

SCORE
BIG

Dean's
Dip

12-16 oz tub,
Selected Varieties

2/\$5

Essential Everyday
Tortilla or Keettle Chips

9 oz Potato or 10-12 oz Tortilla,
Selected Varieties

\$2.99

Nalley
Chili

14 oz can, Selected Varieties

\$2.99

TGI Fridays
Appetizers

8-11 oz box, Selected Varieties

\$4.99

Totino's
Party Pizza or Pizza Rolls

7.5-10.9 oz pkg, Selected Varieties

2/\$5

Essential Everyday
Cracker Cut Cheese Slices

7 oz pkg, Selected Varieties

\$3.99

Pringles
Potato Crisps

4.9-5.5 oz can, Selected Varieties

\$2.99

Pace
Salsa, Picante
Sauce or Dips

15-24 oz jar, Selected Varieties

\$3.99

Chex Mix or
Bugles Snacks

7-8.6 oz bag, Selected Varieties

\$3.49

ACT II
Microwave Popcorn

6 ct box, Selected Varieties

\$4.49

Planters
Dry Roasted or
Cocktail Peanuts

16 oz jar or can, Selected Varieties

\$4.49

TOUCHDOWN
SAVINGS

FOR THE BIG GAME

DiGiorno
Original Pizza

14.6-29.3 oz pkg,
Selected Varieties

\$7.99

Nabisco Ritz
or Snack Crackers

7.8-13.7 oz Ritz or 3.5-8.5 oz Snack,
Selected Varieties

\$4.99

Kraft
Chunk or
Shredded Cheese

7-8 oz pkg, Selected Varieties

2/\$6

Taylor Farms
Cut Vegetables

10-12 oz bag,
Selected Varieties

2/\$5

FRESH produce!

Fresh
Avocados

Ripe

4/\$5

Roma
Tomatoes

Ripe

\$1.89
lb

Fresh
Baby Cut Carrots

1 lb bag

\$1.69

Stone Ridge
Creamery Ice Cream

48 oz pkg, Selected Varieties

\$5.49

Yoplait Original, Light,
Whips! or Protein Yogurt

4-6 oz cup, Selected Varieties

99¢

Ore-Ida
Potatoes or Tater Tots

19-32 oz pkg, Selected Varieties

\$4.99

Prego
Pasta Sauce

14.5-24 oz jar, Selected Varieties

\$3.99

Progresso
Traditional, Rich &
Hearty or Light Soup

18-19 oz can, Selected Varieties

2/\$6

General Mills
Cereal

8.9-12 oz box, Selected Varieties

\$3.99

Pure Life
Water

24 pk/.5 ltr btl

\$11.99

Beef Eye of
Round Roast

Boneless

\$7.39
lb

Pork
Shoulder Steak

Bone-in, Valupak

\$3.79
lb

Beef
T-Bone Steak

USDA Choice Angus Beef,
Valupak

\$12.49
lb

Chicken
Thighs

Boneless, valupak

\$2.69
lb

Score BIG With These Savings!

IGA

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

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 FEBRUARY 4 - FEBRUARY 10, 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.

0204_TACOMA_ALASKA_IGA_COLOR_PG1

0204_HOWSERS_A_IGA_PG1

HOWSERS

THE FINEST *meat selections*



Beef
Eye of Round Steak
USDA, Boneless, Valupak

\$7⁸⁹
lb



Pork
Shoulder Roast
Bone-in

\$3⁴⁹
lb



Wild Harvest
Flat Flank Steak
8 oz pkg, Grass Fed and Finished

\$12⁴⁹



Brothers Choice
85% Lean Patties
2.5 lb pkg

\$16⁹⁹



Cooked Perfect
Meatballs
18-28 oz pkg,
Selected Varieties

\$8³⁹



Nathan's
Beef Franks
28-32 oz pkg,
Select Varieties

\$16⁹⁹



Eckrich
Li'l Smokies
12-14 oz pkg,
Selected Varieties

\$3⁷⁹



Essential Everyday
Summer Sausage
8 oz pkg,
Selected Varieties

\$3⁹⁹



Foster Farms
Turkey
28 oz pkg,
Selected Varieties

\$9⁹⁹



Foster Farms
Chicken Franks
16 oz pkg

\$2⁴⁹



Tyson
Chicken Nuggets
or Patties
23-29 oz pkg,
Selected Varieties

\$6⁹⁹



Crazy Cuizine
Chicken
22 oz pkg,
Selected Varieties

\$9⁹⁹



Arctic Shores
Mahi Mahi Fillets
12 oz pkg, Frozen

\$9⁹⁹



Arctic Shores
Cooked Shrimp
16 oz pkg,
91-120 ct, Tail Off

\$8⁴⁹



Arctic Shores
Extra Large
Raw Shrimp
16 oz pkg, 26-30 ct

\$7⁹⁹



Annasea
Poke
Selected 10 oz

\$9⁹⁹

FROZEN *specials*



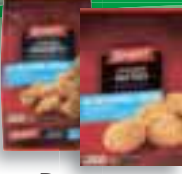
Arby's, Red Robin
or Checker's French
Fries or Onion Rings
14-28 oz pkg,
Selected Varieties

\$5⁹⁹



Essential Everyday
Vegetables
32 oz bag,
Selected Varieties

\$4⁹⁹



Banquet
Breaded Chicken
24-32 oz pkg,
Selected Varieties

\$6⁹⁹



Swanson
Hungry Man
Dinners
13.1-16 oz pkg,
Select Varieties

\$4⁹⁹



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

\$3⁴⁹



Hot Pockets
12 ct pkg,
Selected Varieties

\$16⁹⁹



Ore-Ida
Bagel Bites
Pizza Snacks!
40 ct pkg

\$11⁹⁹



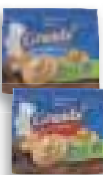
Reames
Homestyle
Egg Noodles
12 oz bag

\$3⁹⁹



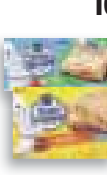
BOCA
Veggie Burgers
10 oz pkg,
Selected Varieties

\$4⁹⁹



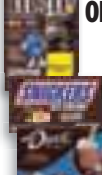
Pillsbury
Frozen Grands!
20 ct pkg,
Selected Varieties

\$6⁴⁹



Pillsbury
Toaster Scrambles
or Strudel
7.2-11.7 oz box,
Selected Varieties

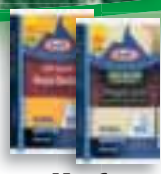
\$3⁹⁹



Dove, Snickers or
Twix Ice Cream Bars
or M&M's Ice Cream
Sandwiches
3-6 ct box,
Selected Varieties

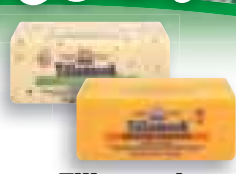
\$5⁹⁹

DAIRY *specials*



Kraft
Natural Sliced Cheese
7-8 oz pkg,
Selected Varieties

\$2⁹⁹



Tillamook
Cheese Baby Loaf
2 lb pkg,
Selected Varieties

\$13⁹⁹



Jell-O
Pudding or
Gelatin Snacks
4 ct pkg, Selected Varieties

\$3⁴⁹



Knudsen
Sour Cream
16 oz cmt

2/\$5



I Can't Believe
It's Not Butter Spread
15 oz pkg,
Selected Varieties

\$4⁴⁹



Cracker Barrel
Cheese
6 oz Cubes, 8 oz Chunk or
7 oz Cracker Cuts,
Selected Varieties

\$4⁴⁹



Frigo
Cheese
5 oz cup,
Selected Varieties

\$3⁴⁹



Kraft
Shredded
Parmesan Cheese
5 oz pkg,
selected varieties

\$4⁴⁹



Planet Oat
Creamer
32 oz bitl,
Selected Varieties

\$5⁴⁹



Philadelphia
Cheesecake
Crumbles
6.6 oz pkg,
Selected Varieties

\$4⁹⁹



Pillsbury
Cookie Dough
16-16.5 oz pkg,
Selected Varieties

\$3⁹⁹



Pillsbury Grands!
Biscuits, Cinnamon
or Crescents Rolls
8-16.3 oz pkg,
Selected Varieties

\$2⁹⁹



Bays English
Muffins
6 ct pkg,
Selected Varieties

\$4⁹⁹

GROCERY

Essential
Everyday
or IGA Ketchup
or Yellow Mustard
14-24 oz btl



2/\$4

Sweet Baby Ray's
Barbecue Sauce
18 oz btl, Selected Varieties



\$2.99

Best Foods
Mayonnaise
20 oz squeeze btl
\$7.99



30 oz jar,
Selected Varieties
\$8.99

Kraft
Miracle Whip
30 oz jar,
Selected Varieties



\$8.99

Essential
Everyday or IGA
Pickle Chips
or Spears
16-32 oz jar, Selected Varieties



\$2.99

Essential
Everyday
Peppers
16 oz jar, Selected Varieties



2/\$5

Essential
Everyday
or IGA
Canned Vegetables
14.5-15.25 oz Selected Varieties



4/\$5

Essential
Everyday or
IGA Kidney or
Chili Beans
15 oz can,
Selected Varieties



4/\$5

Essential
Everyday or IGA
Tomatoes
10 oz Diced with Chilis
or 14.5-15.25 oz,
Selected Varieties



2/\$3

Chef Boyardee
Pasta
7.5 oz microwaveable cup
or 14.5-15 oz can, Selected
Varieties



2/\$4

Keebler Club
or Town House
Crackers
9-13.8 oz pkg,
Selected Varieties



\$4.99

Kool-Aid
Jammers
10 pk/6 oz pouches,
Selected Varieties



\$4.99

Old El Paso
Taco Seasoning
1 oz pkg,
Selected Varieties



2/\$3

Old El Paso
Enchilada Sauce, Flour
Tortilla or Taco Shells,
Refried Beans, Rice and
Beans or Rice Mix
10 oz sauce, 8-12 ct shells,
16 oz beans, 8.8 oz rice and beans
or 7.6 oz rice mix,
Selected Varieties



2/\$5

Old El Paso
Enchilada Sauce, Taco
or Premium Shells, Kit
or Sauce, Tortilla Pockets
or Flour Bowl
19 oz Enchilada,
3.95-6.89 oz Shells,
8.8-13.25 oz Kit or 9 oz Sauce,
8.4 oz Tortilla or 5.4-6.7 oz Bowl,
Selected Varieties



\$4.99

Cholula
Hot Sauce
5 oz btl,
Selected Varieties



\$4.99

McIlhenny
Tabasco Sauce
5 oz btl,
Selected Varieties

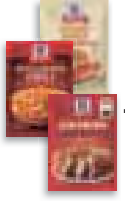


\$4.49

Lawry's Seasoned Salt
or McCormick
Black Pepper
3-16 oz pkg,
Selected Varieties
\$4.99



McCormick Air Fryer,
Chili or Simmer & Serve
Seasoning Mix
.87-1.25 oz pkg, Selected Varieties
2/\$3



Hormel
No Bean Chili
15 oz can,
Selected Varieties
\$3.99



Hormel
Corned Beef Hash
14 oz can,
Selected Varieties
\$3.99



Essential Everyday
Broth or Stock
32 oz pkg,
Selected Varieties
2/\$5



Essential Everyday
or IGA Dressing
16 oz btl,
Selected Varieties
2/\$5



Hidden Valley
Ranch Dressing
24 oz btl,
Selected Varieties
\$5.99



Pompeian
Olive Oil
16 oz btl,
Selected Varieties
\$12.99



Essential Everyday
Vegetable, Canola
or Corn Oil
40 oz btl,
Selected Varieties
\$4.99



Essential Everyday
or IGA
Cooking Spray
5-6 oz can, Selected Varieties
\$2.99



Essential Everyday
or IGA Saltines
16 oz pkg,
Selected Varieties
2/\$6



Nature Valley
Granola Bars
6.2-8.94 oz box,
Selected Varieties
\$3.49



Essential Everyday
Cookies
11.75-16 oz pkg,
Selected Varieties
\$3.79



Betty Crocker
Fruit Snacks
4.5-5.1 oz box,
Selected Varieties
\$3.49



Boost High Protein
Nutritional Drink
6 pk/8 oz btl,
Selected Varieties
\$13.99



Hershey's
Share Size
Chocolate Candy
7.37-10.8 oz pkg,
Selected Varieties
\$6.99



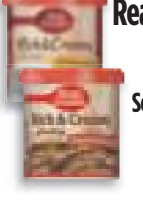
Betty Crocker
Cookie Icing
7 oz pkg,
Selected Varieties
\$4.99



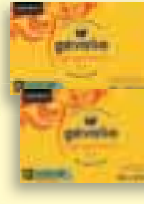
Betty Crocker
Cake or Brownie
Mix
13.25-14.25 oz Cake or
16.3 oz Brownie,
Selected Varieties
2/\$6



Betty Crocker
Premium or
Ready to Spread
Frosting
12-16 oz pkg,
Selected Varieties
\$2.99



Gevalia
Coffee
10-12 ct box K-Cups,
Selected Varieties
\$10.99



Gevalia
Coffee
12 oz bag,
Selected Varieties
\$14.99



PET CORNER



Purina
Dog and Puppy
Chow
15-18.5 lb bag,
Selected Varieties

\$24.99



Tidy Cats
Scoop Cat Litter
14 lb pkg,
Selected Varieties

\$12.99

HOUSEHOLD GOODS

Handi-Foil
All Purpose
Pan
1 ct pkg,
Selected Varieties



\$4.99

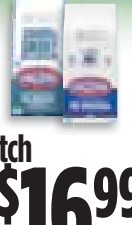
Essential
Everyday
or IGA Party Cups
20 ct pkg, Selected Varieties
2/\$5



Tide
Liquid Laundry
Detergent
117-132 oz btl,
Selected Varieties
\$23.99



Kingsford
Charcoal or Match
Light Charcoal
12-16 lb pkg,
Selected Varieties
\$16.99

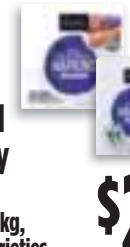


Essential
Everyday
Paper Plates
100 ct pkg,
Selected Varieties



\$5.99

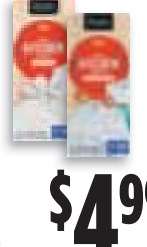
Essential
Everyday
Napkins
40-250 ct pkg,
Selected Varieties
\$2.99



Essential
Everyday
Slider Storage or
Freezer Bags
10-20 ct box,
Selected Varieties
\$3.49



Essential
Everyday
Trash or
Tall Kitchen
20-30 ct box,
Selected Varieties
\$4.99

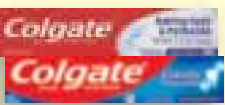


HEALTH & BEAUTY

Equaline
Cold & Flu
Relief
12 oz btl or 24
ct box, Selected
Varieties
\$7.99



Colgate
Toothpaste
4 oz pkg,
Selected Varieties
2/\$5



Speed Stick
or Lady
Speed Stick
Deodorant
2.3-3 oz pkg,
Selected Varieties
\$3.49



TREsemmé
Shampoo or
Conditioner
28 oz btl,
Selected Varieties
\$8.99



Vaseline
Hand or
Body Lotion
10 oz btl,
Selected Varieties
\$6.99



Equaline
Liquid
Hand Soap
7.5 oz btl,
Selected Varieties
2/\$5



FRESH *produce!*

Shredded Lettuce
or Cole Slaw
8 oz Lettuce or 14 oz Cole Slaw

2/\$4

Fresh
Celery
Crisp

\$1.99
lb



Sugar Snap
or Snow Peas
8 oz pkg

\$3.49



Lemons
Fresh

69¢
ea



Limes
Large

2/\$1



Yellow
Onions
3 lb bag

\$2.49



Brussel
Sprouts
12 oz pkg

\$2.99



Mini Sweet
Peppers

\$3.69
lb



Sweet
Potatoes

\$1.99
lb

DELI

Available at participating stores.



Kretschmar
Black Forest
Ham
Deli Fresh

\$8.49
lb

Yancey's
Fancy Cheddar or
Gouda Cheese
7.6 oz pkg, Selected Varieties

\$5.49

Boneless or Bone-In
Chicken Wings
Deli Fresh, Selected Varieties

\$6.49
lb

Hormel Gatherings
Snack Tray
14 oz pkg, Selected Varieties

\$8.99

BAKERY

Available at participating stores.

Stonefire
Naan Bread
8.8 oz pkg,
Selected Varieties

\$2.99

King's Hawaiian
Hamburger Buns
8 ct pkg

\$4.99

Lofthouse
Homestyle Cookies
12.5-15 oz pkg,
Selected Varieties

\$6.49

Kimberly's
Bakeshoppe Cupcakes
4 ct pkg,
Selected Varieties

\$5.99

DON'T FORGET
YOUR SWEETY!

Lots of Valentine Goodies!

Hershey's
XOXO Gift Box

\$7.99

Hershey's
Friend Exchange
25 ct

\$9.99

Valentine
Tootsie Pops

\$5.99

Whitman Sampler
Cheetah Heart

\$17.49

Reese Peanut
Butter Heart

\$5.99

ALASKAN LIQUOR STORE

Located Across Main Street

12 pk
Topo
Chico

\$21.99

12 pk
O' Doul's

\$16.99

High
Noon

10% off

750 ml
Platinum 10X
Vodka

\$15.99

750 ml
Crown Royal
Black

\$34.99