

GEAR UP WITH THESE BIG SAVINGS!

Pork Sirloin
Roast
Boneless, Fresh
\$2⁹⁹
lb

Whole Beef
Brisket
USDA Select
\$7²⁹
lb

Beef Sirloin
Tip Roast
Boneless
\$6⁹⁹
lb

Oscar Mayer
Basic Lunchables
2.25-4.3 oz pkg,
Selected Varieties
3/\$5

FRESH produce!

Heriloom
Navel
Oranges
\$1⁴⁹
lb

Red, Ripe
Strawberries
1 lb pkg
2/\$8

Golden, Ripe
Pineapple
\$4⁹⁹

SCORE BIG WITH SUPER SAVINGS!



Essential Everyday
Seasoning Mix
1-1.5 oz pkg,
Selected Varieties
89¢



IGA Tomatoes or
Essential Everyday
Tomatoes or
Tomato Sauce
14.5-15 oz can, Selected Varieties
3/\$4



Essential Everyday
Diced Tomatoes
With Green Chilies
10 oz can, Selected Varieties
4/\$5



Essential Everyday
Kidney Recipe or
Chili Beans
15 oz can, Selected Varieties
4/\$5



Essential Everyday or
IGA Pickles, Gherkins,
Spear, or Chips
16-32 oz jar, Selected Varieties
\$2⁹⁹



Essential Everyday
Ketchup
38 oz btl
\$3⁴⁹



Essential Everyday
Mustard
8 oz btl
\$1²⁹



Essential Everyday
Canola or
Vegetable Oil
128 oz btl, Selected Varieties
\$12⁹⁹



Essential Everyday
Pasta
12-16 oz box,
Selected Varieties
3/\$4



Prego
Pasta Sauce
14.5-24 oz jar,
Selected Varieties
\$3⁹⁹



Essential Everyday or
IGA Chunk or Shredded
Cheese
8 oz Chunk or 6-8 oz Shredded,
Selected Varieties
2/\$5



Essential Everyday
or IGA Butter Quarters
16 oz pkg,
Selected Varieties
\$3⁹⁹



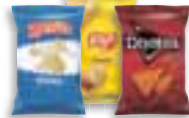
Essential Everyday
Fries, Tots or
Hashbrowns
19-32 oz pkg,
Selected Varieties
\$4⁹⁹



Dreyer's
Frozen Dairy Dessert
48 oz ctn,
Selected Varieties
\$6⁴⁹



Best Foods
Mayonnaise
20 oz squeeze btl
\$7⁹⁹
Best Foods
Mayonnaise
30 oz jar
\$8⁹⁹



**GEAR UP
FOR
GAME DAY
WITH SOME
SNACKS!**



Essential Everyday
Awesome Strength
Paper Towels or
Soft & Strong
Bath Tissue
8 ct rolls Paper Towels or
12 ct Double Rolls Bath Tissue
\$6⁹⁹

GET READY FOR *football season!*



Howers IGA Supermarket

Serving Haines For 70 Years Locally Owned and Operated
A Five Star IGA Retailer

Shop at Home • Support Your Community

OUR STORE HOURS:

**8:00 a.m - 8:00 p.m. Monday thru Saturday,
and 10:00 a.m. - 7:00 p.m. Sunday**

No Sales to Dealers. Food Stamps Gladly Accepted.

All Items May Not Be Available In All Stores. • Not responsible for typographical errors

PRICES EFFECTIVE JANUARY 28 - FEBRUARY 3, 2026

No Sales to Dealers. Food Stamps Gladly Accepted. All Items May Not Be Available In All Stores. • Not responsible for typographical errors • Quantity rights reserved ©2025 UNFI INC.

MKT
U.S. Postage
PAID
Permit No. 14
Haines, AK 99827
POSTAL CUSTOMERS
Haines, AK
99827

THE FINEST *meat selections*



**Beef
Sirloin Tip Steak**
USDA Choice Angus Beef,
Boneless, Valupak

\$7⁴⁹
lb



**Wild Harvest
Grass Fed 85%
Lean Ground Beef**
16 oz pkg, Previously Frozen

\$10⁴⁹



**Pork
Sirloin Chops**
Boneless, Fresh, Valupak

\$3²⁹
lb



**Pork
Baby Back Ribs**
Frozen

\$4⁷⁹
lb



**Foster Farms
Breaded
Chicken Wings**
16-22 oz pkg,
Selected Varieties

\$8⁹⁹



**Hill's Meat
Pork or Bacon
Doggies**
32 oz pkg, Selected Varieties

\$9⁴⁹



**Land O Frost
Canadian Bacon**
7 oz pkg

\$3⁹⁹



**Foster Farms
Turkey Breast**
28 oz pkg,
Selected Varieties

\$9⁹⁹



**Foster Farms
Corn Dogs**
40 ct pkg

\$9⁹⁹



**Eckrich
Li'l Smokies,
Smoked Sausage
or Polska Kielbasa**
13 oz pkg, Selected Varieties

\$3⁹⁹



**Oscar Mayer
Bologna or
Cotto Salami**
16 oz pkg, Selected Varieties

\$4⁴⁹



**Arctic Shores
Tilapia Fillets**
16 oz pkg

\$6⁹⁹



**Arctic Shores
Small Raw Shrimp**
16 oz pkg, 51-60 ct

\$7⁹⁹



**Arctic Shores
Cooked Shrimp**
16 oz pkg, 61-70 ct

\$8⁴⁹



**Northern Chef
Gluten Free
Seafood**
9-10 oz pkg, Selected Varieties

\$5⁹⁹



Moji Sushi
6 oz pkg,
Previously Frozen

\$7³⁹

FROZEN *specials*



**Smart Ones
Frozen Entrees**
6.49-9.25 oz pkg,
Selected Varieties

\$2⁹⁹



**Birds Eye
Vegetables**
56-65 oz pkg,
Selected Varieties

\$8⁹⁹



**Stouffer's
Party Size Entrées**
57-96 oz box,
Selected Varieties

\$19⁹⁹



**Banquet
Family Size Entrées**
25-27 oz box,
Selected Varieties

\$4⁹⁹



**Devour
Entrées**
9-12 oz pkg,
Selected Varieties

\$3⁹⁹



**Essential Everyday
Vegetables**
12 oz bag,
Selected Varieties

2/\$4



**Essential
Everyday
Garlic Bread,
Breadsticks or
Texas Toast**
10.5-16 oz pkg,
Selected Varieties

\$3⁴⁹



**Totino's
Pizza Rolls**
100 ct pkg,
Selected Varieties

\$14⁹⁹



**José Olé
Chimichangas**
5 oz pkg,
Selected Varieties

2/\$3



**Kellogg's Eggo
Thick & Fluffy
Waffles**
6 ct box,
Selected varieties

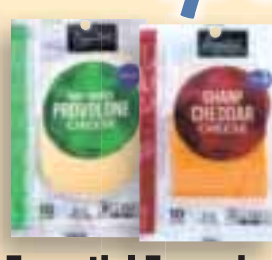
\$3⁹⁹



**Sara Lee
Cheesecake**
17-19 oz pkg,
Selected Varieties

\$6⁹⁹

DAIRY *specials*



**Essential Everyday
Natural Sliced
Cheese**
6-8 oz pkg, Selected Varieties

2/\$5



**Philadelphia
Cream Cheese
Spread**
7.5-8 oz pkg,
Selected Varieties

\$4⁹⁹



**Essential Everyday
American Singles**
16 oz pkg

\$4⁴⁹



**Essential Everyday
String Cheese**
8-12 oz pkg,
Selected Varieties

\$4⁴⁹



**Essential Everyday
Cream Cheese**
8 oz brick,
Selected Varieties

2/\$5



**Oui by Yoplait
French Style Yogurt
or Dairy-Free Yogurt**
5 oz cup, Selected Varieties

3/\$5



**Knudsen
Cottage Doubles**
4.7 oz cntr,
Selected Varieties

2/\$3



**Knudsen
Cottage Cheese**
16 oz pkg,
Selected Varieties

\$3⁹⁹



**Buitoni
Family Size Pasta**
20 oz pkg,
Selected Varieties

\$6⁹⁹



**Buitoni
Alfredo Sauce**
15 oz pkg

\$5⁹⁹

GROCERY



Essential Everyday
Potato Chips
9 oz bag,
Selected Varieties

2/\$6



Nabisco
Oreo Cookies
or Newtons
7.9-14.3 oz Oreos
or 10 oz Newtons,
Selected Varieties

\$4.99



Essential Everyday
Apple Juice
or Cider
64 oz btl, Selected Varieties

\$3.49



Essential Everyday
or IGA Flour
5 lb bag,
Selected Varieties

\$3.99



Xtra Laundry
Detergent
57.6 oz btl,
Selected Varieties

\$4.49



Essential
Everyday or IGA
Vegetables
14.5-15.25 oz can,
Selected Varieties

2/\$3



Essential
Everyday or IGA
Ripe Olives
2.25-4.25 oz can,
Selected Varieties

\$1.29



Essential Everyday
Stuffed Manzanilla
Olives
15 oz jar

\$3.99



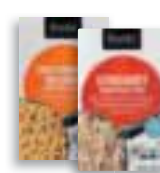
Essential Everyday
Condensed Soup
10.5-11.25 oz can, Selected
Varieties

3/\$5



Essential Everyday
Chicken Noodle
or Tomato Soup
10.5-10.75 oz can,
Condensed

2/\$3



Essential Everyday
Dinner Mix
5.6-6.4 oz box, Selected
Varieties

2/\$4



Essential
Everyday
Onion Soup Mix
2-2.2 oz pkg, Selected
Varieties

2/\$3



Kraft Mac & Cheese
or Velveeta Shells &
Cheese Microwave
Cups
4 ct pkg,
Selected Varieties

\$5.99



McCormick Taco
Seasoning Mix
1-1.25 oz pkg, Selected
Varieties

4/\$5



Ortega Taco Shells,
Sauce or Diced Chiles
10-18 ct Shells,
8 oz Sauce
or 7 oz can,
Selected Varieties

\$2.99



Essential Everyday
Flour Tortillas
10 ct pkg,
Selected Varieties

2/\$5



Wild Harvest
Organic Rice
32 oz pkg,
Selected Varieties

\$7.99



French's
Yellow Mustard
14 oz btl

\$2.49



Buffalo Wild
Wings Sauce
12 oz btl,
Selected Varieties

\$3.99



Blue Diamond
Almonds
6 oz can,
Selected Varieties

\$5.49



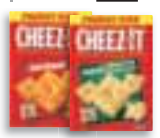
Hershey's
Share Size
Chocolate Candy
7.37-10.8 oz pkg,
Selected Varieties

\$6.49



Chick-Fil-A
Sauce
16 oz btl,
Selected Varieties

\$4.49



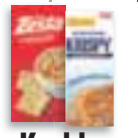
Cheez-It
Family Size Snacks
21 oz box,
Selected Varieties

\$6.99



Orville
Redenbacher's
Microwave
Popcorn
3 ct box,
Selected Varieties

\$2.99



Keebler
Zestas Saltines
16 oz box,
Selected Varieties

\$4.49



Keebler Pantry
Size Cookies
8-13 oz pkg,
Selected Varieties

\$3.99



Hostess
Snack Cakes
2.55-4.5 oz pkg,
Selected Varieties

3/\$5



Kellogg's
Pop-Tarts
Toaster Pastries
12 ct box,
Selected Varieties

\$5.49



Essential Everyday
Quick or Old
Fashioned Oats
42 oz cnstr,
Selected Varieties

\$5.49



Essential
Everyday
Whole Cashews
8.5 oz can

\$7.99



Essential
Everyday or IGA Cereal
11.5-13.5 oz box,
Selected Varieties

\$3.49



Green Mountain
or Donut Shop
Coffee
32 ct K-Cups,
Selected Varieties

\$22.99



Maxwell
House or
Yuban Coffee
24.5-27.9 oz can,
Selected Varieties

\$19.99



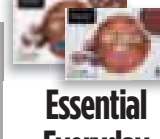
Wild Harvest
Coffee
10 oz pkg,
Selected Varieties

\$10.49



Wild Harvest
Herbal or
Organic Tea Bags
16 ct pkg,
Selected Varieties

\$4.99



Essential
Everyday
Hot Cocoa Mix
8 ct box,
Selected Varieties

2/\$5



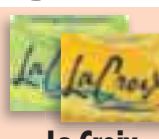
Shasta
Soda
12 pk 12 oz cans,
Selected Varieties

\$7.49



Arrowhead
Mountain
Spring Water
12 pk/12 oz btls or
6 pk/16.9 oz btls

\$5.99



La Croix
Sparkling Water
12 ct, 12 oz cans,
Selected Varieties

\$7.99



La Croix
Sparkling
Water
8 pk 12 oz cans,
Selected Varieties

\$5.99

HOUSEHOLD GOODS



Bounty
Paper Towels
4 ct Double Rolls,
Selected Varieties

\$12.49

Vanity Fair
Family Pack Napkins
or Dixie Plates
or Bowls

44-90 ct pkg Plates or Bowls,
160 ct pkg Napkins,
Selected Varieties

\$6.99



Solo
Party Cups
30 ct pkg

\$4.99



Essential Everyday
Tall Kitchen Trash
Bags
78 ct pkg

\$14.99

PET CORNER



Wild Harvest
Dog or Puppy
Food
3.5-4 lb bag,
Selected Varieties

\$10.99



Wild Harvest
Dog Treats
12 oz bag,
Selected Varieties

\$3.99



Fresh Step
Cat Litter
19 lb bag

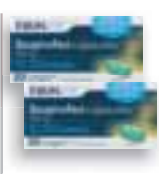
\$19.99

HEALTH & BEAUTY



ZzzQuil
Nighttime
Sleep-Aid
12 oz or 24 ct,
Selected Varieties

\$12.99



Equaline
Ibuprofen
20 ct pkg

\$3.49



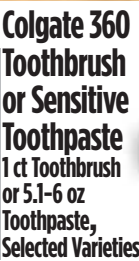
Equaline
Calcium Antacid
60-150 ct pkg,
Selected Varieties

\$4.49



Equaline
Mouthwash
1 ltr btl,
Selected Varieties

\$7.99



Colgate 360
Toothbrush
or Sensitive
Toothpaste
1 ct Toothbrush
or 5.1-6 oz
Toothpaste,
Selected Varieties

\$6.99



Halls
Cough Drops
70-80 ct bag,
Selected Varieties

\$6.49



Pantene
Shampoo or
Conditioner
8-23.6 oz,
Selected Varieties

\$11.99



Secret Invisible
Solid Deodorant
2.6 oz pkg,
Selected Varieties

\$5.49



Old Spice
Deodorant
3-3.25 oz pkg,
Selected Varieties

\$5.99

BABY



Huggies
Diapers
16-32 oz ct,
Selected Varieties

\$12.99



FRESH produce!
Chopped Salad Kits
6-13 oz

2/\$9

Sumo Mandarins
\$4.59
lb


Broccoli Crowns
Fresh
\$2.29
lb


Cauliflower White
\$1.79
lb


Romaine Hearts
3 ct pkg
\$3.69


Whole Crisp Carrots
2 lb bag
\$2.79


Red, Yellow or Orange Bell Peppers
2/\$3


Cantaloupe
\$1.69
lb

DELI Available at participating stores.

 Kretschmar Honey or Virginia Ham Deli Fresh \$7.49 lb	Tillamook Cheese 7 oz pkg, Selected Varieties \$5.49
	Market Sandwich Wraps 8.2-8.6 oz pkg, Selected Varieties \$6.49
	Deviled Egg Potato Salad Deli Fresh \$3.99 lb

BAKERY Available at participating stores.

Franz Hamburger or Hot Dog Buns 8 ct pkg \$3.99	Twin Pack Mini Wheat Baguette 10 oz pkg \$3.99
	Clyde's Donut Holes 12 oz pkg, Selected Varieties \$3.49
	Iced Cake Slices 5.8-6.5 oz pkg, Selected Varieties \$3.49

HOT WINTER PERK DEALS!

Window Washer Fluid 1 Gallon \$7.99	Jumper Cables \$9.99
3x5 Throw Rugs \$18.99	Armor All Car Cleaning Kit \$14.99



ALASKAN LIQUOR STORE
Located Across Main Street

12 pk Bottles Budweiser Beer \$17.49	12 pk Bottles Coors Light Beer \$15.99	12 pk Cans Alaskan Mixed \$21.99	12 pk Cans Samuel Adams \$18.99	12 pk Cans Founders \$17.99
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