$9.98 Meal Deal

YOU MUST BUY ALL 5 ITEMS

1 **4.98**
7 To 9-Oz., Sandwich Style Pepperoni Or Selected Thin Sliced
Hillshire Farm Deli Meat

+

1 **3.98**
16-Ct., Selected
Kraft Singles

+

2 **1.98**
16.1 To 16.3-Oz., Selected
Campbell's Homestyle Soup

+

1 **2.28**
20-Oz.
Lewis Bake Shop Soft Twist Bread

No mix and match. Must buy all five (5) items in the same transaction to receive promotional price. Other quantities will be at regular retail price.

REWARDS MEMBERS ONLY!

LIMIT 1 PER MEMBER. Enter in your number at checkout to redeem offer.

BUY 5 SAVE $5

PARTICIPATING ITEMS IN ONE TRANSACTION AND

Mix & Match!

Participating Items:
Selected Mayfield and Dairy Pure Products

REWARDS MEMBERS ONLY!

1.98 BUY FIVE -1.00
.98 WHEN YOU BUY 5!
6-Ct., Selected
Mayfield Bars Or Sandwiches

3.98 BUY FIVE -1.00
2.98 WHEN YOU BUY 5!
48-Oz., Selected
Mayfield Ice Cream

2.48 BUY FIVE -1.00
1.48 WHEN YOU BUY 5!
12-Oz., Squeeze Or 16-Oz., Tub
Mayfield Sour Cream

2.48 BUY FIVE -1.00
1.48 WHEN YOU BUY 5!
16-Oz., Selected
Mayfield Cottage Cheese

2.98 BUY FIVE -1.00
1.98 WHEN YOU BUY 5!
16-Oz., Green Chile Or
Mayfield French Onion Dip

3.98 BUY FIVE -1.00
2.98 WHEN YOU BUY 5!
16-Oz.
Dairy Pure Heavy Whipping Cream

LIMIT 1 PER HOUSEHOLD. Enter in your number at checkout to redeem offer.

VALID JANUARY 2 - JANUARY 15, 2025

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PRICES EFFECTIVE WED. JAN. 7 THRU TUES. JAN. 13, 2026

IGA COWEN

70 RAILROAD AVENUE
COWEN, WV
304-226-3811

G&R

109 BAKER ST.,
WEBSTER SPRINGS, WV
847-2449

IGA Independent GROCERS ALLIANCE EST. 1926 5 STAR 2025

Visit us at
www.coweniga.com

STORE HOURS
Monday - Saturday
8am To 8pm
Sunday 10am - 6pm

WV E-WIC Cards Accepted

MasterCard VISA DISCOVER

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

THROW BACK THURSDAYS

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

THESE CRAZY PRICES GOOD THURSDAY, JAN. 8 - SUNDAY, JAN. 11, 2026 ONLY!
COUPON VALID FOR ONE-TIME USE ONLY

LIMIT 1 OFFER
SALE PRICE 3.98 | DIGITAL COUPON 1.00 OFF ONE | FINAL PRICE 2.98
12-Oz., Selected **Carolina Pride Sliced Bacon**

LIMIT 1 OFFER,
15 To 16-Oz., Selected **Jif Peanut Butter**

SALE PRICE 2.48 | DIGITAL COUPON 1.00 OFF ONE | FINAL PRICE 1.48

LIMIT 1 OFFER,
22.5 To 32-Oz., Selected **Crav'n Flavor Potatoes**

SALE PRICE 2.78 | DIGITAL COUPON 1.00 OFF ONE | FINAL PRICE 1.78

LIMIT 1 OFFER,
SALE PRICE 1.78 | DIGITAL COUPON .80 OFF ONE | FINAL PRICE .98
16-Oz., Selected **Food Club Cottage Cheese**

LIMIT 1 OFFER,
4-Pk., Selected **Hot Pockets**

SALE PRICE 3.98 | DIGITAL COUPON 1.00 OFF ONE | FINAL PRICE 2.98

GAME DAY MADE EASY!

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

1.98 Lb. Frozen Or Prev. Frozen, Tray Pack **Boneless Chicken Breast**

4.98 Lb. 80% Lean, Fresh **Family Pack Ground Chuck**

5.98 Lb. 6.98 Lb. USDA Select Boneless Chuck Steaks
USDA Select **Boneless Chuck Roast**

6.98 Lb. USDA Select **Boneless Beef Stew**

5.98 1-Lb., 31/40-Ct. **Southern Seas EZ Peel Raw Shrimp**

1.98 Lb. Springer Mtn. Farms **Fresh Whole Chickens**

SALE PRICE 1.98 | DIGITAL COUPON 1.00 OFF ONE | FINAL PRICE .98
2 To 4.4-Oz., Selected P3 Protein Packs Or **Oscar Mayer Lunchables**

FARMER'S MARKET

2.98 7-Oz. "Great On Berries", Classic **Whipped Cream**

2/$5 16-Oz. **Red Ripe Strawberries**

2/$4 3-Lb. Bag **Medium Yellow Onions**

2/$4 5-Lb. Bag, Basket & Bushel **Creamy Russet Potatoes**

2/$6 3-Lb. Bag, Basket & Bushel **Gala, Fuji Or Red Delicious Apples**

FIND MORE Savings IN EVERY AISLE!

1.78 9.8 To 10.9-Oz., Selected **Totino's Party Pizza**

1.98 16 To 24-Oz., Selected **Ragu Pasta Sauce**

Deal DROP

4/$5 6.4 To 6.9-Oz. Lasagna, Cheeseburger Or **Hamburger Helper Stroganoff**

2.48 45-Oz., Selected **Blue Bonnet Spread**

SALE PRICE 7.98 | DIGITAL COUPON 1.00 OFF ONE | FINAL PRICE 6.98
6-Pk. Mega Rolls, Selected Viva Or **Cottonelle Bath Tissue**

SALE PRICE 2/$6 | DIGITAL COUPON 2.00 OFF TWO | FINAL PRICE 2/$4
9.6 To 12.6-Oz., Selected **Special K Cereal**

12.98 22 To 25.9-Oz., Selected **Folgers Ground Coffee**

2/$7 6 To 14.4-Oz., Selected Ruffles Or **Tostitos Tortilla Chips**

2/$4 20-Oz. Single **Coke Products**

2/$8 12-Oz. Bottles **6-Pack Coke Products**

5.99 16.9-Oz. Bottles **12-Pack Lipton Tea**

2/$5 Refreshing **2-Liter Pepsi Products**

PO BOX 614
HELENA, AL 35080

PRSRT STD
US POSTAGE
PAID
mspark

POSTAL CUSTOMER

10726IGA1_cc_COW

Stock Up, SAVE BIG!

2/$2

16-Oz., Quarters
Blue Bonnet Spread

2/$2

15-Oz.
Van Camp's Pork And Beans

3/$5

7.4 To 11.88-Oz., Selected
Banquet Dinners

3/$5

14-Oz., With Beans
Armour Chili

2/$3

14.5 To 15-Oz., Selected
Hunt's Tomatoes

2/$4

14-Oz., Armour Chili No Beans Or 12-Oz.
Armour Treet Luncheon Meat

2/$5

14-Oz.
Armour Corned Beef Hash

2.98

20-Oz.
Armour Beef Stew

13.98
18-Ct. Multi-Pack
Armour Vienna Sausage

.78

4.6-Oz., Selected
Armour Vienna Sausage

1.88

10-Oz., Selected
Ro*Tel Blend

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FAMILY MEAL FAVORITES

10.98
20-Oz.
Schweid & Sons Signature Sliders

4.98
12-Oz.
Food Club Bacon

2.98
16-Oz., Hot Or Mild
Jamestown Rolled Sausage

3.98
7 To 8-Oz., Selected
Prime Fresh Lunch Meat

4.98
19-Oz., Selected Bratwursts Or
Swaggerty's Italian Sausage

2.48
16-Oz., Selected
Oscar Mayer Meat Franks

1.48
12-Oz., Reg. Or Thick Sliced
Bar-S Bologna

3.98
16-Oz. Cotto Salami Or Selected
Oscar Mayer Bologna

3.98
5-Oz., Selected
Carando Sliced Meat

2.98
7 To 9-Oz., Selected
Food Club Lunch Meat

THE FRESH PRODUCE MARKET

1.98 Lb.
Hot House Grown
Beefsteak Tomatoes

4.98 Lb.
Sweet
Imported Red Cherries

.98 Lb.
NC Grown #1
Orange Flesh Sweet Potatoes

3.98
16-Oz.
Mini Sweet Peppers

2/$7
5-Oz., Selected
Fresh Express Salad Mix

2.98
Cut and Peeled, 2-Lb. Bag
Bolthouse Baby Carrots

3.98
3-Lb. Bag
EZ Peel Florida Tangerines

2/$5
12-Oz., Selected
Olipop Probiotic Juice

Savings FOR EVERYDAY START HERE!

2/$3
10.75-Oz., Tomato Or
Campbell's Chicken Noodle Soup

1.98
4.7 To 8.7-Oz., Selected
Hamburger Helper

2/$5
8 To 12-Ct., Selected Tortillas Or
Old El Paso Taco Shells

2.98
11-Oz., Minis Or 16-Oz.
Zesta Saltine Crackers

2/$7
16-Oz., Selected
Kraft Salad Dressing

4.98
4-Pk., Velveeta Or Selected
Kraft EZ-Mac Cups

2.78
6-Pk., Selected
Nissin Top Ramen

SALE PRICE **9.98** DIGITAL COUPON **2.00** OFF ONE FINAL PRICE **7.98**
128 To 150-Oz., Selected
Purex Liquid Detergent

DAIRY & FROZEN

1.48
10-Ct., Butter-Me-Nots
IGA Biscuits

2.48
14-Oz. Reg. Or Light
Daisy Squeeze Sour Cream

2.98
8-Ct., Selected
Yoplait Go-Gurt

4.48
7.5 To 8-Oz., Selected
Philadelphia Cream Cheese Spread

4.48
50-Oz., Iced Coffee, 14-Oz., Cold Foam Or 28 To 32-Oz., Selected
Coffee-Mate Liquid Creamer

2/$5
9.25 To 10.3-Oz., Selected
Healthy Choice Entrees

2/$5
10.5 To 13-Oz., Selected
Marie Callender's Dinner Bowls

3.98
4-Ct., Selected
Smucker's Uncrustables

FRESH BAKERY

14.98
61-Oz.
Double Layer Carrot Cake

5.48
8-In., Reg. Or No Sugar Added
Baked Apple Pie

2/$3
4.2-Oz.
Artisan Cheesecake Donut

6.48
6-Ct., Vanilla Or Maple Iced
Walnut Creek Cinnamon Rolls

4.98
6-Ct., Selected
Nikola's Bakery Cornbread Muffins

1.00
4-In.
Baked Apple Pie

LIMIT 1 OFFER
SALE PRICE **5.98** DIGITAL COUPON **1.00** OFF ONE FINAL PRICE **4.98**
8-Ct., Selected
The Killer Brownie Company Brownie

3.98
2-Ct., Sourdough
Panera Bread Bowls

SAVE $5 INSTANTLY WHEN YOU PURCHASE $15 IN PARTICIPATING HEALTH & BEAUTY PRODUCTS

Participating items: Vick's VapoCool or Formula 44 Cold & Flu Products, Gillette Venus Shave Products, Always Discreet Pads or Underwear, Olay Body Wash, Colgate Oral Care, Dial Soap, Pepto Bismol Stomach Relief

REWARDS MEMBERS ONLY!

LIMIT 1 PER TRANSACTION. Enter in your number at checkout to redeem offer.

LOCAL Equals FRESH
LOCALLY OWNED BY PEOPLE YOU CAN TRUST!

BUY 1 GET 1 FREE

12-Oz. or Larger, Selected NyQuil, DayQuil, ZzzQuil or PainQuil + 56-Ct., Selected Puffs Tissue Cubes

REWARDS MEMBERS ONLY

LIMIT 1 PER MEMBER Enter in your number at checkout to redeem offer.

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BUY 5 PARTICIPATING ITEMS IN ONE TRANSACTION AND SAVE $5

Mix & Match!

Participating Items:
Selected Mayfield and Dairy Pure Products

REWARDS MEMBERS ONLY!

LIMIT 1 PER HOUSEHOLD.
Enter in your number at checkout to redeem offer.

VALID JANUARY 2 - JANUARY 16, 2026

SAVE $5

INSTANTLY WHEN YOU PURCHASE $15 IN PARTICIPATING HEALTH & BEAUTY PRODUCTS

Mix & Match!

Participating Items:
Vick's VapoCool or Formula 44 Cold & Flu Products, Gillette Venus Shave Products, Always Discreet Pads or Underwear, Olay Body Wash, Colgate Oral Care, Dial Soap, Pepto Bismol Stomach Relief

REWARDS MEMBERS ONLY!

LIMIT 1 PER TRANSACTION.
Enter in your number at checkout to redeem offer.

VALID DECEMBER 26, 2025 - FEBRUARY 6, 2026

YOU MUST BUY ALL 5 ITEMS

1 **4.98**
7 To 9-Oz., Sandwich Style Pepperoni Or Selected Thin Sliced
Hillshire Farm Deli Meat

+

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BUY 1 GET 1

12-Oz. or Larger, Selected
NyQuil, DayQuil, ZzzQuil or PainQuil

+

56-Ct., Selected
Puffs Tissue Cubes

FREE

REWARDS MEMBERS ONLY

LIMIT 1 PER MEMBER
Enter in your number at checkout to redeem offer.

VALID DECEMBER 26, 2025 - FEBRUARY 6, 2026