

# SPRING SAVINGS

## MADE EASY

AMAZING QUALITY. FANTASTIC PRICES.  
THAT'S OUR QUALITY PROMISE.

SAVE BIG  
EVERYDAY

Essential  
EVERYDAY



Essential Everyday  
Vegetables  
12 oz bag,  
Selected Varieties

2/\$4



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

\$3.99

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

4/\$5

Essential Everyday  
or IGA Cream Soup  
10.5 oz can,  
Selected Varieties

2/\$3

Essential Everyday  
or IGA Gravy  
12 oz jar,  
Selected Varieties

2/\$5

Essential Everyday  
Pineapple  
20 oz can,  
Selected Varieties

2/\$5

Essential Everyday  
Cream Cheese  
8 oz brick,  
Selected Varieties

2/\$5

Essential Everyday  
Whipped Topping  
6.5 oz can,  
Selected Varieties

2/\$5

Essential Everyday  
Cinnamon Rolls  
or Crescent Rolls  
8-12.4 oz pkg,  
Selected Varieties

2/\$6

# THINK SPRING, THINK SAVINGS

bargains in bloom in every department

Beef T-Bone  
Steak  
Valupak

\$14.99  
lb

Chicken  
Breasts  
Boneless Valupak

\$2.99  
lb

Pork  
Shoulder Roast  
Bone-In

\$3.69  
lb

Pork  
Tenderloin  
Fresh

\$3.99  
lb

## FRESH produce!



Blackberries  
or  
Raspberries  
6 oz pkg

2/\$7



Sweet  
Navel  
Oranges  
5 lb bag

\$5.99



Taylor Farms  
Caesar  
Salad Kits  
7.3-11.4 oz pkg,  
Selected Varieties

2/\$8



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

\$3.99



Essential Everyday or  
IGA Chunk or Shredded  
Cheese  
8 oz Chunk or  
6-8 oz Shredded,  
Selected Varieties

2/\$5



DiGiorno  
Original Pizza  
14.6-29.3 oz pkg,  
Selected Varieties

\$6.99



Stone Ridge  
Creamery  
Ice Cream  
48 oz pkg,  
Selected Varieties

\$5.99



Essential Everyday  
Granulated Sugar  
4 lb bag

\$3.99



Pillsbury  
Brownie or  
Cake Mix  
18.4 oz Brownie or  
15.25 oz Cake,  
Selected Varieties

2/\$5



Folgers  
Coffee  
22.6-25.9 oz can,  
Selected Varieties

\$16.99



General Mills  
Family Size Cereals  
18 oz Original or Multi-Grain Cheerios,  
18.1 oz Cocoa Puffs,  
18.6 oz Lucky Charms,  
18.8 oz Honey Nut Cheerios or  
Cinnamon Toast Crunch,  
19.7 oz Reese's Puffs

\$5.99



Angel Soft  
Bath Tissue or  
Sparkle Paper Towels  
6-8 ct Mega Rolls Angel Soft  
or 4 Double Rolls Sparkle,  
Selected Varieties

\$7.99

# Great Savings ACROSS THE STORE



Howsers 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 MARCH 25 - MARCH 31, 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 ©2026 UNFI INC.

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

# THE FINEST *meat selections*



**Whole Beef Brisket**  
USDA Select

**\$749**  
lb



**Wild Harvest New York Strip Steak**  
10 oz pkg

**\$20<sup>99</sup>**



**Pork Shoulder Roast**  
Bone-in

**\$369**  
lb



**Pork Shoulder Country Style Ribs**

**\$399**  
lb



**Butterball 93% Lean Ground Turkey**  
16 oz pkg

**\$5<sup>99</sup>**



**Essential Everyday Chicken Wings**  
3 lb bag

**\$10<sup>99</sup>**



**Perdue Simply Breaded Chicken**  
22-24 oz pkg,  
Selected Varieties

**\$9<sup>99</sup>**



**Simply Potatoes Mashed Potatoes**  
24 oz pkg,  
Selected Varieties

**\$4<sup>99</sup>**



**Cloverdale Sliced Bacon**  
12 oz pkg,  
Selected Varieties

**\$5<sup>49</sup>**



**Land O' Frost Premium Lunchmeat**  
20-22 oz pkg,  
Selected Varieties

**\$7<sup>99</sup>**



**Hempler's Classic Pepperoni**  
24 oz pkg

**\$19<sup>99</sup>**



**Perdue Crispy Chicken**  
26 oz pkg,  
Selected Varieties

**\$8<sup>49</sup>**



**Arctic Shores Pink Salmon Fillets**  
16 oz pkg

**\$7<sup>99</sup>**



**Trident Salmon Burgers**  
11.2 oz pkg

**\$7<sup>99</sup>**



**Arctic Shores Cooked Salad Shrimp**  
6 oz pkg, 150-200

**\$3<sup>99</sup>**

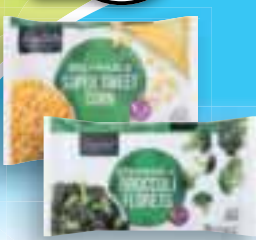


**Arctic Shores Cooked Salad Shrimp**  
16 oz pkg, 91-120

**\$7<sup>99</sup>**



## SAVOR THE TASTE OF REAL FOOD... JUST FROZEN!



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

**2/\$4**



**Lean Cuisine Entrées or Signature**  
6-11.5 oz pkg,  
Selected Varieties

**\$3<sup>49</sup>**



**Ben & Jerry's Ice Cream, Frozen Desserts or Talenti Gelato or Gelato Layers**  
10.6-16 oz pkg,  
Selected Varieties

**\$6<sup>99</sup>**



**Boston Market Dinners**  
13-16 oz pkg,  
Selected Varieties

**\$4<sup>99</sup>**



**Gorton's Seafood**  
9.2-24.5 oz pkg,  
Selected Varieties

**\$7<sup>99</sup>**



**Essential Everyday Appetizers**  
8-11 oz pkg,  
Selected Varieties

**\$4<sup>99</sup>**



**Essential Everyday Asian Appetizers**  
5-12.2 oz pkg,  
Selected Varieties

**\$4<sup>99</sup>**



**Essential Everyday Pizza Rolls**  
23.8 oz pkg,  
Selected Varieties

**\$6<sup>49</sup>**



**TGI Fridays Appetizers**  
10-17.4 oz pkg,  
Selected Varieties

**\$7<sup>99</sup>**



**Pillsbury Toaster Scramblers or Strudel**  
7.2-13.3 oz box,  
Selected Varieties

**\$3<sup>49</sup>**



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

**\$3<sup>99</sup>**



**Essential Everyday Frozen Orange Juice**  
12 oz can,  
Selected Varieties

**\$3<sup>49</sup>**



**Mrs. Smith's Fruit Pies**  
35-37 oz pkg,  
Selected Varieties

**\$6<sup>99</sup>**



**Essential Everyday Whipped Topping**  
8 oz tub,  
Selected Varieties

**2/\$4**

## DAIRY *specials*



**I Can't Believe It's Not Butter or Brummel & Brown Spread Butter**  
8-15 oz pkg, Selected Varieties

**\$4<sup>99</sup>**



**Sargento Deli Style Sliced Cheese**  
7-8 oz.,  
Selected Varieties

**\$4<sup>49</sup>**



**Dannon Activia or Danimals Smoothie Drinks**  
4 ct Yogurt or  
6 ct Danimals,  
Selected Varieties

**\$4<sup>49</sup>**



**Dannon Light + Fit Yogurt**  
4 ct pkg,  
Selected Varieties

**\$5<sup>49</sup>**



**YoCrunch Yogurt**  
4 ct pkg,  
Selected Varieties

**\$4<sup>49</sup>**



**International Delight Coffee Creamer**  
64 oz bit,  
Selected Varieties

**\$7<sup>99</sup>**



**Starbucks Iced Coffee**  
40-48 oz bit,  
Selected Varieties

**\$8<sup>49</sup>**



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

**3/\$5**



**Chobani Flip Greek Yogurt**  
4.5 oz pkg,  
Selected Varieties

**3/\$5**



**SunnyD Citrus Punch**  
64 oz bit,  
Selected Varieties

**\$4<sup>49</sup>**



**Country Crock Plant Butter or Vegetable Spread**  
14-16 oz pkg,  
Selected Varieties

**\$3<sup>99</sup>**



**Essential Everyday Mozzarella Balls**  
16 oz pkg

**\$5<sup>99</sup>**



**Essential Everyday Ricotta Cheese**  
15 oz ct,  
Selected Varieties

**\$3<sup>99</sup>**



**Knudsen Sour Cream**  
16 oz cnr

**2/\$6**



**Kozy Shack Caramel Flan**  
16 oz pkg

**\$4<sup>49</sup>**



**Kozy Shack Pudding**  
22-24 oz pkg,  
Selected Varieties

**\$4<sup>49</sup>**

# GROCERY



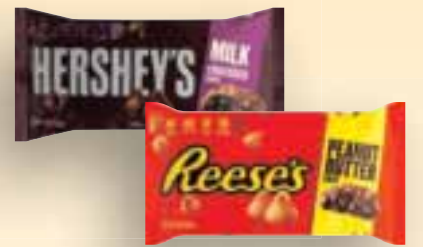
**Starkist Chunk Light Tuna**  
5 oz can or 2.6 oz pouch,  
Selected Varieties **2/\$3**



**Wishbone Dressing**  
15 oz btl,  
Selected Varieties **\$2.99**



**Bertolli Olive Oil**  
16.9 oz btl,  
Selected Varieties **\$9.99**



**Hershey's Baking Chips**  
8-12 oz pkg,  
Selected Varieties **\$8.99**



**Dunkin' Coffee**  
11-12 oz bag or 10 ct box K-Cups,  
Selected Varieties **\$10.99**



**Pillsbury Ready To Spread Frosting**  
15-16 oz cntr,  
Selected Varieties **2/\$6**



**Essential Everyday or IGA Purified Water**  
24 pk/.5 ltr btl **\$10.99**



**SPRINGTIME SAVINGS IN STORE!**

**Essential Everyday French Fried Onions**  
6 oz bag **\$3.99**

**Essential Everyday or IGA Gravy Mix**  
.75-1 oz pkg,  
Selected Varieties **89¢**

**Essential Everyday or IGA Black Olives**  
6-6.5 oz can,  
Selected Varieties **\$2.49**

**Essential Everyday or IGA Pimiento Stuffed Manzanilla Olives**  
5.75 oz jar **\$2.49**

**Essential Everyday or IGA Relish**  
16 oz jar,  
Selected Varieties **2/\$5**

**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 Marshmallows**  
10 oz bag,  
Selected Varieties **2/\$3**

**Essential Everyday Sweetened Condensed Milk**  
14 oz can **\$2.99**

**Essential Everyday Evaporated Milk**  
12 oz can **2/\$4**

**Essential Everyday Vanilla Extract**  
1 oz pkg **\$3.99**

**Essential Everyday Fruit**  
14.5-15.25 oz can,  
Selected Varieties **2/\$5**

**Essential Everyday Cranberry Sauce**  
14 oz can,  
Selected Varieties **\$1.99**

**Essential Everyday Walnuts**  
6 oz pkg **\$4.49**

**Essential Everyday White Vinegar**  
32 oz btl **2/\$5**

**Essential Everyday Mushrooms Pieces & Stems**  
4 oz can,  
Selected Varieties **2/\$3**

**Essential Everyday Tartar Sauce**  
12 oz btl **2/\$5**

**Wild Harvest Cream of Mushroom or Chicken Soup**  
10.5 oz can,  
Selected Varieties **\$2.79**

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

**Essential Everyday Crackers**  
7.5-13.7 oz pkg,  
Selected Varieties **\$3.49**

**Essential Everyday or IGA Instant Rice**  
14 oz box,  
Selected Varieties **2/\$5**

**Essential Everyday Tomato Sauce**  
8 oz can,  
Selected Varieties **89¢**

**Wild Harvest Organic Macaroni & Cheese Dinner**  
6 oz pkg,  
Selected Varieties **\$2.99**

**Blue Diamond Almonds**  
16 oz bag,  
Selected Varieties **\$10.99**

**Ben's Original Ready Rice**  
8.5-8.8 oz pkg,  
Selected Varieties **\$2.99**

**Orville Redenbacher's Microwave Popcorn**  
6 ct box,  
Selected Varieties **\$5.49**

**Pringles Party Stack Potato Crisps**  
6.8-7.1 oz can,  
Selected Varieties **\$3.49**

**Keebler Pantry Size Cookies**  
8-13 oz pkg,  
Selected Varieties **\$3.99**

**Nabisco Teddy Grahams**  
10 oz box **\$3.99**  
**Toasted Chips**  
7.1-8.1 oz box **\$4.49**

**Hershey's Popped Snack Mix or Dipped Pretzels**  
8-8.5 oz pkg,  
Selected Varieties **\$5.29**

**Kellogg's Bites or Pop Tarts Toaster Pastries**  
5 ct Bites or 12 ct Toaster Pastries,  
Selected Varieties **\$3.99**

**Post Large Size Cereal**  
14-16 oz Great Grains, 15 oz Cocoa Pebbles, 15-18 oz Shredded Wheat, 18 oz Grape-Nuts Flakes, 20.5 oz Grape-Nuts or 11 oz Honey Bunches of Oats,  
Selected Varieties **\$4.99**

**Pearl Milling Company Pancake & Waffle Mix or Syrup**  
32 oz box Mix or 24 oz btl Syrup,  
Selected Varieties **\$3.99**

**Crystal Light, Mio, Kool-Aid or Tang Liquid Drink Mix**  
1.62 oz btl, 10-12 qt Drink Mix, 10 ct On The Go,  
Selected Varieties **\$5.99**

**Country Time, Kool-Aid or Tang Drink Mix**  
18-20 oz pkg,  
Selected Varieties **\$4.49**

# HOUSEHOLD GOODS

**Essential Everyday Designer Plates, Bowls or Cups**  
24-54 ct pkg,  
Selected Varieties **\$3.49**

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

**Cascade Dishwashing Detergent Actionpacs**  
9-16 ct pkg,  
Selected Varieties **\$5.99**

**Clorox Disinfecting Wipes**  
75 ct pkg,  
Selected Varieties **\$5.99**

**Dawn Ultra Dish Soap or Powerwash Dish Spray**  
17.4-30.8 oz btl Dish Soap or 16 oz Spray,  
Selected Varieties **\$5.99**

**Essential Everyday Facial Tissue**  
60-70 ct box,  
Selected Varieties **2/\$4**

**Glad Tall Kitchen or Trash Bags**  
25-68 ct box,  
Selected Varieties **\$10.99**

**Mr. Clean Multi-Purpose Cleaner**  
16 oz pkg **\$5.99**

**Tide Laundry Detergent**  
30-34 oz btl Liquid or 9-12 ct Pods,  
Selected Varieties **\$7.99**

**Essential Everyday Ridge Charcoal Briquets**  
7.7 lb bag **\$7.49**

# PET CORNER



**Wild Harvest Puppy or Dog Food**  
3.5-4 lb bag,  
Selected Varieties **\$10.99**



**Wild Harvest Cat Food**  
5.5 oz can,  
Selected Varieties **4/\$5**

# HEALTH & BEAUTY



**Oily Vitamins**  
30-90 ct pkg,  
Selected Varieties **\$12.99**



**Pure Protein Bars**  
1.76 oz pkg,  
Selected Varieties **\$1.99**

**Sensodyne Toothpaste**  
3.4-4 oz,  
Selected Varieties **\$8.99**

**Equaline Ibuprofen Pain Reliever**  
50 ct box,  
Selected Varieties **\$5.99**

**Always Infinity, Pure Cotton or Radiant Pads**  
18-32 ct pkg,  
Selected Varieties **\$9.99**

# FRESH *produce!*



**Taylor Farms Brussels Sprouts, Sugar Snap or Snow Peas**  
8-12 oz pkg, Selected Varieties

**\$3.49**  
ea



**Grape Tomatoes**  
Pint

**\$2.99**



**Pazazz Apples**

**\$1.79**  
lb



**Fresh Carrots**  
10-16 oz pkg, Crinkles, Petite or Match Stick

**\$2.49**



**Giorgio Portabella Mushroom Caps**  
6 oz pkg, Whole or sliced

**\$4.99**

## DELI

Available at participating stores.

**Kretschmar Seasoned Turkey Breast**  
Deli Fresh, Selected Varieties

**\$10.49**  
lb

**Hot Pockets**  
8 oz pkg, Selected Varieties

**\$2.99**

**BelGioioso Cheese Cups**  
5 oz pkg, Selected Varieties

**\$3.49**

**Stonefire Naan Dippers**  
7.05 oz pkg

**\$3.49**

## BAKERY

Available at participating stores.

**La Brea Twin Pack Baguettes**  
12 oz pkg, Take & Bake

**\$4.49**

**Cafe Valley Turnovers**  
4 ct pkg, Selected Varieties

**\$5.49**

**CT Bakery Mini Donuts**  
6 ct pkg, Selected Varieties

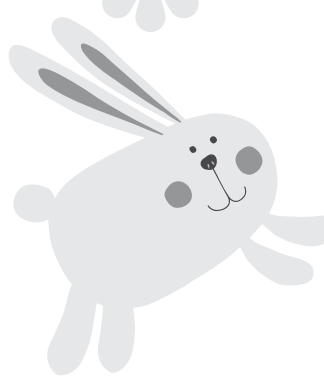
**\$5.49**

**Cyrus O'Leary's Mini Cream Pie**  
4 inch, Selected Varieties

**\$3.99**

Easter Bunny is Hoppin Down the Bunny Trail!

*Get Your Easter Goodies Before They are Gone!*



**Paas Deluxe Coloring Kit**  
**\$2.99**



**No Spill Coloring Kit**  
**\$6.99**



**SuperMario Easter Basket**  
**\$19.99**



**Jif Peanut Butter Rabbit**  
**\$2.49**



**Just Born Jelly Beans**  
**\$2.99**

# ALASKAN LIQUOR STORE

Located Across Main Street

750 ml  
**Courvoisier Cognac**

**\$49.99**

750 ml  
**Robert Hall Cabernet Sauvignon**

**\$14.99**

750 ml  
**Stag's Leap Cabernet Sauvignon**

**\$89.99**

750 ml,  
Selected Varieties  
**Pacific Rim Riesling**

**\$9.99**