

DIGITAL DEAL DAYS



SALE PRICE ~~4/\$4~~
DIGITAL COUPON
1.00 OFF FOUR
FINAL PRICE
4/\$3

LIMIT 1 OFFER

5.3-Oz. Selected

Chobani Yogurt



SALE PRICE ~~4/\$5~~
DIGITAL COUPON
1.00 OFF FOUR
FINAL PRICE
4/\$4

LIMIT 1 OFFER

16-Oz., Quarters

Blue Bonnet Spread



SALE PRICE ~~4/\$5~~
DIGITAL COUPON
1.00 OFF FOUR
FINAL PRICE
4/\$4

LIMIT 1 OFFER

14.5 To 15-Oz., Selected

Chef Boyardee Pasta



SALE PRICE ~~2/\$3~~
DIGITAL COUPON
1.00 OFF TWO
FINAL PRICE
2/\$2

LIMIT 1 OFFER

15 To 16-Oz., Selected

Manwich Sauce



SALE PRICE ~~2/\$7~~
DIGITAL COUPON
2.00 OFF TWO
FINAL PRICE
2/\$5

LIMIT 1 OFFER

18.5 To 20.8-Oz. Classic Crust Digiorno Or Selected

Tombstone Pizza



SALE PRICE ~~4/\$5~~
DIGITAL COUPON
1.00 OFF FOUR
FINAL PRICE
4/\$4

LIMIT 1 OFFER

7-Oz., Selected

Banquet Pot Pies



SALE PRICE ~~4/\$5~~
DIGITAL COUPON
1.00 OFF FOUR
FINAL PRICE
4/\$4

LIMIT 1 OFFER

7.25-Oz., Blue Box Original

Kraft Mac & Cheese



SALE PRICE ~~2/\$5~~
DIGITAL COUPON
1.00 OFF TWO
FINAL PRICE
2/\$4

LIMIT 1 OFFER

28 To 29-Oz., Sauce Or Selected

Hunt's Tomatoes



SALE PRICE ~~3/\$5~~
DIGITAL COUPON
2.00 OFF THREE
FINAL PRICE
3/\$3

LIMIT 1 OFFER

12-Oz., Selected

Carnation Evaporated Milk



SALE PRICE ~~5.98~~
DIGITAL COUPON
2.00 OFF ONE
FINAL PRICE
3.98

LIMIT 1 OFFER

35.3-Oz., Value Size

Coffee-Mate Coffee Creamer



SALE PRICE ~~11.98~~
DIGITAL COUPON
4.00 OFF ONE
FINAL PRICE
7.98

LIMIT 1 OFFER

32-Oz., Cold Brew Concentrate, 10-Ct., K-Cup Pods Or 12-Oz., Selected

Starbucks Ground Coffee



SALE PRICE ~~5.48~~
DIGITAL COUPON
1.00 OFF ONE
FINAL PRICE
4.48

LIMIT 1 OFFER

24 To 28-Oz., Selected

Starbucks Creamer



SALE PRICE ~~2/\$6~~
DIGITAL COUPON
1.00 OFF TWO
FINAL PRICE
2/\$5

LIMIT 1 OFFER

16 To 24-Oz., Selected

Vlasic Pickles



SALE PRICE ~~2/\$5~~
DIGITAL COUPON
1.00 OFF TWO
FINAL PRICE
2/\$4

LIMIT 1 OFFER

32-Oz., Squeeze

Hunt's Ketchup



SALE PRICE ~~4/\$5~~
DIGITAL COUPON
1.00 OFF FOUR
FINAL PRICE
4/\$4

LIMIT 1 OFFER

4-Oz., Selected

Beech-Nut Baby Food



SALE PRICE ~~7.98~~
DIGITAL COUPON
2.00 OFF ONE
FINAL PRICE
5.98

LIMIT 1 OFFER

20 To 46-Ct., Selected

Luvs Platinum Protection Diapers



SALE PRICE ~~6.74~~
DIGITAL COUPON
.75 OFF ONE
FINAL PRICE
5.99

LIMIT 1 OFFER

6-Ct., Double Roll

Scott Fast Absorbing Paper Towels



SALE PRICE ~~3.98~~
DIGITAL COUPON
1.50 OFF ONE
FINAL PRICE
2.48

LIMIT 1 OFFER

28 To 30-Ct., Selected

Solo Clear Party Cups



COWEN

70 Railroad Ave.
Cowen, WV
304-226-3811



Visit us at
www.coweniga.com

STORE HOURS
Monday - Saturday
8am To 8pm
Sunday 10am - 6pm

WV E-WIC Cards Accepted



G&R

109 BAKER ST.,
WEBSTER SPRINGS, WV
847-2449

PRICES EFFECTIVE WED. MAR. 4 THRU TUES. MAR. 10, 2026



DIGITAL DEAL DAYS

250+ COUPONS. UP TO \$500 IN SAVINGS!

**HELLO MARCH
HELLO FRESH!**

1.88 Lb.
USDA Inspected
**Whole Boneless
Pork Loin**

USDA Inspected, Boneless
Center Cut
Pork Chops **2.98** Lb.

.98 Lb.
Prev. Frozen
Or Frozen
**Chicken
Thighs Or
Drumsticks**

3.98 Lb.
73% Lean, Fresh
**Family Pack
Ground Beef**

73% Lean
Fresh Ground
Beef Patties **4.98** Lb.

5.98 Lb.
USDA Select
**Boneless
London
Broil**

9.98 Lb.
USDA Select, Boneless
**Whole Or Half
N.Y Strip**

USDA Select, Boneless
N.Y. Strip Steaks **11.98** Lb.

2.48 Lb.
USDA Inspected,
Frozen Or Prev. Frozen
**Fresh Pork
Tenderloin**

6.98
1-Lb., 26/30-Ct. Extra Large
**Southern Seas
Cooked Shrimp**

2/\$6
7.75-Oz., Selected
**UTZ
Chips**

2/\$7
7 To 10-Oz., Selected
**Cheetos Or
Ruffles Chips**

**UN BEATABLE
PRODUCE PRICE!**

SALE PRICE **2.98** FINAL PRICE **.98**
2.00 OFF ONE COUPON

LIMIT 1 OFFER
5-Lb., Bag
**Basket & Bushel
Russet Potatoes**

**UN BEATABLE
PRODUCE PRICE!**

SALE PRICE **2/\$5** FINAL PRICE **2/\$3**
2.00 OFF TWO COUPONS

LIMIT 1 OFFER
Basket & Bushel
**1-Lb. Strawberries Or
6-Oz., Blackberries**

**UN BEATABLE
PRODUCE PRICE!**

SALE PRICE **3.98** FINAL PRICE **.98**
3.00 OFF ONE COUPON

LIMIT 1 OFFER
3-Lb., Bag
**Cara Cara Red
Navel Oranges**

SALE PRICE **6.98** FINAL PRICE **5.98**
1.00 OFF ONE COUPON

LIMIT 1 OFFER
27.2-Oz., Selected
**Prairie Fresh
Pork Loin Filet**

SALE PRICE **4.98** FINAL PRICE **3.98**
1.00 OFF ONE COUPON

LIMIT 1 OFFER
12 To 16-Oz., Selected
**Oscar Mayer Center
Cut Sliced Bacon**

SALE PRICE **3.98** FINAL PRICE **2.98**
1.00 OFF ONE COUPON

LIMIT 1 OFFER
12 To 14-Oz., Selected Brats Or
**Johnsonville
Smoked Sausage**

SALE PRICE **4.98** FINAL PRICE **3.98**
1.00 OFF ONE COUPON

LIMIT 1 OFFER
15 To 16-Oz., Turkey, Cheese Or Selected
**Oscar Mayer
Meat Franks**

SALE PRICE **6.98** FINAL PRICE **5.98**
1.00 OFF ONE COUPON

LIMIT 1 OFFER
24-Oz., Italian Style
**Johnsonville
Meatballs**

SALE PRICE **1.98** FINAL PRICE **.98**
1.00 OFF ONE COUPON

LIMIT 1 OFFER
16-Ct.
**IGA American
Cheese Singles**

SALE PRICE **3.98** FINAL PRICE **2.98**
1.00 OFF ONE COUPON

LIMIT 1 OFFER
9.21 To 14.03-Oz., Selected
**Oreo
Cookies**

SALE PRICE **4.48** FINAL PRICE **2.98**
1.50 OFF ONE COUPON

LIMIT 1 OFFER
20 To 24-Oz., Selected
**Hidden Valley
Ranch Dressing**

SALE PRICE **2/\$3** FINAL PRICE **2/\$2**
1.00 OFF TWO COUPONS

LIMIT 1 OFFER
24-Oz., Selected
**Hunt's
Pasta Sauce**

SALE PRICE **4/\$6** FINAL PRICE **4/\$4**
2.00 OFF FOUR COUPONS

LIMIT 1 OFFER
7.4 To 11.88-Oz., Selected
**Banquet
Dinners**

SALE PRICE **2/\$5** FINAL PRICE **2/\$4**
1.00 OFF TWO COUPONS

LIMIT 1 OFFER
10.5 To 13-Oz., Selected
**Marie Callender's
Dinner Bowls**

SALE PRICE **2/\$5** FINAL PRICE **2/\$4**
1.00 OFF TWO COUPONS

LIMIT 1 OFFER
9.25 To 10.3-Oz., Selected
**Healthy Choice
Entrees**

SALE PRICE **5.48** FINAL PRICE **3.98**
1.50 OFF ONE COUPON

LIMIT 1 OFFER
12-Ct. Triple Roll
**Scott Comfort
Plus Bath Tissue**

SALE PRICE **9.98** FINAL PRICE **6.98**
3.00 OFF ONE COUPON

LIMIT 1 OFFER
88-Oz., Selected
**Gain Liquid
Detergent**

SALE PRICE **16.98** FINAL PRICE **13.98**
3.00 OFF ONE COUPON

LIMIT 1 OFFER
15 To 18.5-Lb., Selected
**Purina
Dog Chow**

POSTAL CUSTOMER
PRST STD
PAID
US POSTAGE
HELENA, AL 35080
PO BOX 614

10.99
12-Oz. Cans
**24-Pack
Pepsi Products**

3/\$12
16.9-Oz. Bottles
**6-Pack
Pepsi Products**

7.99
20-Oz. Bottles
**8-Pack
Gatorade Products**

SAVE \$5

INSTANTLY WHEN YOU PURCHASE \$15
IN PARTICIPATING PRODUCTS

Mix & Match!



Participating brands:
Breyers, Klondike, Talenti, Ben & Jerry's, Yasso, Magnum,
Popsicle and Good Humor



REWARDS MEMBERS ONLY!

LIMIT 1 PER HOUSEHOLD.

Enter in your number at checkout to redeem offer.



SALE PRICE 2.98
DIGITAL COUPON
1.00 OFF TWO
FINAL PRICE 2.48
EACH WHEN YOU BUY 2!

SALE PRICE 3.98
DIGITAL COUPON
2.00 OFF ONE
FINAL PRICE 1.98

LIMIT 1 OFFER

LIMIT 1 OFFER

7 To 8-Oz. Selected
**Kraft Chunk
Or Shredded
Cheese**

7 To 10-Oz., Selected
**Rana Pasta Or
Pasta
Sauce**



SALE PRICE 3.98
DIGITAL COUPON
1.00 OFF ONE
FINAL PRICE 2.98

SALE PRICE 2.99
DIGITAL COUPON
2.00 OFF TWO
FINAL PRICE 2/\$7

LIMIT 1 OFFER

LIMIT 1 OFFER

Selected
**4-Pack
IGA
Biscuits**

14 To 16.5-Oz., Selected
**Nestle Toll
House Cookie
Dough**

HELLO MARCH HELLO FRESH!



SALE PRICE 5.98
DIGITAL COUPON
1.00 OFF ONE
FINAL PRICE 4.98

LIMIT 1 OFFER

81-Oz., Selected
**Clorox
Liquid Bleach**

SALE PRICE 7.98
DIGITAL COUPON
2.00 OFF ONE
FINAL PRICE 5.98

LIMIT 1 OFFER

25 To 50-Ct.,
Selected
**Glad
Trash Bags**



SALE PRICE 5.48
DIGITAL COUPON
1.00 OFF ONE
FINAL PRICE 4.48

LIMIT 1 OFFER

75-Ct., Selected
**Clorox
Disinfecting
Wipes**



SALE PRICE 12.98
DIGITAL COUPON
3.00 OFF ONE
FINAL PRICE 9.98

LIMIT 1 OFFER

1-Ct.
**Clorox
ToiletWand
Kit**



SALE PRICE 7.48
DIGITAL COUPON
1.00 OFF ONE
FINAL PRICE 6.48

LIMIT 1 OFFER

10-Ct., Selected
**Clorox
ToiletWand
Refills**



SALE PRICE 8.98
DIGITAL COUPON
2.00 OFF ONE
FINAL PRICE 6.98

LIMIT 1 OFFER

48-Oz.
**Pine Sol
Multi-Surface
Cleaner**



SAVE \$5

INSTANTLY WHEN YOU PURCHASE \$20
IN PARTICIPATING DURACELL BATTERIES



Mix & Match!

Participating items:
8-Pack AA or AAA, 4-Pack C or D, 2-Pack 9Volt

REWARDS MEMBERS ONLY!

LIMIT 5 PER MEMBER.

Enter in your number at checkout to redeem offer.

030426FlapIGA2_ac_BS

FAMILY MEAL FAVORITES



9.98
20-Oz.
Schweid & Sons
Signature Sliders



2.98
16-Oz., Hot Or Mild
Jamestown
Rolled Sausage



7.98
24-Oz.
Food Club Thick
Cut Bacon



8.98
20-Ct. Chicken Or
Swaggerty's
Sausage Biscuits



6.98
18 To 20-Oz., Selected
Land O' Frost
Sub Sandwich Kit



2.28
12 To 16-Oz., Selected
Fischer's
Meat Franks



5/\$5
12-Oz., Reg. Or Thick Sliced
Bar-S
Bologna



14.98
Sold In 3-Lb. Bag
Mulberry Farms
Hot & Spicy Wings



3.48
24-Oz., Macaroni & Cheese Or
Food Club
Mashed Potatoes



7.98
16-Oz., Thai Coconut Or
Kevin's Korean
BBQ Chicken

THE FRESH PRODUCE MARKET



1.78 lb.
Hot House Grown
Beefsteak
Tomatoes



2/\$7
Super Sweet
Canta Gold
Cantaloupe



.88 lb.
NC Grown #1
Orange Flesh
Sweet Potatoes
.88 lb.
Large Select
Creamy Baking
Potatoes



2.98 lb.
Sweet Plump
White
Seedless Grapes



2/\$6
9-Oz. Italian Or 11-Oz.
Fresh Express
American Salad Mix



2.28
3-Lb. Bag
Medium Yellow
Onions



3.98
3-Lb. Bag, Gold Or
Basket & Bushel
Red Delicious Apples



2.98 lb.
Sweet Chilean
Red Or
Black Plums

Savings FOR EVERYDAY START HERE!



5.00
12-Pk., Selected
Faygo
Soft Drinks



1.88
15-Oz. Reg. Or Sausage
Libby's
Country Gravy



7.98
10-Lb., Granulated
IGA
Sugar



9.98
128-Oz., Canola Or
IGA
Vegetable Oil



2/\$2
8-Oz., Squeeze
French's
Yellow Mustard



2/\$4
10.3 To 12.6-Oz., Selected
Cap'n Crunch
Cereal



1.00
15.5-Oz., Selected Peas Or
Hanover
Beans



17.98
15-Lb., Selected
Purina
Cat Chow

DAIRY & FROZEN



4/\$5
4.5 To 5.3-Oz., Selected Zero Or
Chobani
Flips



4.78
52-Oz., Grapefruit Or Selected
Florida's Natural
Orange Juice



3.48
32-Oz., Selected
International
Delight Creamer



3.28
8-Ct., Selected
Pillsbury Cinnamon
Or Crescent Rolls



3.99
16-Ct., Selected
Kraft
Singles



2.48
10 To 14.4-Oz., Selected
Birds Eye
Vegetables



10.98
100-Ct., Selected
Totino's
Pizza Rolls



2/\$7
24 To 32-Oz., Selected
Crav'n Flavor
Fries

FRESH BAKERY



10.98
50-Oz.
Cookies N'
Creme Cake



5.98
8-In., Reg. Or Rhubarb
Strawberry
Pie



4/\$4
3.2-Oz.
Glazed Sour
Cream Donut



5.98
8-In., Bakery Fresh
Red Velvet
Cake



2/\$5
20-Oz. Top Sliced Or
Lewis Old Fashion
Thin Sliced Bread



2/\$8
9-Ct., Selected
Two-Bite
Mini Muffins

LOCAL *Equals* FRESH

LOCALLY OWNED BY PEOPLE YOU CAN TRUST!

SAVE \$5

INSTANTLY WHEN YOU PURCHASE \$15
IN PARTICIPATING PRODUCTS

Mix & Match!



Participating brands:
Breyers, Klondike, Talenti, Ben & Jerry's, Yasso, Magnum,
Popsicle and Good Humor



REWARDS MEMBERS ONLY!

LIMIT 1 PER HOUSEHOLD.
Enter in your number at checkout to redeem offer.

VALID FEBRUARY 27 -
MARCH 13, 2026

SAVE \$5

INSTANTLY WHEN YOU PURCHASE \$20
IN PARTICIPATING DURACELL BATTERIES



Mix & Match!

Participating items:
8-Pack AA or AAA, 4-Pack C or D, 2-Pack 9Volt

REWARDS MEMBERS ONLY!

LIMIT 5 PER MEMBER.
Enter in your number at checkout to redeem offer.

VALID FEBRUARY 27 -
MARCH 13, 2026