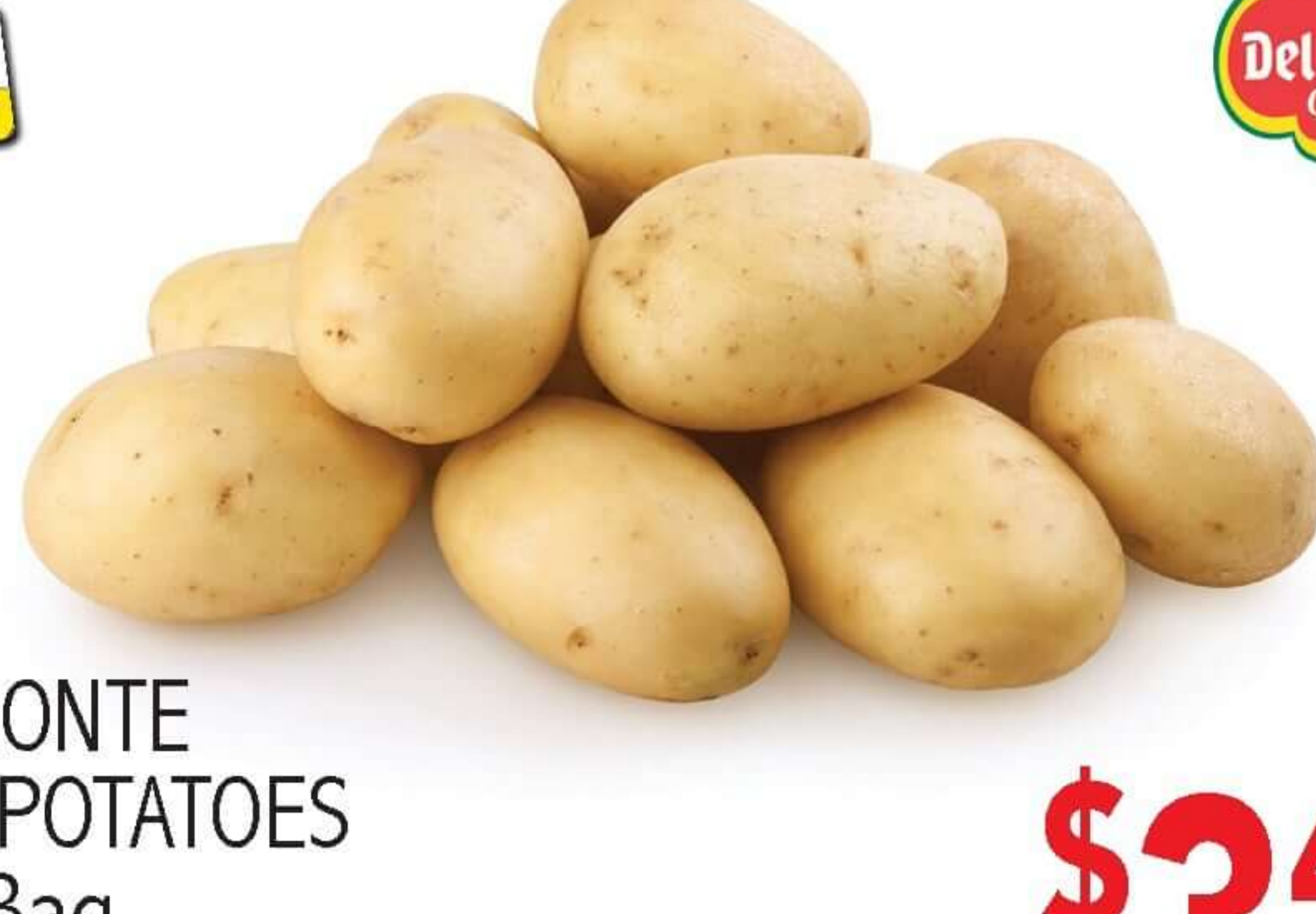
Produce



INGLES ADVANTAGE
Cara Cara Oranges
3 Lb. Bag
SAVE 2.10 ea.



INGLES ADVANTAGE
Campari Tomatoes
1 Lb. Pack
SAVE 2.00 ea.



INGLES ADVANTAGE
Del Monte Gold Potatoes
5 Lb. Bag
SAVE 3.50 ea.



INGLES ADVANTAGE
USDA ORGANIC
Organic Cucumbers
SAVE .72 ea.



INGLES ADVANTAGE
USDA ORGANIC
Sweet Tango Apples
SAVE 1.30 Lb.



INGLES ADVANTAGE
USDA ORGANIC
Remedy Organics Drinks
12 Oz. - All Varieties
SAVE 1.00 ea.



INGLES ADVANTAGE
USDA ORGANIC
Organic Yellow Onions
3 Lb. Bag
SAVE 2.00 ea.



INGLES ADVANTAGE
USDA ORGANIC
Organic Fuji Apples
3 Lb. Bag
SAVE 3.00 ea.



INGLES ADVANTAGE
Lily Land Bouquet
SAVE 2.00 ea.

INGLES IS NOT RESPONSIBLE FOR SUPPLIER SHORTAGES

Bakery



INGLES ADVANTAGE
La Brea Italian Round Loaf
SAVE .50 ea.



INGLES ADVANTAGE
Wholesome Harvest 9 Grain & Seed Bread
SAVE .50 ea.



INGLES ADVANTAGE
Joseph's Multigrain Lavash
10 Oz.
2/\$7
Save 2.96 On 2



INGLES ADVANTAGE
Multigrain Croissants
4 Count
SAVE .50 ea.



INGLES ADVANTAGE
Angel Food Cake
SAVE .50 ea.



INGLES ADVANTAGE
Chocolate Covered Donuts
6 Count
SAVE .50 ea.

Deli



INGLES ADVANTAGE
Ingles Premium Select Smoked Honey or Virginia Baked Ham
\$8.99 Lb.
Save 1.00 Lb.



INGLES ADVANTAGE
Gourmet Grape Chicken Salad
SAVE .50 Lb.



INGLES ADVANTAGE
Reser's Salsa
16 Oz. - Selected Varieties
SAVE .70 ea.



INGLES ADVANTAGE
Royal by Beemster Mild Gouda
SAVE 1.00 Lb.



INGLES ADVANTAGE
Celebrity Goat Log
Selected Varieties
SAVE 1.20 ea.



INGLES ADVANTAGE
Roth Canela Gran Queso
\$18.99 Lb.
Save 1.00 Lb.



INGLES ADVANTAGE
Président Feta Crumbles
12 Oz. - Selected Varieties
\$7.99 ea.
Save Up To 2.90



INGLES ADVANTAGE
Croissant Sandwiches
3 Count
\$4.49 ea.
Save .50 ea.



INGLES ADVANTAGE
King's Hawaiian Dinner Rolls
4 Count
\$2.19 ea.
Save .30 ea.



INGLES ADVANTAGE
Galbani Mozzarella Log
SAVE 3.70 ea.



INGLES ADVANTAGE
8 Pieces Baked or Southern Fried Chicken
2 Breasts, 2 Wings, 2 Thighs, & 2 Legs
LIMIT 2
SAVE 1.00 ea.



INGLES ADVANTAGE
1 MEAT AND 2 VEGETABLES PLATE
EVERYDAY LOW PRICE!
\$7.00 ea.

ingles **LOW PRICES... LOVE THE SAVINGS!™**

Meat & Seafood



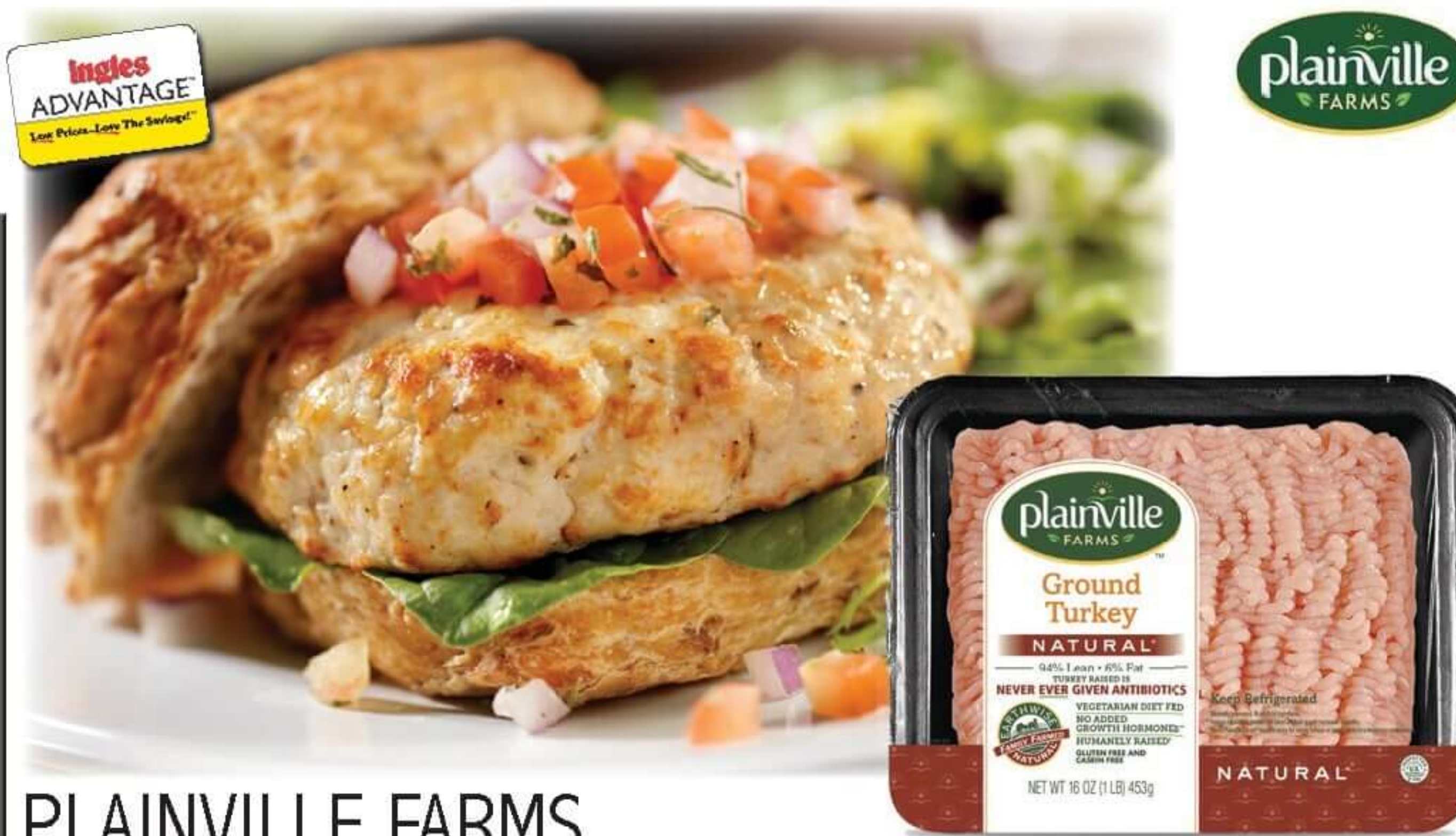
INGLES ADVANTAGE
 BEEF CUBE STEAK Family Pack
 SAVE 2.00 Lb.

\$5.18
 Lb.



INGLES ADVANTAGE
 HARVEST FARMS DRUMSTICKS OR THIGHS Small Pack
 SAVE 1.40 Lb.

\$1.08
 Lb.



INGLES ADVANTAGE
 PLAINVILLE FARMS ABF GROUND TURKEY 16 Oz. - 94% Lean
 SAVE 6.28 ON 2

Buy One Get One FREE!



INGLES ADVANTAGE
 BUTTERBALL SWEET ITALIAN SAUSAGE 16 Oz.
 SAVE 1.10 ea.

\$5.88
 ea.



INGLES ADVANTAGE
 LAURA LYNN™ ROLL SAUSAGE 16 Oz. - Selected Varieties
 SAVE .80 ea.

\$3.48
 ea.



INGLES ADVANTAGE
 BRYAN BEEF CORN DOGS 12 Oz.
 SAVE 1.00 ea.

\$4.48
 ea.



INGLES ADVANTAGE
 PERDUE CHICKEN SHORT CUTS 8 Oz. - Selected Varieties
 SAVE 4.64 ON 3

3/\$10
 for



INGLES ADVANTAGE
 HOGS HEAVEN PORK RINDS 3 Oz. - All Varieties
 SAVE 3.78 ON 2

Buy One Get One FREE!



INGLES ADVANTAGE
 ALMOND CRUSTED FLOUNDER
 SAVE 1.00 Lb.

\$9.98
 Lb.



INGLES ADVANTAGE
 FRESH MARINATED SALMON FILLETS Honey Bourbon Or Sweet & Smoky
 SAVE 1.00 Lb.

\$13.98
 Lb.



INGLES ADVANTAGE
 MAHI MAHI FILLETS AND SIDES
 SAVE 1.50 Lb.

\$6.48
 Lb.



INGLES ADVANTAGE
 CAROLINA RAW SHRIMP 2 Lb. Bag - 36/40 Count - Peeled & Deveined
 SAVE 2.00 ea.

\$19.98
 ea.

Grocery



INGLES ADVANTAGE
 CHOBANI FLIP, ZERO SUGAR, CREATIONS OR PROTEIN YOGURT 4.5-6.7 Oz. - Selected Varieties
 SAVE UP TO 8.40 ON 5

5/\$5
 for



INGLES ADVANTAGE
 CHOBANI DRINKABLE YOGURT 7-10 Oz. - Selected Varieties
 SAVE UP TO 2.60

98¢
 ea.



INGLES ADVANTAGE
 DAISY SOUR CREAM OR COTTAGE CHEESE WITH FRUIT 6-8 Oz. - Selected Varieties
 SAVE UP TO 1.00

88¢
 ea.



INGLES ADVANTAGE
 PHILADELPHIA CREAM CHEESE 7.5-8 Oz. - Selected Varieties
 SAVE 1.50 ea.

\$3.48
 ea.



INGLES ADVANTAGE
 LAURA LYNN™ BAR OR SHREDDED CHEESE 32 Oz. - Selected Varieties
 SAVE 3.00 ea.

\$5.98
 ea.



INGLES ADVANTAGE
 COUNTRY CROCK ORIGINAL SPREAD 45 Oz.
 SAVE 5.00 ea.

\$3.98
 ea.



INGLES ADVANTAGE
 SUNNY D 64 Oz. - Tangy Original Or Smooth
 SAVE 2.78 ON 2

Buy One Get One FREE!



INGLES ADVANTAGE
 JELL-O GIRL SCOUTS PUDDING OR ORE-IDA JUST CRACK AN EGG SCRAMBLE 3-7 Oz. - Selected Varieties
 SAVE 2.98 ON 2

Buy One Get One FREE!



INGLES ADVANTAGE
 BIZZY COLD BREW COFFEE 48 Oz. - Selected Varieties
 SAVE 4.00 ea.

\$2.98
 ea.



INGLES ADVANTAGE
 ALMOND BREEZE ALMONDMILK 59-64 Oz. - Selected Varieties
 SAVE 2.40 ea.

\$1.98
 ea.



INGLES ADVANTAGE
 QUAKER INSTANT GRITS 11.2-12 Oz. - Selected Varieties
 SAVE 2.80 ea.

\$1.98
 ea.

ingles

LOW PRICES... LOVE THE SAVINGS!™

Health & Wellness

<p>QC MOUTH RINSE 33.8 Oz. - Selected Varieties SAVE UP TO 5.56 ON 2</p> <p>2/\$4 for 4</p>	<p>QC TOOTHBRUSHES 2-3 Count - Selected Varieties SAVE UP TO 3.18 ON 2</p> <p>Buy One Get One FREE!</p>	<p>ALKA-SELTZER PLUS SEVERE COLD 24 Count - Selected Varieties SAVE 2.00 ea.</p> <p>\$9.98 ea.</p>	<p>NATURE MADE VITAMINS Selected Varieties SAVE UP TO 42.98 ON 2</p> <p>Buy One Get One FREE!</p>
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Savings On Every Aisle!

<p>POWER UP PREMIUM TRAIL MIX 13-14 Oz. - Selected Varieties SAVE 2.00 ea.</p> <p>\$3.98 ea.</p>	<p>LIFE EVERY DAY NUTRITION SHAKES 6 Count - Selected Varieties SAVE 2.60 ea.</p> <p>\$8.98 ea.</p>	<p>EZ MAC, KRAFT OR VELVEETA MICROWAVE CUPS 4 Count - Selected Varieties SAVE 3.80 ea.</p> <p>\$2.98 ea.</p>
<p>HANOVER BEANS 15-15.5 Oz. - Selected Varieties SAVE .90 ea.</p> <p>68¢ ea.</p>	<p>MAXWELL HOUSE OR GEVALIA PODS OR BAG COFFEE 3.7-12 Oz. - Selected Varieties SAVE UP TO 4.60</p> <p>\$5.98 ea.</p>	<p>REED'S OR VIRGIL'S DRINKS 4 Count - Selected Varieties SAVE 1.50 ea.</p> <p>\$4.48 ea.</p>
<p>COKE GROUP OF PRODUCTS 6 Pack 7.5 Oz. Or 6 Pack 253 mL Limit 4 SAVE UP TO 2.96 ON 2</p> <p>2/\$8 When You Buy 2 FINAL COST Quantities Less Than 2 will be 5.48 ea.</p>	<p>RITZ CRACKERS OR BELVITA 8.8-13.7 Oz. - Selected Varieties SAVE 5.98 ON 2</p> <p>Buy One Get One FREE!</p>	<p>BODY ARMOR OR GOLD PEAK 6 Pack - 20 Oz. Or 500 mL Where Available SAVE UP TO 2.40</p> <p>\$6.98 ea.</p>

Beer & Wine

<p>WHITEHAVEN SAUVIGNON BLANC OR PRATI BY LOUIS M. MARTINI SONOMA COUNTY CABERNET SAUVIGNON 750mL SAVE BIG!</p> <p>\$16.98 ea.</p>	<p>JOSH CELLARS FAMILY 750 mL Selected Varieties SAVE BIG!</p> <p>\$11.48 ea.</p>	<p>PROPHECY OR ALAMOS FAMILY 750 mL SAVE BIG!</p> <p>\$9.98 ea.</p>	<p>DUCKHORN DECOY REDS FAMILY 750 mL Selected Varieties SAVE BIG!</p> <p>\$18.98 ea.</p>
<p>SIERRA NEVADA FAMILY 12 Pack Selected Varieties SAVE BIG!</p> <p>\$14.98 ea.</p>	<p>BLUE MOON OR LEINENKUGEL'S FAMILY 12 Or 15 Pack SAVE BIG!</p> <p>\$13.98 ea.</p>	<p>CORONA FAMILY 12 Pack Selected Varieties SAVE BIG!</p> <p>\$14.98 ea.</p>	<p>HAPPY DAD, KONA OR LANDSHARK 12 Pack Selected Varieties SAVE BIG!</p> <p>\$14.98 ea.</p>
<p>MICHELOB ULTRA OR ULTRA ZERO, LIME OR PLATINUM 12 Pack 12 Oz. SAVE BIG!</p> <p>\$13.98 ea.</p>	<p>BUDWEISER FAMILY 12 Pack 12 Oz. Cans Selected Varieties SAVE BIG!</p> <p>\$10.98 ea.</p>	<p>MILLER OR COORS FAMILY 12 Pack Cans SAVE BIG!</p> <p>\$10.98 ea.</p>	



Monthly Savings!

Ingles ADVANTAGE
Less Prices. Less The Same!

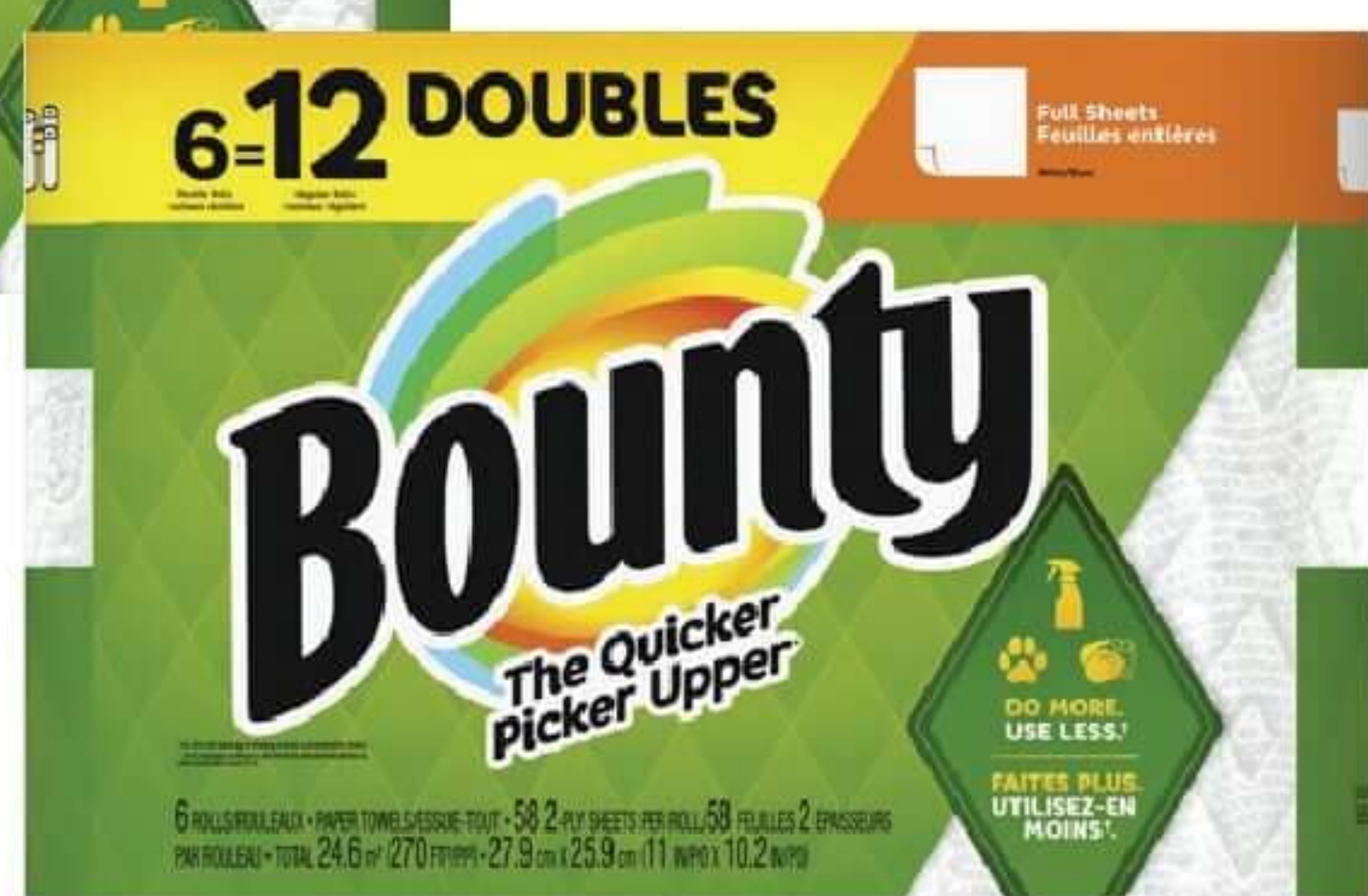
TIDE LAUNDRY DETERGENT,
GAIN OR DOWNY BEADS,
TIDE OR DOWNY RINSE
25-42 Count Or
18.2-84 Oz. -
Selected Varieties
SAVE UP TO 3.40



\$12.98
ea.



BOUNTY DOUBLE
PAPER TOWELS
6 Count -
Selected Varieties
SAVE 4.50 ea.



\$12.48
ea.

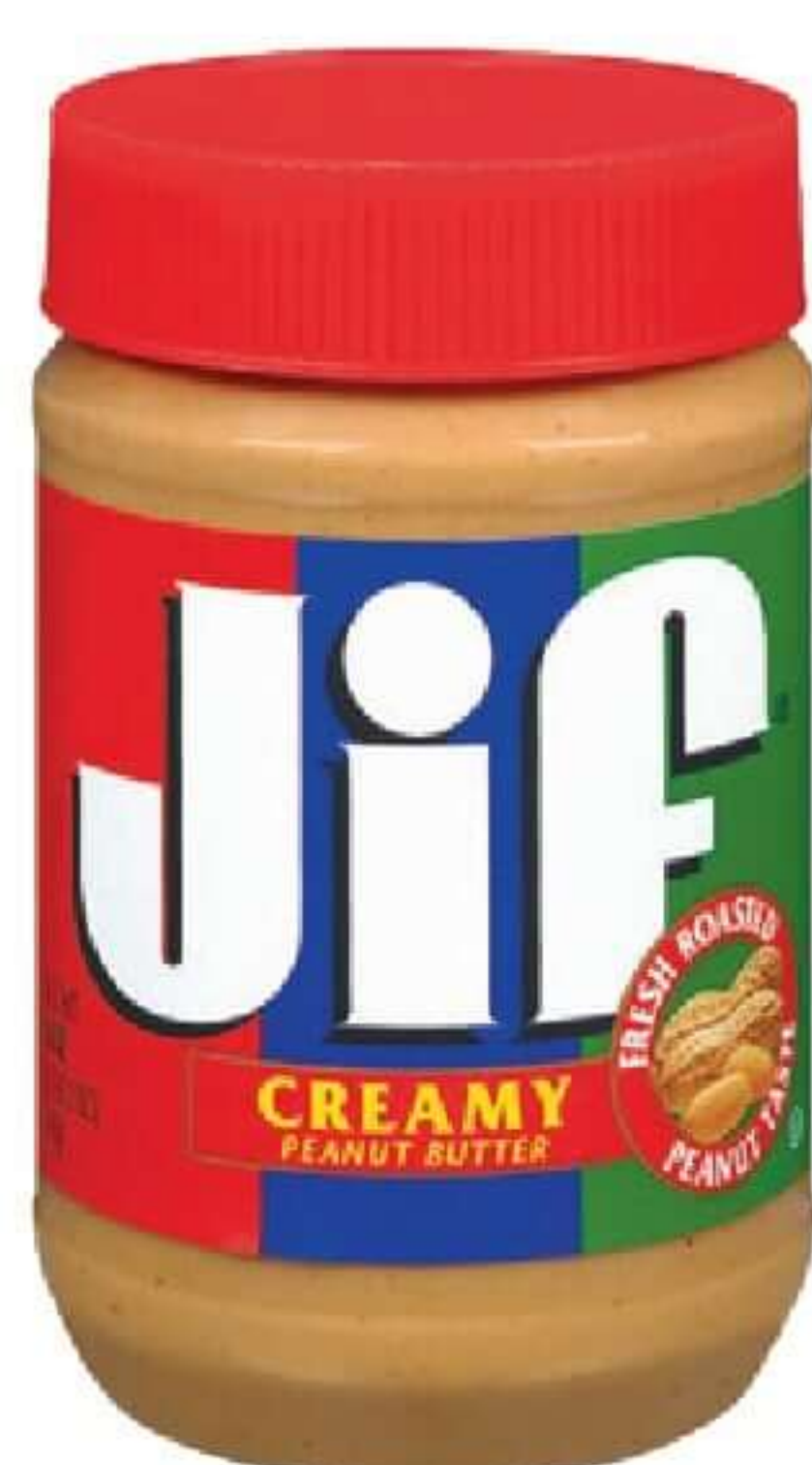


CHARMIN
MEGA ROLL
BATH TISSUE
12 Count -
Selected Varieties
SAVE 6.00 ea.



\$13.98
ea.

Ingles ADVANTAGE
Less Prices. Less The Same!



JIF
PEANUT BUTTER
15.5-16 Oz. -
Selected Varieties
SAVE 1.30 ea.



\$1.98
ea.

Ingles ADVANTAGE
Less Prices. Less The Same!



SMUCKER'S
GRAPE JAM OR JELLY
17.25-32 Oz. -
Selected Varieties
SAVE 1.00 ea.



\$1.98
ea.

Ingles ADVANTAGE
Less Prices. Less The Same!



CRACKER BARREL
BITES OR CUBES
1.59-2 Oz. -
Selected Varieties
SAVE UP TO 1.10



88¢
ea.

Ingles ADVANTAGE
Less Prices. Less The Same!



BREAKSTONE'S
COTTAGE DOUBLES
4.7 Oz. -
Selected Varieties
SAVE .72 ea.



78¢
ea.

Ingles ADVANTAGE
Less Prices. Less The Same!



GENERAL MILLS
CEREAL
9.9-13 Oz. -
Selected Varieties
SAVE UP TO 3.90



\$2.98
ea.

Ingles ADVANTAGE
Less Prices. Less The Same!



MALT-O-MEAL
FAMILY SIZE
BAG CEREAL
22-30 Oz. -
Selected Varieties
SAVE 3.00 ea.



\$2.98
ea.

Ingles ADVANTAGE
Less Prices. Less The Same!



CHEEZ-IT
CRACKERS,
SNAP'S OR PUFF'D
5.75-12.4 Oz. -
Selected Varieties
SAVE 2.30 ea.



\$2.98
ea.

Ingles ADVANTAGE
Less Prices. Less The Same!



PREGO
SAUCE
14.5-24 Oz. -
Selected Varieties
SAVE 3.68 ON 2



**Buy One
Get One
FREE!**

Ingles ADVANTAGE
Less Prices. Less The Same!



NESTLÉ
PURE LIFE WATER
24 Count -
Selected Varieties
SAVE UP TO 2.40



\$3.98
ea.

Ingles ADVANTAGE
Less Prices. Less The Same!



CAMPBELL'S
TOMATO OR
CHICKEN NOODLE
SOUP
10.75 Oz.
SAVE .80 ea.



88¢
ea.



Organic Deals!



AGALIMA ORGANIC DRINK MIX
1 Liter -
Selected Varieties
SAVE 4.00 ea.

\$6.98 ea.



GIMME ORGANIC SEAWEED SNACK
6 Pack -
Selected Varieties
SAVE 3.00 ea.

\$3.98 ea.



IMAGINE ORGANIC SOUP
32 Oz. -
Selected Varieties
SAVE 2.60 ea.

\$3.98 ea.



LA TOURANGELLE DRESSING
8 Oz. -
Selected Varieties
SAVE 1.00 ea.

\$3.98 ea.



LOTUS FOODS ORGANIC RICE
8 Oz. -
Selected Varieties
SAVE 1.70 ea.

\$1.98 ea.



MANITOBA HEMP HEART SEEDS
7 Oz.
SAVE 4.00 ea.

\$6.98 ea.



OCEAN'S HALO RAMEN BOWL
10-10.75 Oz. -
Selected Varieties
SAVE 3.00 ea.

\$3.98 ea.



PUKKA ORGANIC TEA
20 Count -
Selected Varieties
SAVE 2.00 ea.

\$4.98 ea.



RICE SELECT ORGANIC RICE
32 Oz. -
Selected Varieties
SAVE 4.50 ea.

\$6.98 ea.



SFOGLINI ORGANIC PASTA
12-16 Oz. -
Selected Varieties
SAVE 1.30 ea.

\$3.98 ea.



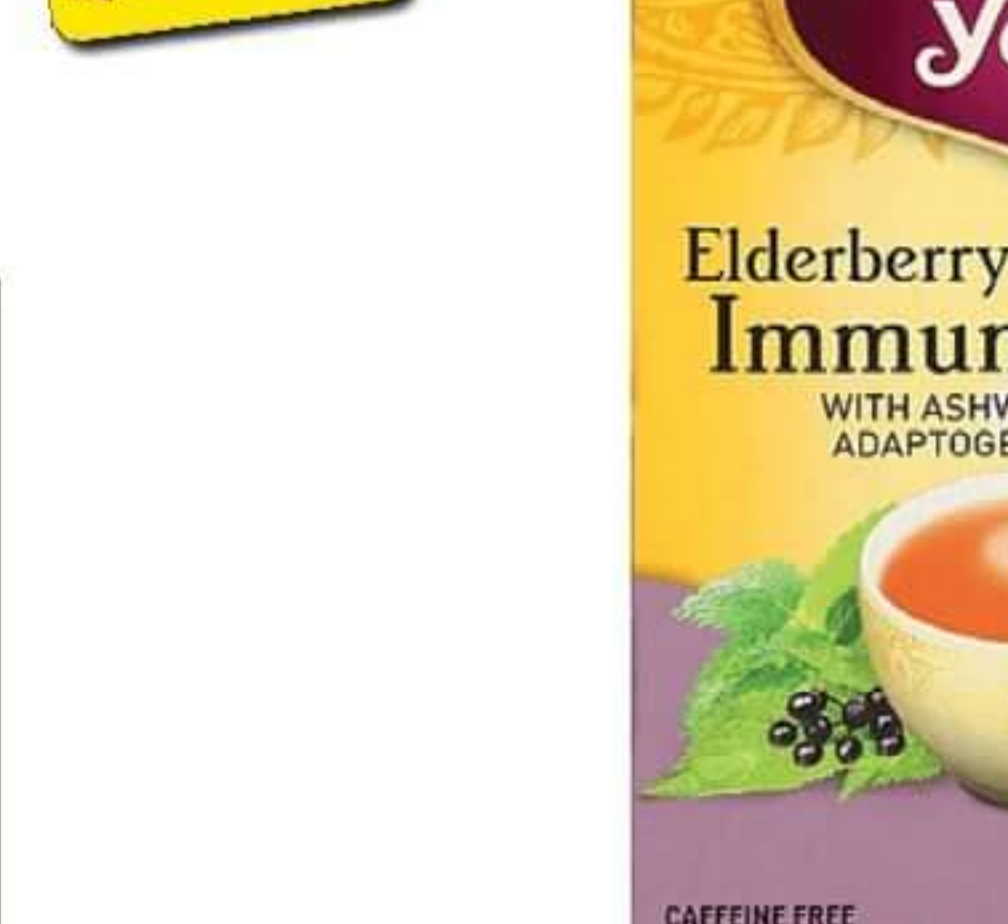
SUNBUTTER ORGANIC SUNFLOWER SPREAD
16 Oz.
SAVE 5.00 ea.

\$5.98 ea.



WHOLESOME ORGANIC HONEY
16 Oz. -
Selected Varieties
SAVE 5.00 ea.

\$6.98 ea.



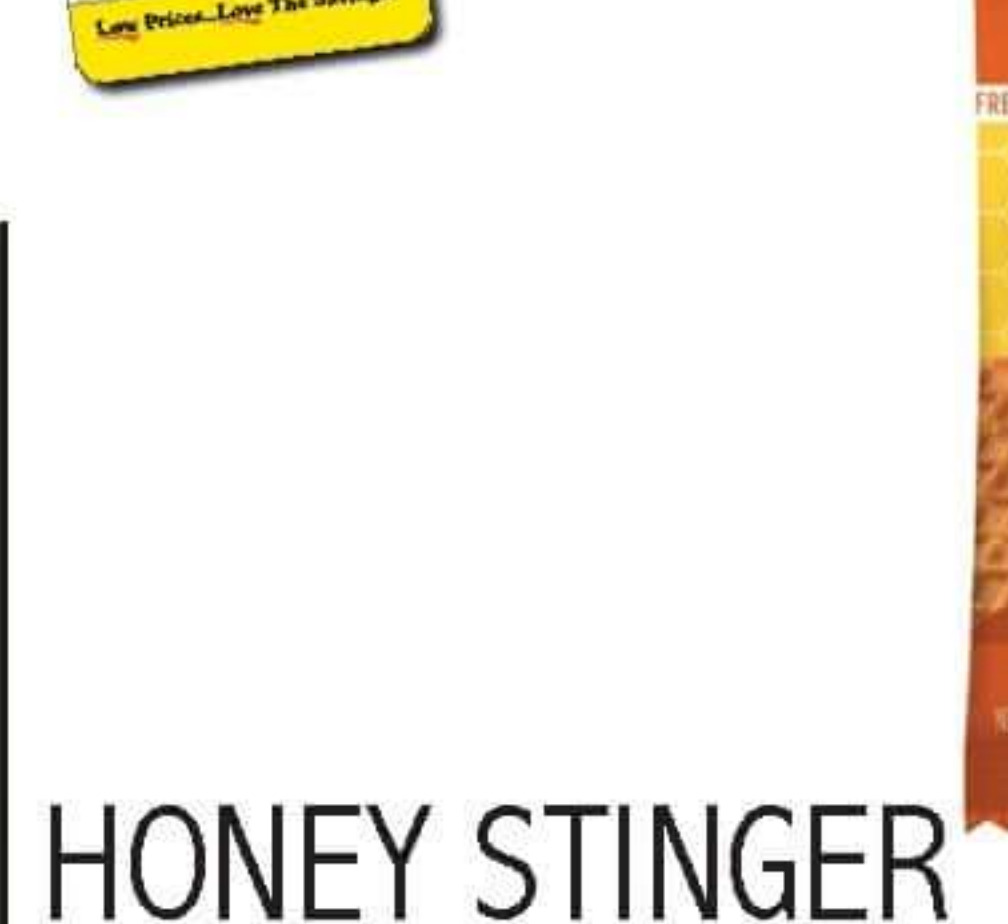
YOGI ORGANIC TEA BAGS
16 Count -
Selected Varieties
SAVE 1.90 ea.

\$3.98 ea.



DAVE'S KILLER BREAD BARS
4 Count - 1.75 Oz. -
Selected Varieties
SAVE 2.00 ea.

\$3.98 ea.



HONEY STINGER ORGANIC WAFFLE
1.06 Oz. -
Selected Varieties
SAVE 1.00 ea.

98¢ ea.

.....Frozen Favorites!.....



TOMBSTONE
12" ORIGINAL
PIZZA
19.3-20.8 Oz. -
Selected Varieties
SAVE UP TO 9.76 ON 2

2/\$7
for



LEAN CUISINE
CLASSIC ENTRÉES
6-11.5 Oz. -
Selected Varieties
SAVE UP TO 9.52 ON 4

4/\$10
for



HOT POCKETS
STUFFED SANDWICHES
8.5-9 Oz. -
Selected Varieties
SAVE 5.12 ON 4

4/\$10
for



GREEN GIANT
SELECT STEAMERS
10-12 Oz. -
Selected Varieties
SAVE UP TO 2.96 ON 2

2/\$4
for



HEALTHY CHOICE
SIMPLY STEAMERS
9-10 Oz. -
Selected Varieties
SAVE 3.76 ON 2

2/\$7
for



BIRDS EYE
VOILA!
MEALS FOR TWO
21 Oz. -
Selected Varieties
(Excludes Shrimp & Pork Items)
SAVE 5.96 ON 2

2/\$9
for



HEALTHY CHOICE
CAFÉ STEAMERS
9.25-10.3 Oz. -
Selected Varieties
SAVE 3.76 ON 2

2/\$5
for



ALEXIA
POTATOES
13.5-32 Oz. -
Selected Varieties
SAVE UP TO 2.00

\$4.98
ea.



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

\$3.98
ea.



SKINNY BUTCHER
CHICKEN
24 Oz. -
Selected Varieties
SAVE 11.98 ON 2

**Buy One
Get One
FREE!**



SMART ONES
ENTRÉES
6.49-11.5 Oz. -
Selected Varieties
SAVE 6.90 ON 5

5/\$10
for



LAURA LYNN™
BREADED
CUT OKRA
16 Oz.
SAVE .40 ea.

\$2.98
ea.

Harvest Farm Favs!

Ingles ADVANTAGE
Low Prices... Less Than The Average!

HARVEST FARMS ORGANIC TORTILLA CHIPS
9 Oz. -
White Or Blue
SAVE 1.20 ea.



Featured Item This Week!
\$1.98
ea.

Ingles ADVANTAGE
Low Prices... Less Than The Average!

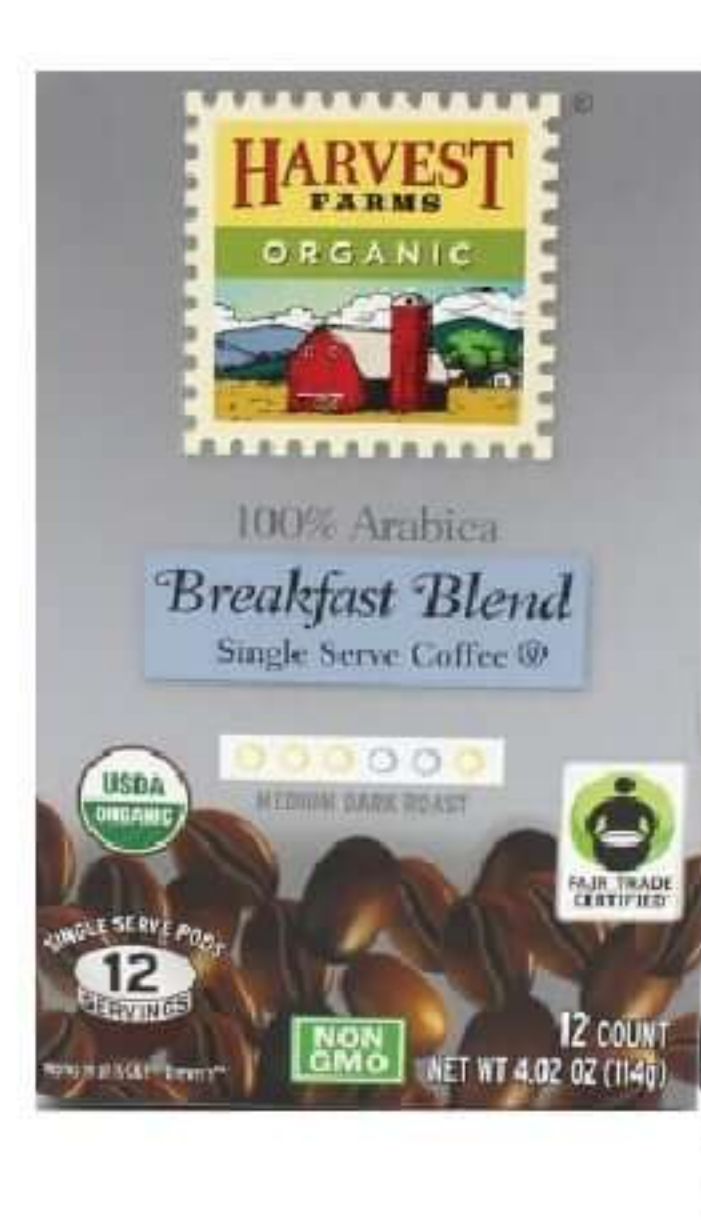
HARVEST FARMS ORGANIC SALSA
16 Oz. -
Mild Or Medium
SAVE 1.70 ea.



\$1.98
ea.

Ingles ADVANTAGE
Low Prices... Less Than The Average!

HARVEST FARMS ORGANIC BAG OR PODS COFFEE
12 Oz. Or 12 Count -
Selected Varieties
SAVE 3.60 ea.



\$3.98
ea.

Ingles ADVANTAGE
Low Prices... Less Than The Average!

HARVEST FARMS ORGANIC PASTA SAUCE
24 Oz. -
Selected Varieties
SAVE 1.50 ea.



\$1.98
ea.

Ingles ADVANTAGE
Low Prices... Less Than The Average!

HARVEST FARMS ORGANIC BROTH
32 Oz. -
Selected Varieties
SAVE 1.00 ea.



\$1.78
ea.

Ingles ADVANTAGE
Low Prices... Less Than The Average!

HARVEST FARMS ORGANIC KETCHUP
19.5-20 Oz. -
Selected Varieties
SAVE 1.00 ea.



\$1.98
ea.

Ingles ADVANTAGE
Low Prices... Less Than The Average!

HARVEST FARMS ORGANIC QUICK OR OLD FASHIONED OATS
18 Oz.
SAVE 1.40 ea.



\$1.98
ea.

Ingles ADVANTAGE
Low Prices... Less Than The Average!

HARVEST FARMS ORGANIC CANNED TOMATOES
14.5-15 Oz. -
Selected Varieties
SAVE UP TO 4.52 ON 4



4/\$5
for

Ingles ADVANTAGE
Low Prices... Less Than The Average!

HARVEST FARMS ORGANIC BREAD CRUMBS
6-9 Oz. -
Selected Varieties
SAVE 1.00 ea.



\$1.98
ea.

Ingles ADVANTAGE
Low Prices... Less Than The Average!

HARVEST FARMS ORGANIC CANNED BEANS
15 Oz. -
Selected Varieties
SAVE .72 ea.



78¢
ea.

Ingles ADVANTAGE
Low Prices... Less Than The Average!

HARVEST FARMS ORGANIC EXTRA VIRGIN OLIVE OIL
16.9 Oz.
SAVE 3.00 ea.



\$6.98
ea.

Ingles ADVANTAGE
Low Prices... Less Than The Average!

HARVEST FARMS NATURAL LAUNDRY DETERGENT
100 Oz. -
Selected Varieties
SAVE 3.40 ea.



\$6.98
ea.

Ingles ADVANTAGE
Low Prices... Less Than The Average!

HARVEST FARMS ORGANIC MILK
64 Oz. -
Selected Varieties
SAVE 1.00 ea.



\$3.58
ea.

Ingles ADVANTAGE
Low Prices... Less Than The Average!

HARVEST FARMS BATH TISSUE OR PAPER TOWELS
6-12 Count -
Selected Varieties
SAVE UP TO 4.00



\$5.98
ea.

Ingles ADVANTAGE
Low Prices... Less Than The Average!

HARVEST FARMS ORGANIC COTTAGE CHEESE
22 Oz. -
Selected Varieties
SAVE 2.00 ea.



\$4.98
ea.