

Produce

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



\$3.88 ea.

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



\$2.98 ea.

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



\$3.48 ea.

Ingles ADVANTAGE
Organic Cucumbers
SAVE .72 ea.



\$1.28 ea.

Ingles ADVANTAGE
Sweet Tango Apples
SAVE 1.30 Lb.



\$1.68 Lb.

Ingles ADVANTAGE
Remedy Organics Drinks
12 Oz. - All Varieties
SAVE 1.00 ea.



\$3.28 ea.

Ingles ADVANTAGE
Organic Yellow Onions
3 Lb. Bag
SAVE 2.00 ea.



\$2.98 ea.

Ingles ADVANTAGE
Organic Fuji Apples
3 Lb. Bag
SAVE 3.00 ea.



\$3.98 ea.

Ingles ADVANTAGE
Lily Land Bouquet
SAVE 2.00 ea.



\$10.98 ea.

INGLES IS NOT RESPONSIBLE FOR SUPPLIER SHORTAGES

Bakery

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



\$5.68 ea.

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



\$4.98 ea.

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



2/\$6 for 6

Ingles ADVANTAGE
Multigrain Croissants
4 Count
SAVE .50 ea.



\$4.98 ea.

Ingles ADVANTAGE
Vegan Croissants
4 Count
\$4.48 ea.
Save .50 ea.



\$6.48 ea.

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



\$5.48 ea.

Deli

Ingles ADVANTAGE
Ingles Premium Select Swiss Cheese
\$8.99 Lb.
Save 1.00 Lb.



\$9.99 Lb.

Ingles ADVANTAGE
Gourmet Grape Chicken Salad
SAVE .50 Lb.



\$7.49 Lb.

Ingles ADVANTAGE
Tuna Or Ham Salad Pre-Cupped
\$6.99 Lb.
Save .50 Lb.



\$4.99 ea.

Ingles ADVANTAGE
Snowdonia Bouncing Berry
\$22.99 Lb.
Save 2.00 Lb.



\$18.99 Lb.

Ingles ADVANTAGE
Celebrity Goat Log
Selected Varieties
SAVE 1.20 ea.



\$3.49 ea.

Ingles ADVANTAGE
Cedar's Organic Hommus
10 Oz. - Selected Varieties
\$4.89 ea.
Save 1.20 ea.



\$17.99 Lb.

Ingles ADVANTAGE
Royaal by Beemster Mild Gouda
SAVE 1.00 Lb.



\$7.79 ea.

Ingles ADVANTAGE
Roth Grand Cru Cheese
SAVE 1.00 Lb.



\$8.99 ea.

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



\$7.00 ea.

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

Meat & Seafood



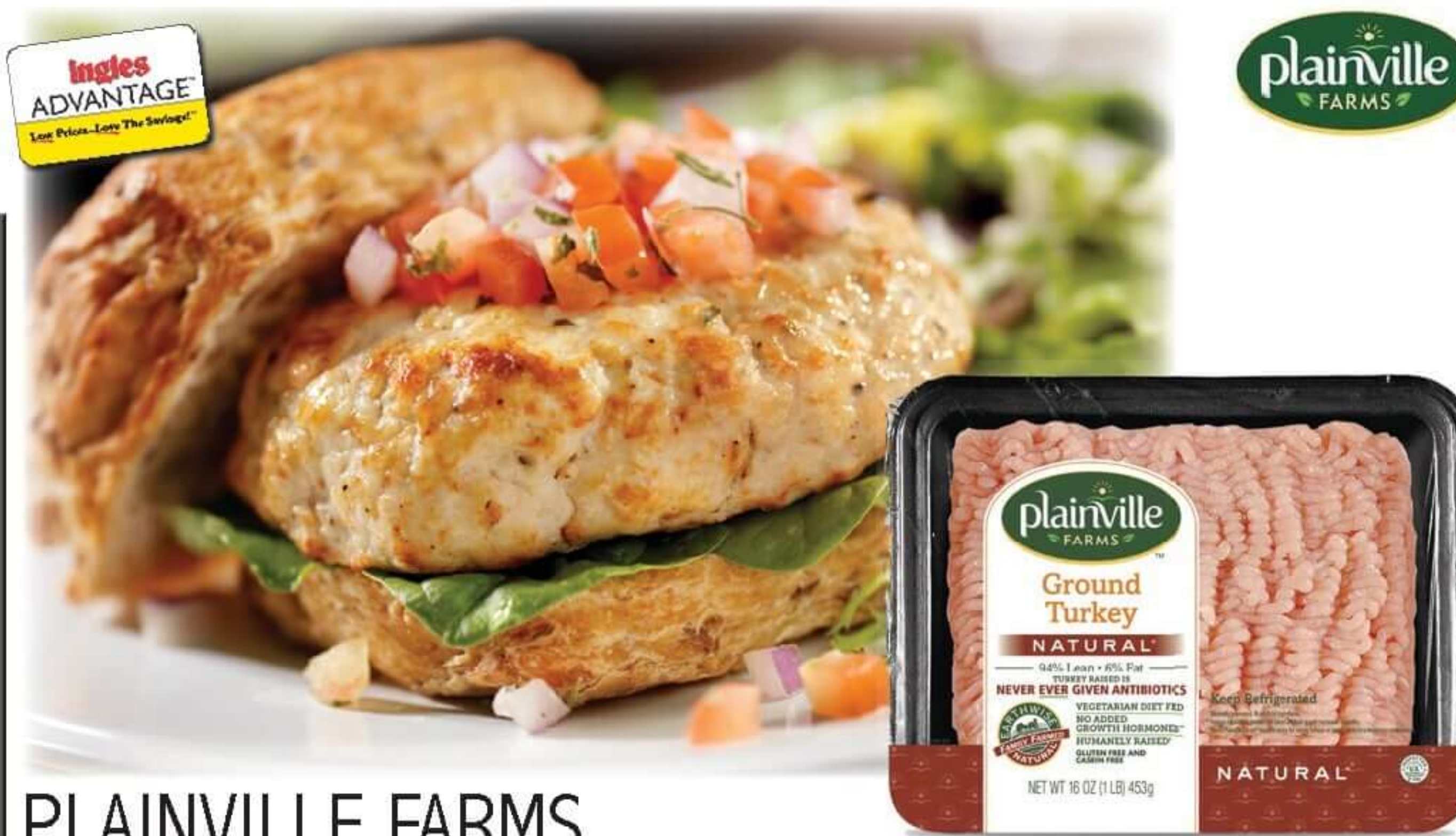
INGLES ADVANTAGE
 BEEF CUBE STEAK Family Pack
 SAVE 2.00 Lb.

\$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. - Selected Varieties
 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>
---	---	--	---

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>	



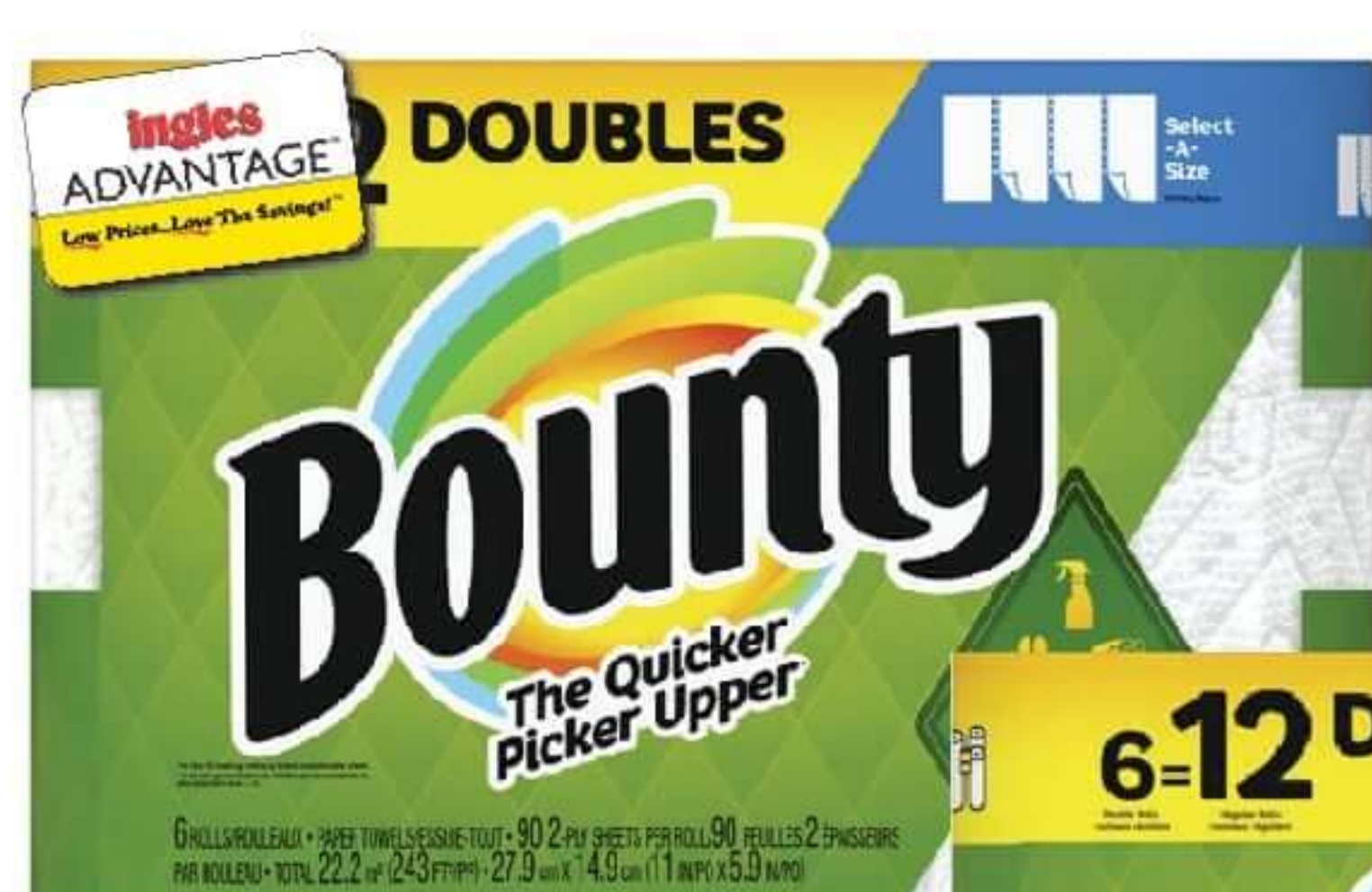
Monthly Savings!

Ingles ADVANTAGE
Less Prices. Less The Same!

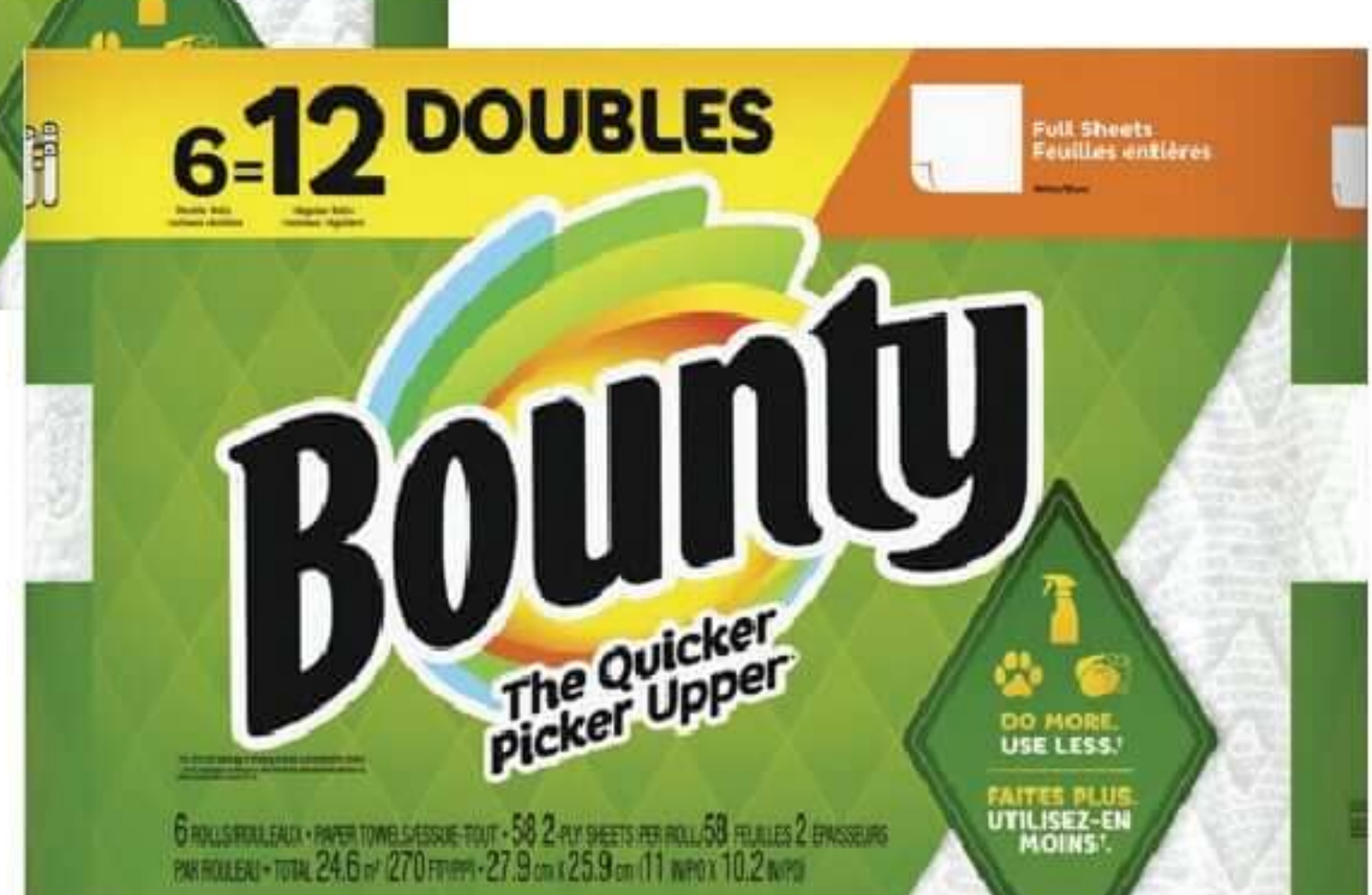
TIDE LAUNDRY DETERGENT,
GAIN OR DOWNY BEADS,
TIDE OR DOWNY RINSE
25-42 Count Or
18.2-84 Oz. -
Selected Varieties
SAVE UP TO 3.40



\$12.98
ea.



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



\$12.48
ea.

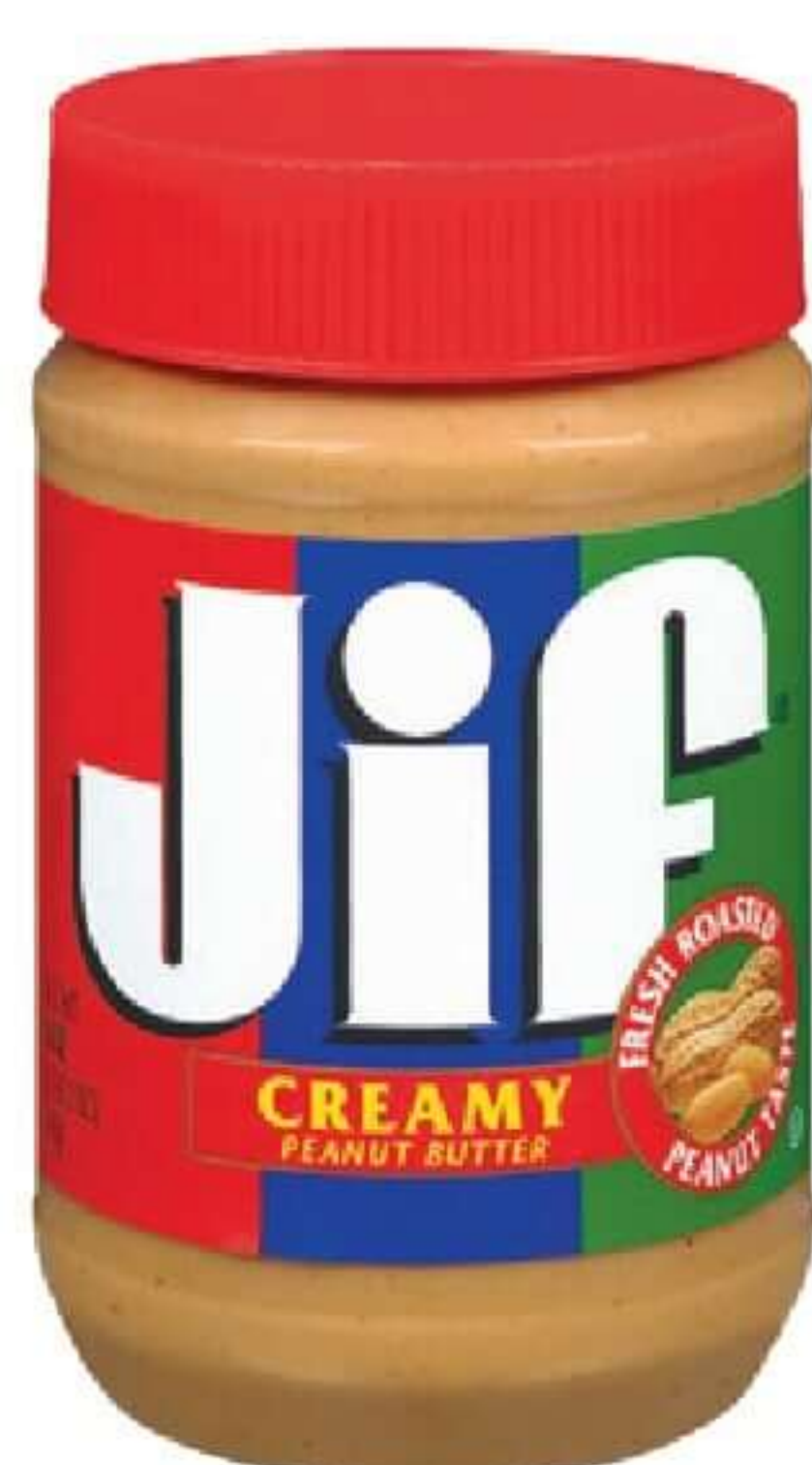


CHARMIN
MEGA ROLL
BATH TISSUE
12 Count -
Selected Varieties
SAVE 6.00 ea.



\$13.98
ea.

Ingles ADVANTAGE
Less Prices. Less The Same!

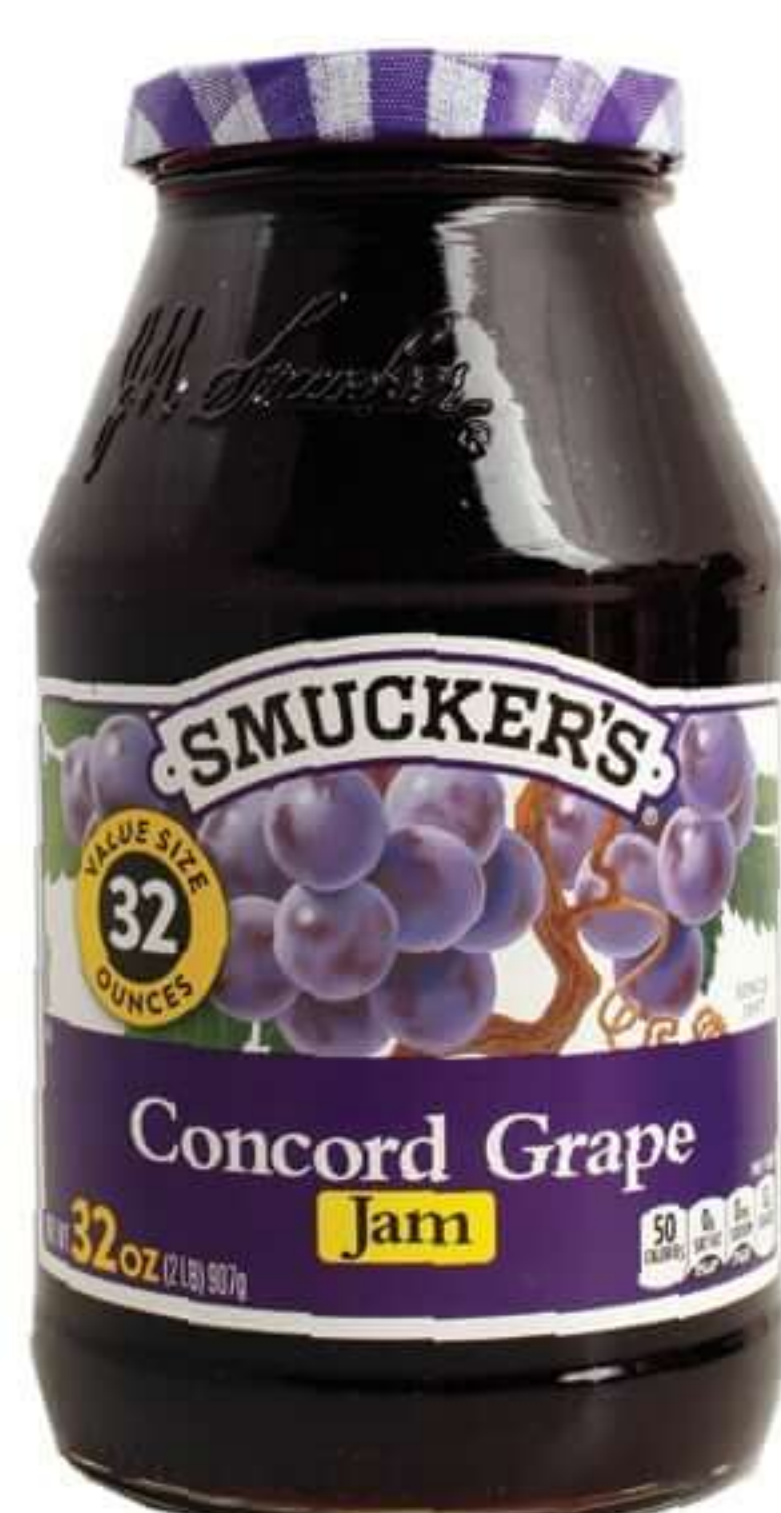


JIF
PEANUT BUTTER
15.5-16 Oz. -
Selected Varieties
SAVE 1.30 ea.



\$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. - Selected Varieties
SAVE 4.00 ea.



\$6.98 ea.



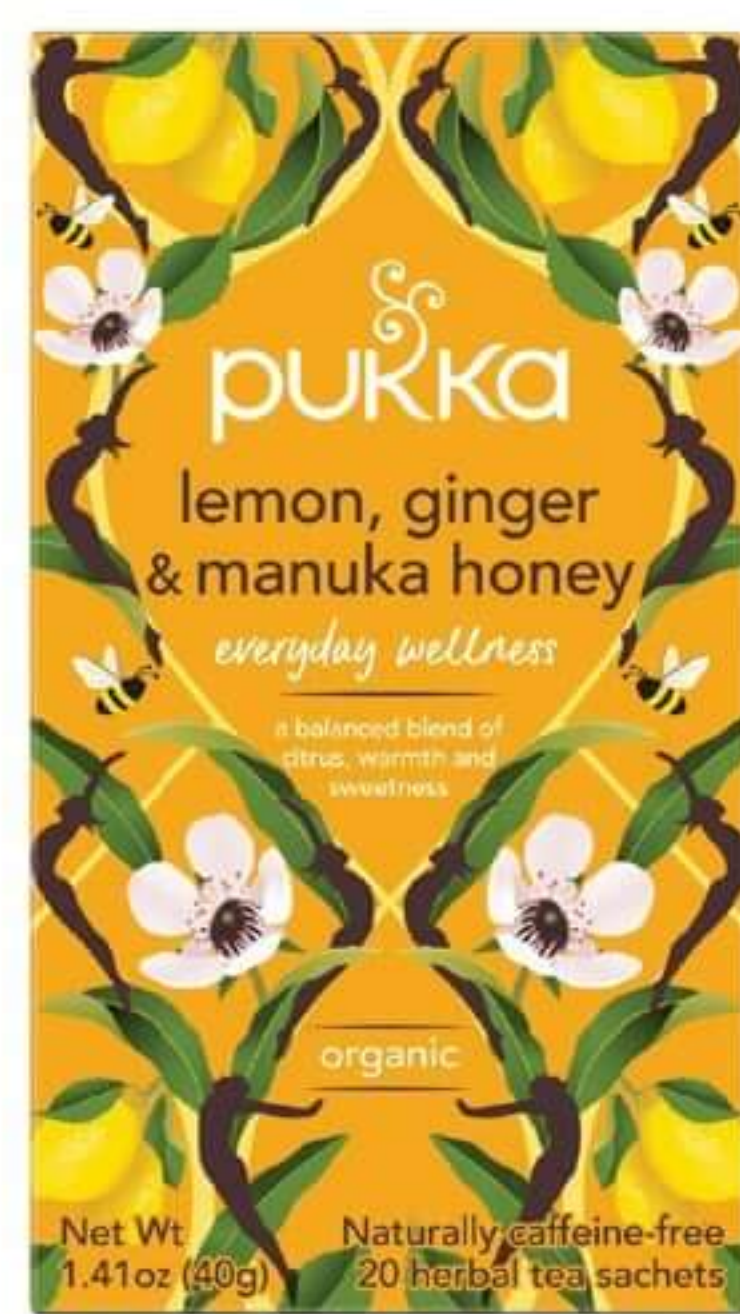
OCEAN'S HALO RAMEN BOWL
10-10.75 Oz. - Selected Varieties
SAVE 3.00 ea.



\$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. - Selected Varieties
SAVE 5.00 ea.



\$5.98 ea.



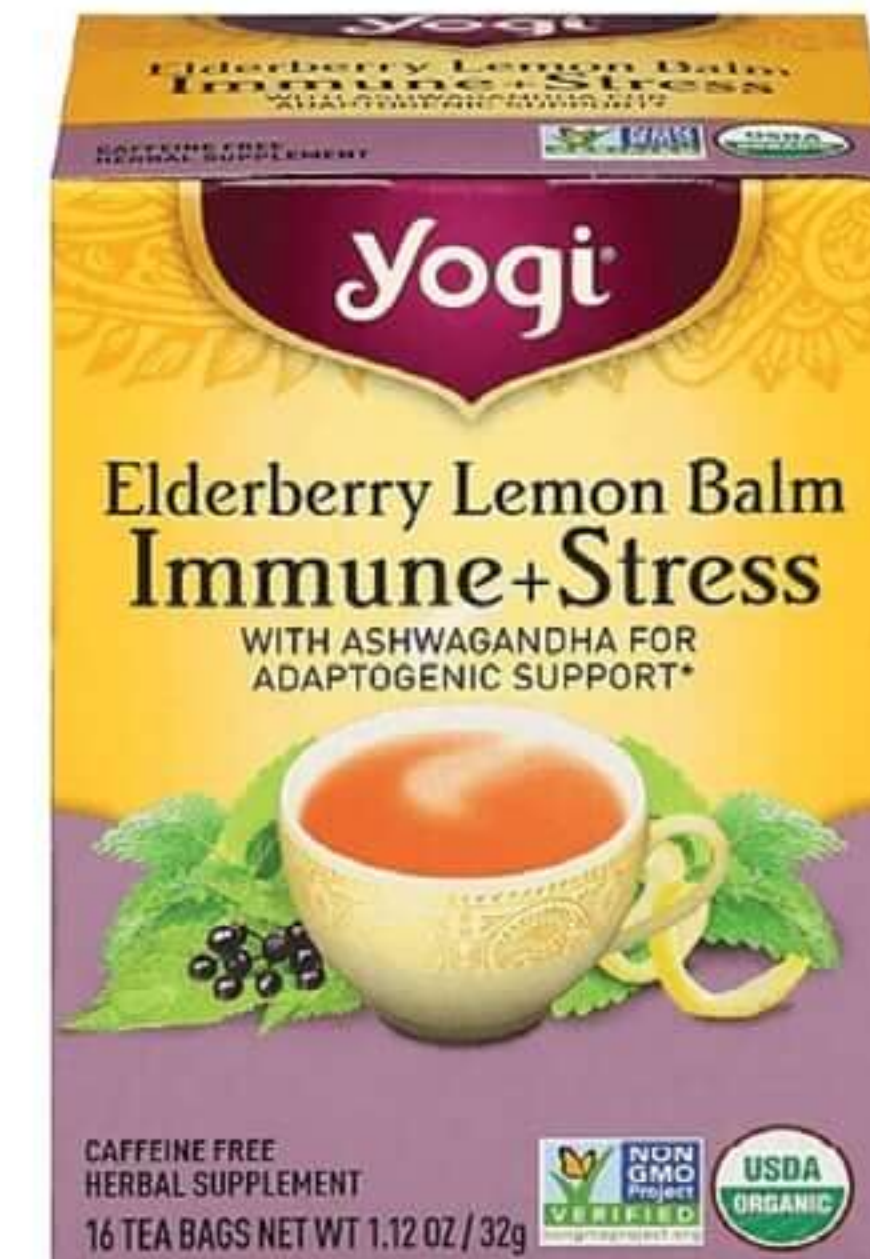
WHOLESOME ORGANIC HONEY
16 Oz. - Selected Varieties
SAVE 5.00 ea.



\$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!

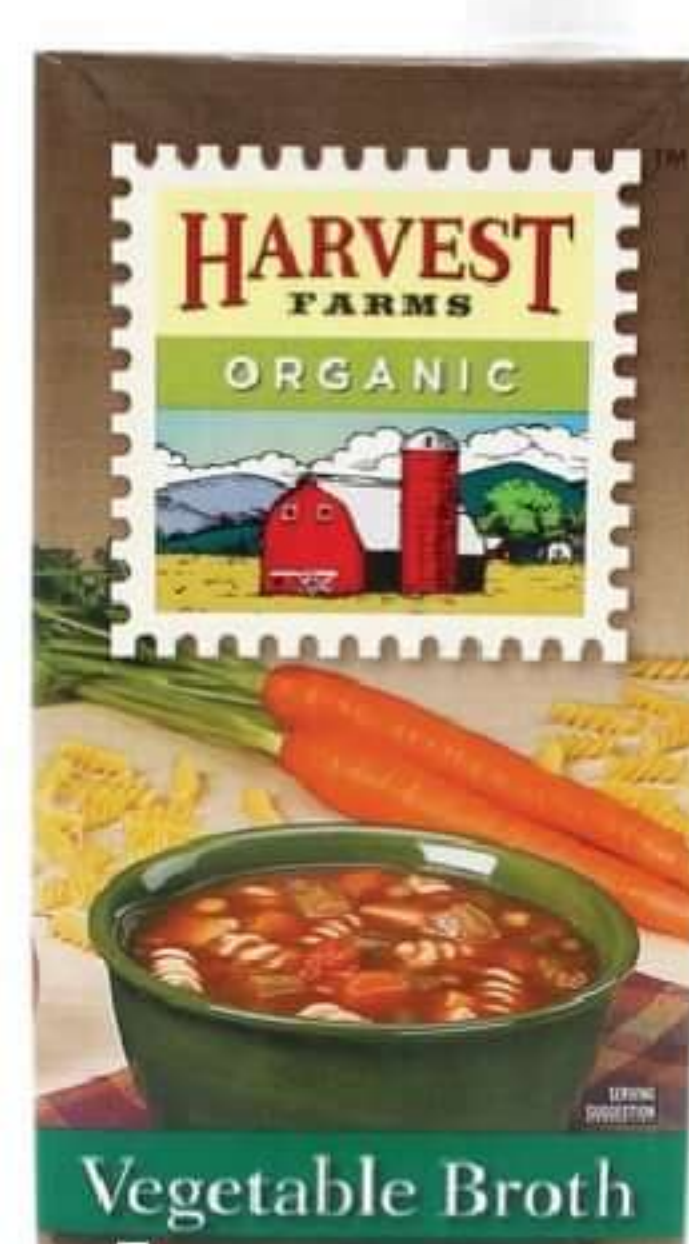
HARVEST FARMS ORGANIC PASTA SAUCE
24 Oz. -
Selected Varieties
SAVE 1.50 ea.



\$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.