

**This week's REWARD!**



AdvantagEmail™

**\$3.88** 5.25-13.5 oz

**MorningStar Farms**  
Items, select varieties

Limit 2 per household  
Exclusive AdvantagEmail member price  
Sign up for weekly emails at [www.ingles-markets.com/amaill](http://www.ingles-markets.com/amaill)




# ingles

**LOW PRICES...**  
**LOVE THE SAVINGS!**

**FUEL FRIDAY!** MAR 6<sup>TH</sup> 2026

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

**EARN 4X**  
INGLES FUEL POINTS

SIGN UP FOR AdvantagEmail™ at:  
[ingles-markets.com/amaill](http://ingles-markets.com/amaill) or SCAN HERE →

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



**BABY BACK RIBS**  
All Size Packs  
SAVE 2.00 Lb.

**\$3.98**  
Lb.



**BONELESS NEW YORK STRIP STEAK**  
Ingles Premium Certified  
USDA Choice Beef  
All Size Packs  
SAVE 4.70 Lb.

**\$12.98**  
Lb.



**DEL MONTE RED POTATOES**  
5 Lb. Bag  
SAVE 2.50 ea.

**\$3.48**  
ea.



**BEEF LONDON BROIL OR TOP ROUND ROAST**  
Ingles Premium Certified  
USDA Choice Beef  
SAVE UP TO 2.50 Lb.

**\$6.98**  
Lb.



**DEL MONTE JUMBO PINEAPPLES**  
SAVE 1.70 ea.

**\$3.28**  
ea.



**TYSON BONELESS THIGH FILLETS**  
Small Pack  
SAVE 1.90 Lb.

**\$2.98**  
Lb.



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

**2/\$8**  
for



**SARA LEE BUTTER BREAD**  
20 Oz.  
SAVE 4.49 ON 2

**BUY ONE FREE GET ONE**



**CALIFORNIA NAVEL ORANGES**  
4 Lb. Bag  
SAVE 3.00 ea.

**\$2.98**  
ea.



**DUKE'S MAYONNAISE**  
30 Oz. -  
Selected Varieties  
SAVE 2.50 ea.

**\$2.98**  
ea.



**TROPICANA PURE PREMIUM OR LIGHT ORANGE JUICE**  
46 Oz. -  
Selected Varieties  
SAVE 2.40 ea.

**\$2.98**  
ea.



**LUCK'S BEANS**  
15 Oz. -  
Selected Varieties  
SAVE .90 ea.

**58¢**  
ea.



**BOAR'S HEAD TAVERN HAM**  
SAVE 1.00 Lb.

**\$12.99**  
Lb.

**Weekly Digital Deals!** [shop.ingles-markets.com](http://shop.ingles-markets.com) → **Start Clipping Today!**

**TIDE LAUNDRY DETERGENT**  
73-84 Oz.  
Or 25-32 Count -  
Selected Varieties

**\$10.98** with  
**-3.00** Load to Card  
Coupon

**7.98** FINAL PRICE  
with Coupon  
ea. Limit 1 per coupon

**LAND O' FROST PREMIUM LUNCHEAT**  
9 Oz. -  
Selected Varieties

**\$4.98** with  
**-1.00** Load to Card  
Coupon

**3.98** FINAL PRICE  
with Coupon  
ea. Limit 1 per coupon

**LAURA LYNN™ LARGE TRASH DRAWSTRING BAGS**  
20 Count

**\$4.98** with  
**-1.50** Load to Card  
Coupon

**3.48** FINAL PRICE  
with Coupon  
ea. Limit 1 per coupon

**ASTEPRO ALLERGY SPRAY**  
60 Count

**\$14.98** with  
**-5.00** Load to Card  
Coupon

**9.98** FINAL PRICE  
with Coupon  
ea. Limit 1 per coupon

**Sip, Snack And Save!**

**PEPSI GROUP OF PRODUCTS**  
12 Pack Cans  
Limit 1 Transaction  
SAVE UP TO 21.96 ON 4

**BUY 2, GET 2 FREE**

Quantities Less Than 4 will be 10.98 ea.

**TOSTITOS, RUFFLES OR SIMPLY**  
4.5-14.42 Oz. -  
Selected Varieties  
SAVE UP TO 4.98 ON 2

**2/\$6**  
for

**PEPSI GROUP OF PRODUCTS**  
8 Pack - 12 Oz.  
Limit 2  
SAVE UP TO 7.96 ON 2

**2/\$10**  
for

When You BUY 2  
FINAL COST  
Quantities Less Than 2 will be 8.98 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...**  
**Compliment Someone!**

Prices Good Wednesday, March 4 Through Tuesday, March 10, 2026

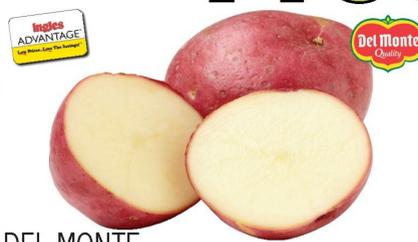
Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
4 MAR	5 MAR	6 MAR	7 MAR	8 MAR	9 MAR	10 MAR

TENN-FL

# Produce



**BEEFSTEAK TOMATOES**  
SAVE 1.20 Lb.  
**\$1.28 Lb.**



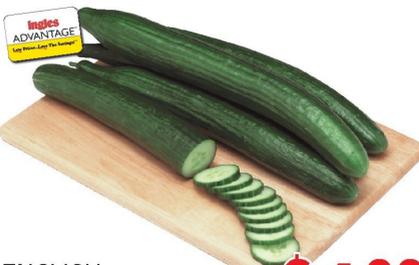
**DEL MONTE RED POTATOES**  
5 Lb. Bag  
SAVE 2.50 ea.  
**\$3.48 ea.**



**ORGANIC GALA APPLES**  
3 Lb. Bag  
SAVE 2.00 ea.  
**\$3.98 ea.**



**ORGANIC LETTUCE**  
Green Or Leaf Or Romaine  
SAVE 3.96 ON 2  
**2/\$4 for 4**



**ENGLISH CUCUMBERS**  
SAVE .60 ea.  
**\$1.38 ea.**



**DEL MONTE SWEET ONIONS**  
3 Lb. Bag  
SAVE 1.00 ea.  
**\$2.98 ea.**



**POM WONDERFUL JUICE**  
16 Oz. - Selected Varieties  
SAVE 1.00 ea.  
**\$3.98 ea.**



**CALIBER BOUQUET**  
SAVE 2.00 ea.  
**\$10.98 ea.**

INGLES IS NOT RESPONSIBLE FOR SUPPLIER SHORTAGES

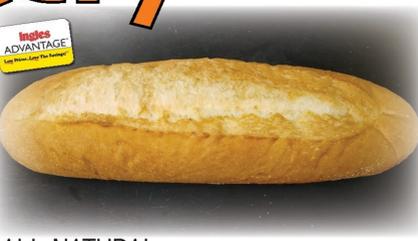
# Bakery



**LA BREA TOASTED SUNFLOWER HONEY LOAF**  
SAVE .50 ea.  
**\$4.98 ea.**



**WHITE MOUNTAIN BREAD**  
SAVE .50 ea.  
**\$3.48 ea.**



**ALL NATURAL FRENCH BREAD**  
16 Oz.  
SAVE .50 ea.  
**\$2.48 ea.**



**BOLILLO ROLLS**  
8 Count  
SAVE .50 ea.  
**\$4.68 ea.**



**6" PIE**  
Selected Varieties  
SAVE .50 ea.  
**\$5.98 ea.**



**DUTCH APRON CAKE ROLLS**  
Selected Varieties  
SAVE .50 ea.  
**\$10.38 ea.**



**7" VARIETY CAKE**  
SAVE 1.00 ea.  
**\$15.98 ea.**



**GLAZED DONUTS**  
6 Count  
SAVE .50 ea.  
**\$4.48 ea.**

Onion Rolls  
4 Count  
**\$3.48 ea.**  
Save .50 ea.

Single Cinnamon Roll  
**\$1.48 ea.**  
Save .50 ea.

# Deli



**INGLES PREMIUM SELECT OVEN ROASTED OR SMOKED TURKEY BREAST**  
SAVE 1.00 Lb.  
**\$10.49 Lb.**



**ROTISSERIE CHICKEN SALAD**  
SAVE 1.00 Lb.  
**\$6.99 Lb.**



**CEDAR'S ORGANIC HOMOUMUS**  
10 Oz. - Selected Varieties  
SAVE 1.20 ea.  
**\$4.79 ea.**



**HEINI'S AMISH MILK CAN CHEDDAR CHEESE**  
SAVE 2.00 Lb.  
**\$12.99 Lb.**



**PRÉSIDENT BRIE LOG**  
6 Oz. - Regular Or Garlic & Herb  
SAVE 8.19 ON 2  
**\$7.49 Lb.**  
Save .50 Lb.



**PRÉSIDENT FETA CRUMBLES**  
12 Oz. - Selected Varieties  
SAVE UP TO 2.90  
**\$7.99 ea.**



**MOUNTAINEER CHEDDAR**  
SAVE 2.00 Lb.  
**\$14.99 Lb.**



**ANTIBIOTIC FREE ROTISSERIE CHICKEN**  
Everyday Low Price!  
**\$8.99 ea.**

# Organic & All Natural!



**BUTTERBALL GROUND TURKEY**  
16 Oz. - 93% Fat Free  
SAVE .90 ea.  
**\$5.48 ea.**



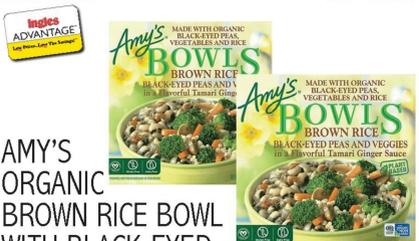
**PERDUE HARVESTLAND ORGANIC WHOLE CHICKEN**  
All Natural  
SAVE .50 Lb.  
**\$2.88 Lb.**



**ORGANIC AVOCADOS**  
SAVE .70 ea.  
**98¢ ea.**



**ORGANIC MANGOES**  
SAVE 1.96 ON 2  
**2/\$3 for 3**



**AMY'S ORGANIC BROWN RICE BOWL WITH BLACK-EYED PEAS AND VEGGIES**  
9 Oz.  
SAVE 1.60 ea.  
**\$5.98 ea.**



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



**HARVEST FARMS ORGANIC OATS**  
18 Oz. - Selected Varieties  
SAVE .90 ea.  
**\$2.48 ea.**



**MARANATHA ORGANIC PEANUT BUTTER**  
16 Oz. - Selected Varieties  
SAVE 3.00 ea.  
**\$4.98 ea.**

**ingles**

**LOW PRICES... LOVE THE SAVINGS!™**

# Meat & Seafood

**Ingles ADVANTAGE**  
Low Prices... Love The Savings!

Corned Beef  
Brisket With Potatoes,  
Cabbage & Carrots



**Ingles ADVANTAGE**  
Low Prices... Love The Savings!

Broiled Flounder  
With Broccoli & Sliced Lemon



MURPHY & DAVID'S  
CORNED BEEF  
BRISKET  
SAVE 5.70 Lb.  
**\$4.98**  
Lb.



CAROLINA  
FLOUNDER FILLET  
SAVE 3.60 Lb.  
**\$8.38**  
Lb.

**Ingles ADVANTAGE**  
Low Prices... Love The Savings!

ST. LOUIS  
STYLE SPARE RIBS  
All Size Packs  
SAVE 1.50 Lb.



OSCAR MAYER  
DELI FRESH  
LUNCHEAT  
7-9 Oz. -  
Selected Varieties  
SAVE 2.96 ON 2



GORTON'S  
FISH STICKS  
OR FILLETS  
7.6-11.4 Oz. -  
Selected Varieties  
SAVE UP TO 9.38 ON 2



**BUY ONE FREE GET ONE**

**\$3.48**  
Lb.

**Ingles ADVANTAGE**  
Low Prices... Love The Savings!

THIN SLICED  
BONELESS  
CHICKEN BREAST  
All Natural  
Harvest Farms  
SAVE 2.70 Lb.



PLAINVILLE FARMS  
GROUND WHITE TURKEY  
94% Fat Free  
16 Oz.  
SAVE 1.30 ea.



**\$3.98**  
Lb.

**Ingles ADVANTAGE**  
Low Prices... Love The Savings!

HILLSHIRE FARM  
THIN SLICED LOW  
SODIUM LUNCHEAT  
7-9 Oz. -  
All Varieties  
SAVE 1.70 ea.



JOHNSONVILLE  
SMOKED SAUSAGE  
OR HOT DOGS  
12-14 Oz. -  
Selected Varieties  
SAVE UP TO 2.50



**\$4.28**  
ea.



**\$4.98**  
ea.



**Ingles ADVANTAGE**  
Low Prices... Love The Savings!

GORTON'S  
FISH STICKS  
OR FILLETS  
7.6-11.4 Oz. -  
Selected Varieties  
SAVE UP TO 9.38 ON 2



STUFFED SALMON  
Selected Varieties  
SAVE 1.00 ea.



**\$4.38**  
ea.

**Ingles ADVANTAGE**  
Low Prices... Love The Savings!

SASHIMI GRADE  
TUNA STEAKS  
SAVE 1.00 Lb.



**\$8.38**  
Lb.

**Ingles ADVANTAGE**  
Low Prices... Love The Savings!

SEA BEST  
COOKED, PEELED  
& DEVEINED SHRIMP  
All Natural - 16 Oz. -  
31-40 Count  
SAVE 1.90 Lb.



**\$9.98**  
Lb.

# Grocery

**Ingles ADVANTAGE**  
Low Prices... Love The Savings!

SARGENTO  
SNACKING CHEESE  
OR SHAREABLES  
6-12 Oz. -  
Selected Varieties  
SAVE UP TO 8.76 ON 2



**2/\$5**  
for

**Ingles ADVANTAGE**  
Low Prices... Love The Savings!

PETE & GERRY'S  
PASTURE RAISED  
LARGE EGGS  
12 Count  
SAVE 1.40 ea.



**\$4.98**  
ea.

**Ingles ADVANTAGE**  
Low Prices... Love The Savings!

BETTER BUTTER  
FLAVORED BUTTER  
4.5 Oz. -  
Selected Varieties  
SAVE 3.98 ON 2



**BUY ONE FREE GET ONE**

**Ingles ADVANTAGE**  
Low Prices... Love The Savings!

DIXIE CRYSTAL  
SUGAR  
4 Lb.  
SAVE 1.30 ea.



**\$2.98**  
ea.

**Ingles ADVANTAGE**  
Low Prices... Love The Savings!

RICE A RONI  
OR PASTA RONI  
4.3-7.2 Oz. -  
Selected Varieties  
SAVE 1.96 ON 2



**2/\$3**  
for

**Ingles ADVANTAGE**  
Low Prices... Love The Savings!

CAP'N CRUNCH  
CEREAL  
11.4-14 Oz. -  
Selected Varieties  
SAVE 5.78 ON 2



**BUY ONE FREE GET ONE**

**Ingles ADVANTAGE**  
Low Prices... Love The Savings!

PEARL MILLING  
COMPANY SYRUP  
24 Oz. -  
Selected Varieties  
SAVE 4.68 ON 2



**BUY ONE FREE GET ONE**

**Ingles ADVANTAGE**  
Low Prices... Love The Savings!

ORVILLE REDENBACHER'S  
MICROWAVE POPCORN  
3 Count -  
Selected Varieties  
SAVE 2.00 ea.



**\$1.98**  
ea.

**Ingles ADVANTAGE**  
Low Prices... Love The Savings!

SUPREME SOURCE  
DRY DOG FOOD  
11 Lb. -  
Selected Varieties  
SAVE 7.00 ea.



**\$16.98**  
ea.

**ingles**

**LOW PRICES... LOVE THE SAVINGS!™**

# Health & Wellness

**INGLES ADVANTAGE**  
  
**Colgate OPTIC WHITE**  
 ADVANCED TOOTHPASTE  
 4.5 Oz. -  
 Selected Varieties  
 SAVE 2.60 ea.

**\$7.98**  
ea.

**INGLES ADVANTAGE**  
  
**QC ANTACID CHEWABLES**  
 72-150 Count -  
 Selected Varieties  
 SAVE 2.00 ea.

**\$1.98**  
ea.

**INGLES ADVANTAGE**  
  
**QC HAND SANITIZER**  
 8 Oz. -  
 Selected Varieties  
 SAVE 3.56 ON 2

**2/\$3**  
for 3

**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**  
  
**Cesar**  
 CLASSIC LOAF IN SAUCE  
 BEEF RECIPE  
 NET WT 100 g (3.5 OZ.)

**CESAR**  
 DOG FOOD  
 3.5 Oz. -  
 Selected Varieties  
 SAVE .62 ea.

**INGLES ADVANTAGE**  
  
**Cesar**  
 CLASSIC LOAF IN SAUCE  
 GRILLED CHICKEN FLAVOR  
 NET WT 100 g (3.5 OZ.)

**88¢**  
ea.

**INGLES ADVANTAGE**  
  
**Angel Soft**  
 MEGA ROLL BATH TISSUE  
 16 Count  
 SAVE 7.00 ea.

**\$10.98**  
ea.

**INGLES ADVANTAGE**  
  
**CARBONA**  
 LAUNDRY DETERGENT SHEETS  
 25 Count -  
 Selected Varieties  
 SAVE 6.98 ON 2

**BUY ONE FREE GET ONE**

**INGLES ADVANTAGE**  
  
**DIXIE**  
 PLATES OR BOWLS  
 20-50 Count -  
 Selected Varieties  
 SAVE 2.00 ea.

**\$2.98**  
ea.

**INGLES ADVANTAGE**  
  
**Energizer MAX**  
 BATTERIES  
 2-8 Count -  
 Selected Varieties  
 SAVE UP TO 3.00

**\$8.98**  
ea.

**INGLES ADVANTAGE**  
  
**Entenmann's**  
 LITTLE BITES  
 5 Count -  
 Selected Varieties  
 SAVE 5.69 ON 2

**BUY ONE FREE GET ONE**

**INGLES ADVANTAGE**  
  
**PEPSI**  
 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.

**INGLES ADVANTAGE**  
  
**RITZ**  
 CRACKERS OR TOASTED  
 CHIPS OR BELVITA  
 5-13.7 Oz. -  
 Selected Varieties  
 SAVE UP TO 5.96 ON 2

**2/\$6**  
for 6

**INGLES ADVANTAGE**  
  
**BUBLY**  
 SPARKLING WATER  
 8 Pack 12 Oz.  
 Where Available  
 SAVE UP TO 7.94 ON 3

**3/\$10**  
for 10

# Beer & Wine

**INGLES ADVANTAGE**  
  
**BAREFOOT**  
 FAMILY  
 750 mL  
 Selected Varieties  
 SAVE BIG!

**\$6.68**  
ea.

**INGLES ADVANTAGE**  
  
**FREI BROTHERS**  
 FAMILY  
 750 mL  
 Selected Varieties  
 SAVE BIG!

**\$16.98**  
ea.

**INGLES ADVANTAGE**  
  
**WHITEHAVEN**  
 SAUVIGNON  
 BLANC  
 750 mL  
 Selected Varieties  
 SAVE BIG!

**\$16.98**  
ea.

**INGLES ADVANTAGE**  
  
**WHITE CLAW**  
 OR  
**TOPO CHICO**  
 HARD SELTZER FAMILY  
 12 Pack Cans  
 SAVE BIG!

**\$18.98**  
ea.

**INGLES ADVANTAGE**  
  
**CORONA,**  
**MODELO,**  
**PACIFICO**  
 OR **STELLA** FAMILY  
 12 Pack Cans  
 Selected Varieties  
 SAVE BIG!

**\$18.98**  
ea.

**INGLES ADVANTAGE**  
  
**BUSCH**  
 OR  
**NATURAL LIGHT**  
 FAMILY  
 18 Pack Cans -16 Oz.  
 SAVE BIG!

**\$17.98**  
ea.

**INGLES ADVANTAGE**  
  
**MICHELOB**  
**ULTRA**  
 GOLD  
 OR **LIME CACTUS**  
 12 Pack  
 Selected Varieties  
 Where Available  
 SAVE BIG!

**\$15.98**  
ea.

**INGLES ADVANTAGE**  
  
**MICHELOB**  
**ULTRA**  
 OR **ULTRA ZERO,**  
**BUD LIGHT NEXT,**  
**LIME OR PLATINUM**  
 OR **KONA** FAMILY  
 12 Pack  
 Selected Varieties  
 SAVE BIG!

**\$14.98**  
ea.

**INGLES ADVANTAGE**  
  
**MILLER**  
 OR **COORS** FAMILY  
 18 Pack Cans  
 SAVE BIG!

**\$20.98**  
ea.

**ingles** Caring For Your Health!  
 PHARMACY



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[www.instagram.com/InglesMarkets](https://www.instagram.com/InglesMarkets)



# Monthly Savings!

**Ingles ADVANTAGE**  
Long Prices. Long The Savings!



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

**\$1.98**  
ea.



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

**Ingles ADVANTAGE**  
Long Prices. Long The Savings!



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.

**Ingles ADVANTAGE**  
Long Prices. Long The Savings!



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

**Ingles ADVANTAGE**  
Long Prices. Long The Savings!



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

**\$4.98**  
ea.

**Ingles ADVANTAGE**  
Long Prices. Long The Savings!



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

**\$1.68**  
ea.

**Ingles ADVANTAGE**  
Long Prices. Long The Savings!



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

**\$2.98**  
ea.

**Ingles ADVANTAGE**  
Long Prices. Long The Savings!



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.

**Ingles ADVANTAGE**  
Long Prices. Long The Savings!



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

**\$4.98**  
ea.

**Ingles ADVANTAGE**  
Long Prices. Long The Savings!



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

**\$6.98**  
ea.

**Ingles ADVANTAGE**  
Long Prices. Long The Savings!



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

**\$6.98**  
ea.

# .....All Your Favorites!.....



GENERAL MILLS  
CEREAL  
12-18.2 Oz. -  
Selected Varieties  
SAVE UP TO 3.70

**\$2.98**  
ea.



GENERAL MILLS  
CHEX CEREAL  
12-14 Oz. -  
Selected Varieties  
SAVE 5.96 ON 2

**2/\$5**  
for



PILLSBURY  
GRANDS! BISCUITS,  
CINNAMON OR CRESCENT ROLLS  
8 Count -  
Selected Varieties  
SAVE UP TO 2.30

**\$1.98**  
ea.



PILLSBURY  
READY TO BAKE  
OR CHUB COOKIES  
OR PIE CRUSTS  
16-16.5 Oz. Or 2-24 Count -  
Selected Varieties  
SAVE UP TO 3.00

**\$2.98**  
ea.



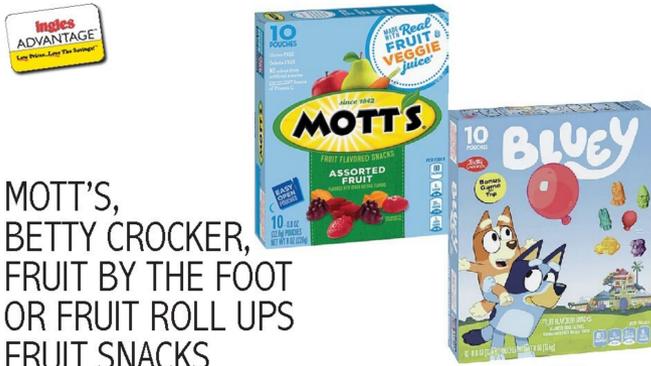
NATURE VALLEY,  
MOTT'S OR GENERAL MILLS  
BARS OR FIBER ONE BROWNIES  
5-8 Count Or 4.6-8.9 Oz. -  
Selected Varieties  
SAVE UP TO 2.60

**\$2.98**  
ea.



NATURE VALLEY  
WAFER, BREAKFAST  
OR PROTEIN BARS  
5 Count -  
Selected Varieties  
SAVE 2.50 ea.

**\$3.48**  
ea.



MOTT'S,  
BETTY CROCKER,  
FRUIT BY THE FOOT  
OR FRUIT ROLL UPS  
FRUIT SNACKS  
6-10 Count -  
Selected Varieties  
SAVE UP TO 4.56 ON 2

**2/\$5**  
for



CHEX MIX,  
GARDETTO'S  
OR BUGLES  
7.5-8 Oz. -  
Selected Varieties  
SAVE UP TO 3.56 ON 2

**2/\$5**  
for



BETTY CROCKER  
CASSEROLE POTATOES  
4 Oz. -  
Selected Varieties  
SAVE 2.56 ON 2

**2/\$3**  
for



ANNIE'S  
NATURAL  
MACARONI & CHEESE  
6 Oz. -  
Selected Varieties  
SAVE 2.68 ON 2

**BUY ONE  
FREE  
GET ONE**



PROGRESSO  
PITMASTER SOUP  
18-19 Oz. -  
Selected Varieties  
SAVE 6.36 ON 2

**2/\$4**  
for



OLD EL PASO  
SOUP  
18.5 Oz. -  
Selected Varieties  
SAVE 6.36 ON 2

**2/\$4**  
for



OLD EL PASO  
DINNER KITS OR SAUCE  
8.4-13.25 Oz. -  
Selected Varieties  
SAVE UP TO 3.00

**\$2.98**  
ea.



OLD EL PASO  
TACO SHELLS OR TORTILLAS  
3.9-21.5 Oz. -  
Selected Varieties  
SAVE UP TO 2.00

**\$2.98**  
ea.



OLD EL PASO  
TACOS, TORTILLAS OR  
BEANS OR RICE POUCH  
4.6-11 Oz. -  
Selected Varieties  
SAVE 1.96 ON 2

**2/\$4**  
for



OLD EL PASO  
REFRIED BEANS,  
ENCHILADA SAUCE  
OR CHOPPED GREEN  
CHILIES  
4.5-16 Oz. -  
Selected Varieties  
SAVE UP TO 2.96 ON 2

**2/\$3**  
for

# Frozen Favorites!



**RED BARON**  
12" CLASSIC,  
BRICK OVEN OR THIN PIZZA  
15.39-23.45 Oz. -  
Selected Varieties  
SAVE 4.96 ON 2

**2/\$9**  
for



**INNOVASIAN**  
SIDES  
8.7-18 Oz. -  
Selected Varieties  
SAVE 1.00 ea.

**\$4.38**  
ea.



**INNOVASIAN**  
ENTRÉES  
16-18 Oz. -  
Selected Varieties  
SAVE 7.56 ON 2

**2/\$10**  
for



**TOTINO'S**  
PARTY PIZZA  
9.8-10.9 Oz. -  
Selected Varieties  
SAVE 6.00 ON 4

**4/\$6**  
for



**PICTSWEET FARMS**  
FARM FAVORITES OR  
SOUTHERN VEGETABLES  
8-14 Oz. -  
Selected Varieties  
SAVE 2.76 ON 2

**2/\$4**  
for



**GREEN GIANT**  
BOX SAUCED VEGETABLES  
7-10 Oz. -  
Selected Varieties  
SAVE 10.00 ON 10

**10/\$10**  
for



**PILLSBURY**  
TOASTER STRUDEL  
11.7 Oz. - 6 Count -  
Selected Varieties  
SAVE 1.40 ea.

**\$2.78**  
ea.



**LEAN CUISINE**  
CLASSIC ENTRÉES  
5.25-11.5 Oz. -  
Selected Varieties  
SAVE UP TO 5.64 ON 3

**3/\$9**  
for



**TGI FRIDAYS**  
FROZEN SNACKS  
13.5-17.4 Oz. -  
Selected Varieties  
SAVE 1.90 ea.

**\$6.48**  
ea.



**NEW YORK BAKERY**  
TEXAS TOAST  
OR BREADSTICKS  
10.5-11.25 Oz.  
SAVE 1.16 ON 2

**2/\$6**  
for



**BELLATORIA**  
ULTIMATE PIZZA  
11.81-19.41 Oz. -  
Selected Varieties  
SAVE 9.96 ON 2

**2/\$10**  
for



**BASKIN ROBBINS**  
ICE CREAM  
14 Oz. -  
Selected Varieties  
SAVE 3.96 ON 2

**2/\$7**  
for



**TOTINO'S**  
PIZZA ROLLS  
100 Count -  
Selected Varieties  
SAVE 3.80 ea.

**\$9.98**  
ea.



**SMART ONES**  
ENTRÉES  
6.49-11.5 Oz. -  
Selected Varieties  
SAVE 4.14 ON 3

**3/\$6**  
for



**LAURA LYNN™**  
HASHBROWNS  
30-32 Oz. -  
Selected Varieties  
SAVE .56 ON 2

**2/\$8**  
for

# Our Brand Favs!



Laura Lynn™ Premium Chunk Chicken Breast  
10 Oz.  
SAVE 1.30 ea.

**\$1.98** ea.

Featured Item This Week!



Laura Lynn™ Chunk Light Tuna  
5 Oz.  
SAVE .30 ea.

**68¢** ea.



Laura Lynn™ Saltine Crackers  
16 Oz. - Selected Varieties  
SAVE .80 ea.

**\$1.88** ea.



Laura Lynn™ Mayo  
30 Oz. - Selected Varieties  
SAVE 1.50 ea.

**\$2.48** ea.



Laura Lynn™ Original Snacker Crackers  
13.7 Oz.  
SAVE 1.70 ea.

**\$1.98** ea.



Laura Lynn™ Sweet or Dill Relish  
8 Oz.  
SAVE .60 ea.

**98¢** ea.



Laura Lynn™ Skillet Dinner  
5.6-6.4 Oz. - Selected Varieties  
SAVE .70 ea.

**98¢** ea.



Laura Lynn™ Sliced Black Olives  
2.25 Oz.  
SAVE .50 ea.

**\$1.28** ea.



Laura Lynn™ Potato Chips  
6 Oz. - Selected Varieties  
SAVE 1.76 ON 2

**2/\$3** for 3



Laura Lynn™ Chocolate Covered Candy  
8 Oz. - Selected Varieties  
SAVE 2.00 ea.

**\$2.98** ea.



Laura Lynn™ Sour Cream  
8 Oz.  
SAVE .50 ea.

**88¢** ea.



Laura Lynn™ Cuddly Soft Bath Tissue  
12 Count - Double Roll  
SAVE 3.50 ea.

**\$6.98** ea.



Ingles Best Strong & Absorbent  
123 Sheets White Paper Towels  
6 Count  
SAVE 3.00 ea.

**\$15.98** ea.



Laura Lynn™ Half & Half  
64 Oz.  
SAVE 1.50 ea.

**\$3.98** ea.



Laura Lynn™ Heavy Whipping Cream  
16 Oz.  
SAVE 1.00 ea.

**\$2.48** ea.

# SAVE OVER \$19 with P&G Coupons TODAY!

LOAD COUPONS DIRECTLY TO YOUR



AND SAVE BIG TODAY!

**Tide Liquid & PODS Laundry Detergent**

(73-84 OZ, 25-42 CT)



**\$10.98** with Ingles Advantage  
**-3.00** Load to Card Coupon

**\$7.98** FINAL PRICE  
ea. with Coupon  
Limit 1 per cpn

Valid: 3/4/26-3/17/26

**Downy & Tide Rinse & Downy In-Wash Scent Booster**

(48 OZ, 16-19.4 OZ)



**\$12.98** with Ingles Advantage  
**-3.00** Load to Card Coupon

**\$9.98** FINAL PRICE  
ea. with Coupon  
Limit 1 per cpn

Valid: 3/4/26-3/17/26



**Downy & Gain Fabric Softener**  
(100 OZ)

**SAVE \$2** Load to Coupon Value  
with Coupon Limit 1 per cpn

Valid: 3/4/26-3/17/26

**Gain Liquid Detergent**

(88 OZ)



**\$10.98** with Ingles Advantage  
**-2.00** Load to Card Coupon

**\$8.98** FINAL PRICE  
ea. with Coupon  
Limit 1 per cpn

Valid: 3/4/26-3/17/26

**Always Feminine Pads & Liners & Tampax Tampons**

(10-72 CT, 14 CT)



**\$5.98** with Ingles Advantage  
**-1.00** Load to Card Coupon

**\$4.98** FINAL PRICE  
ea. with Coupon  
Limit 1 per cpn

Valid: 3/4/26-3/17/26

**ZzzQuil PURE Zzzs Gummies**

(42-48 CT)



**\$14.48** with Ingles Advantage  
**-2.00** Load to Card Coupon

**\$12.48** FINAL PRICE  
ea. with Coupon  
Limit 1 per cpn

Valid: 3/4/26-3/17/26

## More reasons to use the Ingles app!

### Easily Access Your Advantage Card

Tap the icon in the top left corner of the app homepage to pull up your Ingles Advantage Card.



### Scan Items As You Shop or Make a List

Tap the icon in the search bar to scan items in the store, to look for coupons, or to add items to your shopping list.



### Find Coupons Fast

Look for the coupon icon while browsing to find associated coupons.



Download the app today

