

This week's REWARD!

AdvantagEmail™

5.2-5.6 oz

\$1.48

Pringles

Limit 4 per household
Exclusive AdvantagEmail member price
Sign up for weekly emails at www.ingles-markets.com/amaill

ingles

LOVE LOCAL...

LOVE THE SAVINGS!

Happy

St. Patrick's Day!

FUEL FRIDAY! MAR 13TH 2026

Activate this AdvantagEmail reward in this week's email to get the 4X Fuel Points.

EARN 4X INGLES FUEL POINTS

SIGN UP FOR AdvantagEmail™ at: ingles-markets.com/amaill or SCAN HERE →

EXCLUSIONS & RESTRICTIONS APPLY • SELECT STORES ONLY • SEE STORE FOR DETAILS

MURPHY & DAVID'S CORNED BEEF BRISKET

SAVE 5.70 Lb.

\$4.98 Lb.

BONELESS SIRLOIN STEAK

Ingles Premium Certified **USDA Choice** Beef

All Size Packs

SAVE 3.00 Lb.

\$7.98 Lb.

DEL MONTE MAG CANTALOUPE

SAVE 2.00 ea.

\$2.98 ea.

ORGANIC BROCCOLI

SAVE 2.00 ea.

\$2.98 ea.

ASSORTED BONE-IN PORK CHOPS

SAVE 2.00 Lb.

\$1.98 Lb.

TYSON TRIMMED & READY CHICKEN

Tenders, Thin Or Breast Sliced

SAVE 2.00 Lb.

\$3.98 Lb.

No Solution Added!

BLUE BELL ICE CREAM

Homemade Vanilla

Buttered Pecan

\$7.18 ea.

LUCKY DAY BOUQUET

SAVE 2.00 ea.

\$10.98 ea.

CHEF BOYARDEE PASTA

7.5-15 Oz. - Selected Varieties

SAVE UP TO 6.40 ON 5

5/\$5 for 5

FRESH GREEN CABBAGE

SAVE .56 Lb.

42¢ Lb.

BOAR'S HEAD OVENGOLD ROASTED TURKEY BREAST

SAVE 1.00 Lb.

\$14.49 Lb.

Boar's Head Natural Swiss Cheese \$10.49 Lb. Save 1.00 Lb.

In Select Stores!

STARBUCKS GROUND, WHOLE BEAN, COLD BREW, INSTANT, ESPRESSO CAPSULES OR K-CUPS COFFEE

10 Count Or 3.17-32 Oz. - Selected Varieties

SAVE UP TO 7.00

\$7.98 ea.

KELLOGG'S KIDS CEREAL

12-17.3 Oz. - Selected Varieties

SAVE 2.50 ea.

\$3.98 ea.

SARA LEE HONEY WHEAT BREAD

20 Oz.

SAVE 4.67 ON 2

BUY ONE FREE GET ONE

Weekly Digital Deals! shop.ingles-markets.com → Start Clipping Today!

OREO COOKIES

8-20 Oz. - Selected Varieties

2/\$7 with -1.00 Load to Card Coupon

2/\$6 FINAL PRICE with Coupon

Limit 2 per coupon

PICTSWEET FARMS SWEET POTATO FRIES

20 Oz.

\$4.98 with -.50 Load to Card Coupon

4.48 FINAL PRICE with Coupon

Limit 1 per coupon

LAURA LYNN™ SPRING WATER

4 Gallon

\$6.98 with -2.00 Load to Card Coupon

4.98 FINAL PRICE with Coupon

Limit 2 per coupon

12" MESSAGE COOKIE

Selected Varieties

\$15.48 with -.50 Load to Card Coupon

14.98 FINAL PRICE with Coupon

Limit 1 per coupon

Sip, Snack And Save!

COKE GROUP OF PRODUCTS

6 Pack - 500 mL

Limit 1 Transaction

SAVE UP TO 28.44 ON 5

BUY 2, GET 3 FREE

Quantities Less Than 5 will be 9.48 ea.

FRITO-LAY PARTY SIZE SNACKS

8.12-17 Oz. - Selected Varieties

SAVE UP TO 2.31

\$4.98 ea.

COKE GROUP OF PRODUCTS

2 Liter

Limit 3

SAVE UP TO 5.94 ON 3

3/\$6

When You Buy 3 FINAL COST

Quantities Less Than 3 will be 3.98 ea.

NONE SOLD TO DEALERS. WE RESERVE THE RIGHT TO LIMIT QUANTITIES AND CORRECT TYPOGRAPHICAL AND PHOTOGRAPHIC ERROR

WE ACCEPT:

UP TO 50¢ WITH DOUBLE COUPONS EVERY DAY

ingles

ONE TEAM... ONE COMMUNITY...

Happy St. Patrick's Day!

Prices Good Wednesday, March 11 Through Tuesday, March 17, 2026

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
11 MAR	12 MAR	13 MAR	14 MAR	15 MAR	16 MAR	17 MAR

Produce



INGLES ADVANTAGE
STRAWBERRIES
 1 Lb.
 SAVE 3.00 ea.
\$2.98 ea.



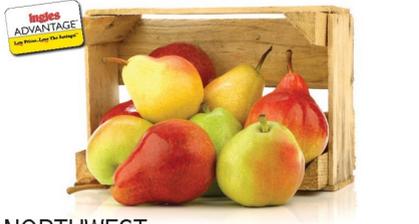
INGLES ADVANTAGE
SEEDLESS GRAPES
 Red, White Or Black
 SAVE 2.00 Lb.
\$1.98 Lb.



INGLES ADVANTAGE
CAMPARI TOMATOES
 1 Lb.
 SAVE 1.00 ea.
\$2.98 ea.



INGLES ADVANTAGE
MINI CUCUMBERS
 1 Lb. Bag
 SAVE 1.20 ea.
\$2.28 ea.



INGLES ADVANTAGE
NORTHWEST PEARS
 Anjou, Red Or Bosc
 SAVE 1.10 Lb.
\$1.38 Lb.



INGLES ADVANTAGE
WILDBRINE ORGANIC KRAUT OR KIMCHI
 All Varieties
 SAVE 1.30 ea.
\$5.98 ea.



INGLES ADVANTAGE
SWEET ONIONS
 3 Lb. Bag
 SAVE 1.50 ea.
\$2.48 ea.



INGLES ADVANTAGE
LUCKY DAY 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
SEEDED RYE BREAD
 \$3.48 ea.
 Save .50 ea.
\$3.48 ea.



INGLES ADVANTAGE
VEGAN CROISSANTS
 4 Count
 SAVE .50 ea.
\$4.48 ea.
 Save .50 ea.



INGLES ADVANTAGE
BUTTER FLAKE ROLLS
 10 Count
 SAVE .50 ea.
\$3.48 ea.



INGLES ADVANTAGE
8" FRUIT PIE
 Selected Varieties
 SAVE .50 ea.
\$8.48 ea.



INGLES ADVANTAGE
8X8 BROWNIES
 Selected Varieties
 SAVE .50 ea.
\$5.98 ea.



INGLES ADVANTAGE
CUPCAKES
 6 Count - Selected Varieties
 SAVE .50 ea.
\$6.48 ea.



INGLES ADVANTAGE
VARIETY PACK DONUTS
 12 Count
 SAVE .50 ea.
\$8.48 ea.

Deli



INGLES ADVANTAGE
INGLES PREMIUM SELECT DELI STYLE ROAST BEEF, CAJUN ROAST BEEF, OR CORNED BEEF
 SAVE 1.00 Lb.
\$13.99 Lb.



INGLES ADVANTAGE
WATERGATE SALAD
 SAVE 1.00 Lb.
\$5.99 Lb.



INGLES ADVANTAGE
CEDAR'S TZATZIKI
 12 Oz.
 SAVE .50 ea.
\$6.29 ea.



INGLES ADVANTAGE
ON THE BORDER QUESO
 Selected Varieties
 SAVE 1.50 ea.
\$3.99 ea.



INGLES ADVANTAGE
MINI BABYBEL CHEESE
 6 Count - Selected Varieties
 SAVE .50 ea.
\$5.99 ea.



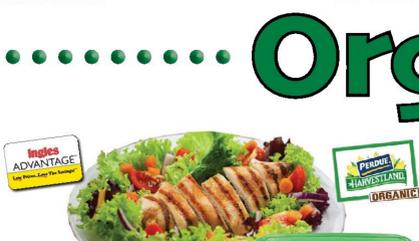
INGLES ADVANTAGE
CARR VALLEY BREAD CHEESE
 Selected Varieties
 SAVE 1.00 ea.
\$6.39 ea.



INGLES ADVANTAGE
PANERA BREAD SOUP
 16 Oz. - Selected Varieties
 SAVE 1.80 ea.
\$4.39 ea.



INGLES ADVANTAGE
4 DIFFERENT VEGETABLE PLATE PLUS A ROLL OR CORNBREAD
 Everyday Low Price!
\$6.00 ea.



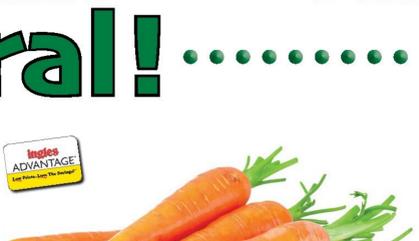
INGLES ADVANTAGE
PERDUE HARVESTLAND ORGANIC BONELESS SKINLESS CHICKEN BREAST
 SAVE 1.00 Lb.
\$6.98 Lb.



INGLES ADVANTAGE
HARVEST FARMS ALL NATURAL GROUND BEEF
 16 Oz. - 85% Lean
 SAVE 1.10 ea.
\$6.58 ea.



INGLES ADVANTAGE
ORGANIC COLLARD GREENS
 SAVE 1.50 ea.
\$1.98 ea.



INGLES ADVANTAGE
ORGANIC CARROTS WITH TOPS
 SAVE 2.50 ea.
\$1.98 ea.



INGLES ADVANTAGE
CASCADIAN FARM ORGANIC BLUEBERRIES
 8 Oz.
 SAVE 2.40 ea.
\$3.48 ea.



INGLES ADVANTAGE
AMY'S ORGANIC CHEESE ENCHILADA
 9 Oz.
 SAVE 1.60 ea.
\$5.98 ea.



INGLES ADVANTAGE
HARVEST FARMS ORGANIC PURE RAW HONEY
 SAVE 1.00 ea.
\$5.98 ea.



INGLES ADVANTAGE
HONEY STINGER ORGANIC WAFFLE SNACKS
 1.06 Oz. - Selected Varieties
 SAVE 2.92 ON 4
4/\$5

Organic & All Natural!

ingles

LOW PRICES... LOVE THE SAVINGS!™

Meat & Seafood



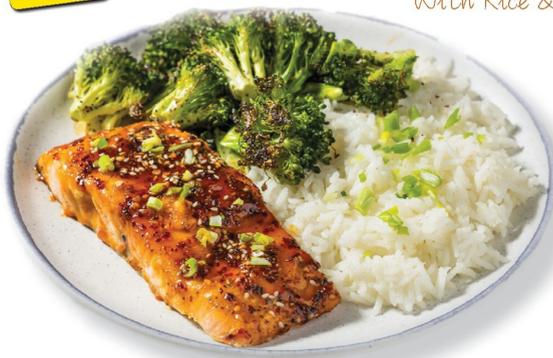
Roasted Bottom Round Roast & Gravy
With Mashed Potatoes And Corn



Asian Sockeye Salmon
With Rice & Broccoli



BONELESS
BEEF BOTTOM
ROUND ROAST
Ingles Premium
Certified
USDA Choice Beef
SAVE 2.00 Lb.
\$6.98
Lb.



SOCKEYE SALMON
FILLETS OR SIDES
SAVE 1.00 Lb.
\$16.98
Lb.



HARVEST FARMS
BONELESS SKINLESS
CHICKEN BREAST FILLETS
All Natural
SAVE 2.90 Lb.



\$3.48
Lb.



PLAINVILLE FARMS
GROUND TURKEY
16 Oz. - 85% Lean
SAVE .90 ea.



\$3.98
ea.



SILVER FLOSS
KRAUT
32 Oz. -
Selected Varieties
SAVE 2.36 ON 2



2/\$7
for 7



OSCAR MAYER
BASIC LUNCHABLES
OR P3 PROTEIN PACK
2.3-4.4 Oz. -
Selected Varieties
SAVE UP TO 2.36 ON 2



2/\$4



OSCAR MAYER
BOLOGNA
16 Oz. -
Selected Varieties
SAVE 2.96 ON 2



2/\$6



CARANDO
MEATBALLS
16 Oz. -
Selected Varieties
SAVE 1.70 ea.



\$4.98
ea.



GORTON'S
FISH STICKS,
FILLETS
OR SHRIMP
15.2-24.5 Oz. -
Selected Varieties
SAVE 9.88 ON 2



NEXT WAVE
SEAFOOD
MUSSELS, FULLY
COOKED MUSSEL MEAT
OR SHRIMP FOR TACOS
OR FAJITAS
8-16 Oz. -
Selected Varieties
SAVE 8.78 ON 2



**BUY ONE
FREE
GET ONE**



FRESH
MARINATED
SALMON FILLETS
Asian, Teriyaki
Or Jamaican
SAVE 2.00 Lb.



\$13.98
Lb.



CAROLINA
SHELL ON RAW SHRIMP
21-30 Count -
Sold In 2 Lb. Bag
Wild/USA
SAVE 4.28 ea.



\$21.48
ea.

Grocery



TILLAMOOK
SHREDDED OR
SLICED CHEESE
7-8 Oz. -
Selected Varieties
SAVE 4.36 ON 2



2/\$5
for 5



KRAFT
SINGLES
12 Oz. -
Selected Varieties
SAVE 2.20 ea.



\$2.98
ea.



LACTAID
MILK OR CREAMER
32-64 Oz. -
Selected Varieties
SAVE UP TO 2.10



\$3.48
ea.



CHOBANI
YOGURT
5.3 Oz. -
Selected Varieties
SAVE 1.10 ea.



88¢
ea.



CHOBANI
FLIP OR 20G
PROTEIN YOGURT
4.5-6.7 Oz. -
Selected Varieties
SAVE UP TO 6.92 ON 4



4/\$5



CHOBANI
CREAMER OR OAT MILK
24-52 Oz. -
Selected Varieties
SAVE UP TO 3.60



\$3.98
ea.



PETE & GERRY'S
ORGANIC LARGE EGGS
12 Count
SAVE 1.20 ea.



\$4.98
ea.



RAO'S
PASTA SAUCE
15-24 Oz. -
Selected Varieties
SAVE UP TO 2.80



\$5.98
ea.



VELVEETA
LOAF
2 Lb. -
Selected Varieties
SAVE 3.20 ea.



\$7.48
ea.



HORMEL
MARY KITCHEN
CORNED BEEF HASH
14 Oz. -
Selected Varieties
SAVE 1.00 ea.



\$2.98
ea.



WESSON
OIL
128 Oz. -
Selected Varieties
SAVE 5.00 ea.



\$10.98
ea.



KRAFT
MAC & CHEESE
5.5-7.5 Oz. -
Selected Varieties
SAVE 2.92 ON 4



4/\$5

ingles

LOW PRICES... LOVE THE SAVINGS!™

Health & Wellness

INGLES ADVANTAGE
COLGATE SENSITIVE TOOTHPASTE
 6 Oz. - Selected Varieties
 SAVE 1.30 ea.
\$5.58 ea.

INGLES ADVANTAGE
QC ASPIRIN
 36-120 Count - Selected Varieties
 SAVE UP TO 3.20
78¢ ea.

INGLES ADVANTAGE
QC SEVERE COLD & FLU SOFTGELS
 24 Count - Selected Varieties
 SAVE 6.78 ON 2
BUY ONE FREE GET ONE

INGLES ADVANTAGE
NATURE MADE VITAMINS
 Selected Varieties
 SAVE UP TO 49.98 ON 2
BUY ONE FREE GET ONE

Savings On Every Aisle!

INGLES ADVANTAGE
KRAFT MAYO
 22 Oz. - Selected Varieties
 SAVE 3.50 ea.
\$3.98 ea.

INGLES ADVANTAGE
KRAFT SALAD DRESSING
 14-16 Oz. - Selected Varieties
 SAVE 4.96 ON 2
2/\$5

INGLES ADVANTAGE
ATKINS HIGH PROTEIN SHAKES OR BARS
 4 Count Or 6.77-8.47 Oz. - Selected Varieties
 SAVE UP TO 3.50
\$6.98 ea.

INGLES ADVANTAGE
HERSHEY'S SHARE PACK CANDY
 7.2-10.6 Oz. - Selected Varieties
 SAVE 2.00 ea.
\$4.98 ea.

INGLES ADVANTAGE
HERSHEY'S CANDY BARS
 8 Count - Selected Varieties
 SAVE 1.96 ON 2
2/\$5

INGLES ADVANTAGE
PURE LIFE WATER
 24 Count - Selected Varieties
 SAVE 2.40 ea.
\$3.98 ea.

INGLES ADVANTAGE
PEDIGREE COMBO WET DOG FOOD
 9.9 Lb. - Selected Varieties
 SAVE 5.00 ea.
\$19.98 ea.

INGLES ADVANTAGE
DURACELL COPPERTOP AA OR AAA BATTERIES
 16 Count
 SAVE 8.00 ea.
\$12.98 ea.

INGLES ADVANTAGE
COKE GROUP OF PRODUCTS
 10 Pack - 7.5 Oz. Limit 2
 SAVE UP TO 3.96 ON 2
2/\$12 When You Buy 2 FINAL COST
 Quantities Less Than 2 will be 7.98 ea.

INGLES ADVANTAGE
FAMILY SIZE OREO, RITZ OR NUTTER BUTTER
 8-20 Oz. - Selected Varieties
 SAVE 6.96 ON 2
2/\$7

INGLES ADVANTAGE
SMART WATER
 6 Pack 1 Liter Where Available
 SAVE UP TO 1.50
\$10.98 ea.

INGLES ADVANTAGE
SMART WATER
 6 Pack 1 Liter Where Available
 SAVE UP TO 1.50
\$10.98 ea.

Beer & Wine

INGLES ADVANTAGE
MEIOMI FAMILY
 750 mL Selected Varieties
 SAVE BIG!
\$18.98 ea.

INGLES ADVANTAGE
JOSH CELLARS OR KENDALL-JACKSON FAMILY
 750 mL Selected Varieties
 SAVE BIG!
\$13.98 ea.

INGLES ADVANTAGE
BAREFOOT FAMILY
 1.5 Liter Selected Varieties
 SAVE BIG!
\$10.98 ea.

INGLES ADVANTAGE
PRATI BY LOUIS M. MARTINI SONOMA CABERNET OR FREI BROTHERS SAUVIGNON BLANC
 750 mL Selected Varieties
 SAVE BIG!
\$14.98 ea.

INGLES ADVANTAGE
SIERRA NEVADA FAMILY
 12 Pack Selected Varieties
 SAVE BIG!
\$16.98 ea.

INGLES ADVANTAGE
HIGHLAND, SAMUEL ADAMS OR SWEETWATER FAMILY
 12 Pack Selected Varieties
 SAVE BIG!
\$15.98 ea.

INGLES ADVANTAGE
GUINNESS FAMILY
 12 Pack Selected Varieties
 SAVE BIG!
\$14.98 ea.

INGLES ADVANTAGE
GUINNESS DRAUGHT STOUT
 8 Pack Cans Where Available
 SAVE BIG!
\$13.98 ea.

INGLES ADVANTAGE
GOOSE ISLAND OR HAPPY DAD FAMILY
 12 Or 15 Pack Selected Varieties
 SAVE BIG!
\$14.98 ea.

INGLES ADVANTAGE
MICHELOB ULTRA OR ULTRA ZERO, BUD LIGHT NEXT, LIME OR PLATINUM
 12 Pack Selected Varieties
 SAVE BIG!
\$13.98 ea.

INGLES ADVANTAGE
BUDWEISER FAMILY
 15 Pack 16 Oz. Aluminum Bottles
 SAVE BIG!
\$17.98 ea.

INGLES ADVANTAGE
MILLER OR COORS FAMILY
 15 Pack Aluminum Pints
 SAVE BIG!
\$17.98 ea.



Monthly Savings!



STARKIST
TUNA, CHICKEN CREATIONS
OR SMART BOWLS POUCHES
2.6-4.5 Oz. -
Selected Varieties
SAVE UP TO 5.90 ON 5

5/\$5
for



SWANSON
BROTH
32 Oz. -
Selected Varieties
SAVE UP TO 1.20

\$1.98
ea.



CRISCO
OIL
40 Oz. -
Selected Varieties
SAVE 3.30 ea.

\$3.48
ea.



CHEEZ IT,
SNAP'D OR PUFF'D
5.75-12.4 Oz. -
Selected Varieties
SAVE 2.30 ea.

\$2.98
ea.



PREGO
PASTA SAUCE
14.5-24 Oz. -
Selected Varieties
SAVE 1.70 ea.

\$1.98
ea.



LAURA LYNN™
PASTA
12-16 Oz. -
Selected Varieties
SAVE 1.32 ON 4

4/\$5
for



DEER PARK
WATER
24 Pack - 16.9 Oz.
SAVE 2.50 ea.

\$4.98
ea.



SARGENTO
SHREDDED OR
BLOCK CHEESE
7-8 Oz. -
Selected Varieties
SAVE 3.70 ea.

\$1.68
ea.



KELLOGG'S
ADULT CEREAL
9.6-16.1 Oz. -
Selected Varieties
SAVE 2.50 ea.

\$2.98
ea.



TIDE
LIQUID OR PODS
LAUNDRY DETERGENT,
DOWNY FABRIC SOFTENER OR
BEADS OR GAIN FIREWORKS
25-42 Count or 16-84 Oz. -
Selected Varieties
SAVE UP TO 5.40

\$10.98
ea.



LAURA LYNN™
EXTRA STRONG
2X PAPER TOWELS
6 Count -
Selected Varieties
SAVE 1.70 ea.

\$4.98
ea.



ANGEL SOFT
MEGA ROLL
BATH TISSUE
8 Count
SAVE 3.00 ea.

\$6.98
ea.



BRAWNY
PAPER TOWELS
4 Count -
Double Roll
SAVE 5.00 ea.

\$6.98
ea.

Clean Savings!

Ingles ADVANTAGE
 Long Prices. Long The Savings!



LYSOL
 SIMPLE FRESH
 SCENT AIR SANITIZER
 10 Oz. -
 Selected Varieties
 SAVE 2.60 ea.

\$6.98
 ea.

Ingles ADVANTAGE
 Long Prices. Long The Savings!



LYSOL
 KITCHEN PRO
 ANTIBACTERIAL CLEANER
 22 Oz.
 SAVE 2.00 ea.

\$2.98
 ea.

Ingles ADVANTAGE
 Long Prices. Long The Savings!



LYSOL
 LEMON & LIME SCENT
 DISINFECTING WIPES
 160 Count
 SAVE 4.00 ea.

\$8.98
 ea.



Ingles ADVANTAGE
 Long Prices. Long The Savings!

LYSOL
 DISINFECTANT
 SPRAY
 19 Oz. -
 Crisp Linen Or
 Mango & Hibiscus
 SAVE 3.00 ea.



\$7.98
 ea.

Ingles ADVANTAGE
 Long Prices. Long The Savings!



LYSOL
 POWER CLINGING
 GEL VALUE PACK
 48 Oz.
 SAVE 2.40 ea.

\$3.98
 ea.

Ingles ADVANTAGE
 Long Prices. Long The Savings!



LYSOL
 POWER CLEAN
 SPARKLING
 LEMON & SUNFLOWER
 ESSENCE MULTI-SURFACE
 CLEANER
 28 Oz.
 SAVE 1.00 ea.

\$2.98
 ea.

Ingles ADVANTAGE
 Long Prices. Long The Savings!



FINISH
 POWER DISHWASHER
 DETERGENT TABS
 84 Count
 SAVE 7.00 ea.

\$15.98
 ea.



Ingles ADVANTAGE
 Long Prices. Long The Savings!

FINISH
 JET-DRY
 RINSE AID
 16 Oz.
 SAVE 2.00 ea.



\$7.98
 ea.

Ingles ADVANTAGE
 Long Prices. Long The Savings!



RID-X
 SEPTIC SYSTEM
 TREATMENT
 9.8 Oz.
 SAVE 1.70 ea.

\$5.98
 ea.



Ingles ADVANTAGE
 Long Prices. Long The Savings!

SPRAY 'N WASH
 LAUNDRY STAIN
 REMOVER
 22 Oz.
 SAVE 1.00 ea.



\$2.78
 ea.

Ingles ADVANTAGE
 Long Prices. Long The Savings!



GLASS PLUS
 GLASS CLEANER
 32 Oz.
 SAVE 1.20 ea.

\$1.98
 ea.



Ingles ADVANTAGE
 Long Prices. Long The Savings!

MRS. MEYERS
 LIQUID DISH OR HAND SOAP
 OR MULTI-SURFACE CLEANER
 10-16 Oz. -
 Selected Varieties
 SAVE 1.50 ea.



\$3.98
 ea.

Ingles ADVANTAGE
 Long Prices. Long The Savings!



CLR
 CALCIUM, LIME & RUST REMOVER
 OR MOLD & MILDEW REMOVER
 28 Or 32 Oz.
 SAVE 2.30 ea.

\$3.98
 ea.



Ingles ADVANTAGE
 Long Prices. Long The Savings!

BOUNCE
 RAPID TOUCH-UP
 3 IN 1
 9.7 Oz.
 SAVE 6.28 ON 2



BUY ONE FREE GET ONE

Ingles ADVANTAGE
 Long Prices. Long The Savings!



SCOTCH-BRITE
 SPONGES
 3 Count -
 Selected Varieties
 SAVE UP TO 1.20

\$2.48
 ea.



Ingles ADVANTAGE
 Long Prices. Long The Savings!

METHOD
 HAND WASH OR
 ALL-PURPOSE CLEANER
 10-28 Oz. -
 Selected Varieties
 SAVE UP TO 2.50



\$2.98
 ea.

Frozen Favorites!



MAYFIELD SELECTS
ICE CREAM OR YOGURT
48 Oz. -
Selected Varieties
SAVE 5.36 ON 2

2/\$8
for



DIGIORNO
PIZZA
16.9-29.3 Oz. -
Selected Varieties
SAVE 5.16 ON 2

2/\$10
for



BANQUET
POT PIE
7 Oz. -
Selected Varieties
SAVE 2.12 ON 4

4/\$5
for



HEALTHY CHOICE
CAFÉ STEAMERS
9.25-10.3 Oz. -
Selected Varieties
SAVE 2.76 ON 2

2/\$6
for



BIRDS EYE
VOILA! FAMILY SIZE ENTRÉES
42 Oz. -
Selected Varieties
SAVE 3.40 ea.

\$6.98
ea.



PICTSWEEP FARMS
VEGETABLES FOR ROASTING
4-18 Oz. -
Selected Varieties
SAVE 3.16 ON 2

2/\$6
for



JOSÉ OLÉ
WRAPS
5 Oz. -
Selected Varieties
SAVE 2.72 ON 4

4/\$4
for



BAGEL BITES
PIZZA SNACKS!
7 Oz. -
Selected Varieties
SAVE 1.36 ON 2

2/\$5
for



TAPATÍO
DINNERS
10 Oz. -
Selected Varieties
SAVE 5.96 ON 2

2/\$5
for



EGGO
WAFFLES
8.4-14.8 Oz. -
Selected Varieties
SAVE 1.56 ON 2

2/\$6
for



SKINNY BUTCHER
CHICKEN
24 Oz. -
Selected Varieties
SAVE 9.98 ON 2

**BUY ONE
FREE
GET ONE**



ROSINA
MEATBALLS
20-26 Oz. -
Selected Varieties
SAVE 2.00 ea.

\$6.98
ea.



NEWMAN'S OWN
FROZEN PIZZA
15.1-17 Oz. -
Selected Varieties
SAVE 1.90 ea.

\$6.98
ea.



P.F. CHANG'S
BOWLS
11 Oz. -
Selected Varieties
SAVE 4.36 ON 2

2/\$8
for



TOMBSTONE
12" ORIGINAL PIZZA
19.3-20.8 Oz. -
Selected Varieties
SAVE 6.36 ON 2

2/\$7
for

•• Savings On Your Favs! ••

Ingles ADVANTAGE
Low Prices... Less Than Savings!



OIKOS
30G PROTEIN SHAKES
4 Count -
Selected Varieties
SAVE 5.70 ea.

\$7.98
ea.

Ingles ADVANTAGE
Low Prices... Less Than Savings!



LIGHT + FIT OR
OIKOS TRIPLE ZERO
GREEK YOGURT
4 Count - 5.3 Oz. -
Selected Varieties
SAVE UP TO 2.00

\$3.98
ea.

Ingles ADVANTAGE
Low Prices... Less Than Savings!



ACTIVIA
PROBIOTIC DAILIES
8 Count -
Selected Varieties
SAVE 1.50 ea.

\$4.98
ea.

Ingles ADVANTAGE
Low Prices... Less Than Savings!



DANIMALS
SMOOTHIE, ACTIVIA
OR YOCRUNCH YOGURT
4-6 Count -
Selected Varieties
SAVE UP TO 1.50

\$2.98
ea.

Ingles ADVANTAGE
Low Prices... Less Than Savings!



LIGHT + FIT
VANILLA GREEK YOGURT
OR SO DELICIOUS
DAIRY FREE COCONUT
UNSWEETENED VANILLA
YOGURT ALTERNATIVE
24 Or 32 Oz.
SAVE UP TO 1.20

\$4.98
ea.

Ingles ADVANTAGE
Low Prices... Less Than Savings!



OIKOS
TRIPLE ZERO YOGURT
32 Oz. -
Selected Varieties
SAVE 2.50 ea.

\$5.98
ea.

Ingles ADVANTAGE
Low Prices... Less Than Savings!



TOO GOOD & CO.
GREEK YOGURT
5.3 Oz. -
Selected Varieties
SAVE 3.32 ON 4

4/\$5
for

Ingles ADVANTAGE
Low Prices... Less Than Savings!



INTERNATIONAL
DELIGHT
CREAMER
32 Oz. -
Selected Varieties
SAVE 2.20 ea.

\$2.98
ea.

Ingles ADVANTAGE
Low Prices... Less Than Savings!



DUNKIN'
EXTRA EXTRA
CREAMER
32 Oz.
SAVE 1.80 ea.

\$3.98
ea.

Ingles ADVANTAGE
Low Prices... Less Than Savings!



STÖK
COLD-BREW
ICED COFFEE
48 Oz. -
Selected Varieties
SAVE 1.50 ea.

\$4.98
ea.

Ingles ADVANTAGE
Low Prices... Less Than Savings!



INTERNATIONAL
DELIGHT
OR DUNKIN'
COLD FOAM
CREAMER
14 Oz. -
Selected Varieties
SAVE UP TO 2.50

\$3.98
ea.

Ingles ADVANTAGE
Low Prices... Less Than Savings!



SILK
ALMOND
CREAMER
32 Oz. -
Selected Varieties
SAVE 1.50 ea.

\$3.98
ea.

Ingles ADVANTAGE
Low Prices... Less Than Savings!



SILK
ALMONDMILK
64 Oz. -
Selected Varieties
SAVE 2.20 ea.

\$2.98
ea.

Ingles ADVANTAGE
Low Prices... Less Than Savings!



SO DELICIOUS
ORGANIC
UNSWEETENED
COCONUTMILK
64 Oz.
SAVE 2.00 ea.

\$3.38
ea.

Ingles ADVANTAGE
Low Prices... Less Than Savings!



SILK
SOY, CASHEW OR
COCONUT MILK
64 Oz. -
Selected Varieties
SAVE 2.40 ea.

\$2.98
ea.

Ingles ADVANTAGE
Low Prices... Less Than Savings!



HAPPY
BABY OR TOT
POUCHES
4-4.22 Oz. -
Selected Varieties
SAVE .76 ON 2

2/\$3
for

GT4

BACK