



PRICES EFFECTIVE WED. APR. 22 THRU TUES. APR. 28, 2026

COWEN

70 RAILROAD AVE.
COWEN, WV
304-226-3811



Visit us at
www.coweniga.com

STORE HOURS
Monday - Saturday
8am To 8pm
Sunday 9am - 7pm

WV E-WIC Cards Accepted



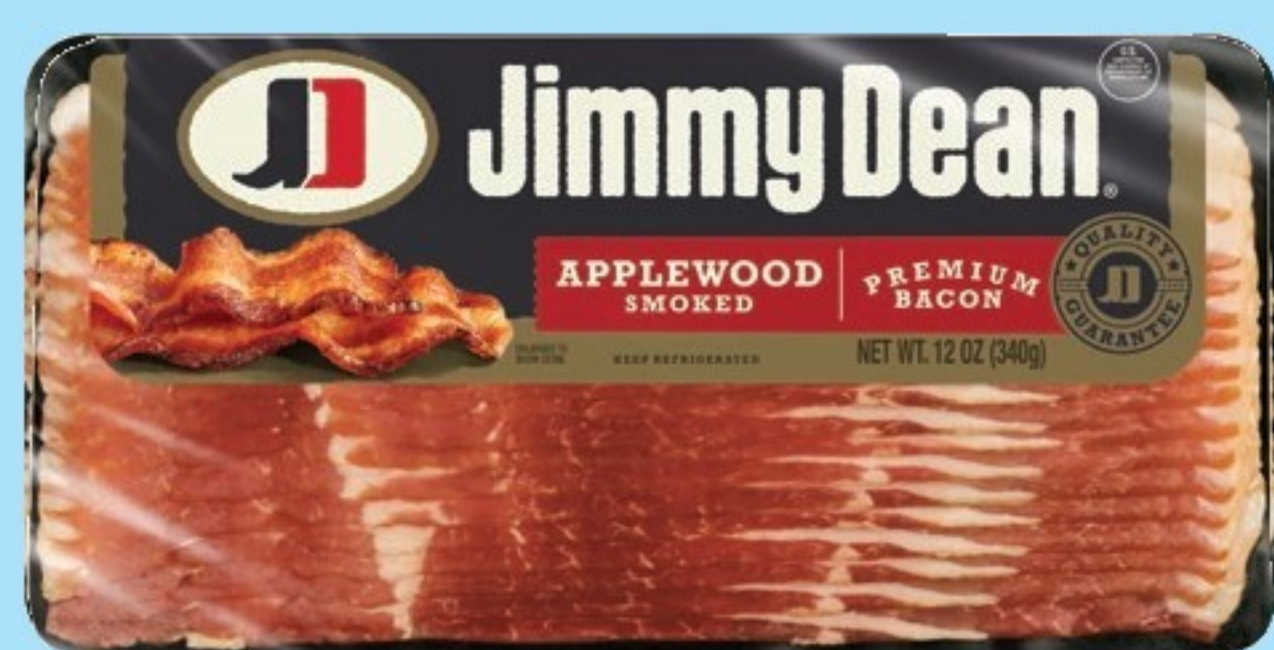
G&R

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

THROW BACK THURSDAYS

Download your **DIGITAL COUPON** for a **CRAZY LOW PRICE.**

THESE CRAZY PRICES GOOD THURSDAY, APRIL 23 - SUNDAY, APRIL 26, 2026, ONLY! COUPON VALID FOR ONE-TIME USE ONLY



LIMIT 1 OFFER
SALE PRICE 3.98
DIGITAL COUPON 1.00 OFF ONE
FINAL PRICE 2.98
9 To 12-Oz., Selected Jimmy Dean Sliced Bacon



LIMIT 1 OFFER
SALE PRICE 2/\$3
DIGITAL COUPON 2.00 OFF TWO
FINAL PRICE 2/\$1
7 To 16-Oz., Selected Barilla Pasta

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



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



LIMIT 1 OFFER,
SALE PRICE 2/\$3
DIGITAL COUPON 1.00 OFF TWO
FINAL PRICE 2/\$2
12 To 14-Oz., Deluxe Shells Or IGA Macaroni & Cheese



LIMIT 1 OFFER,
SALE PRICE 1.28
DIGITAL COUPON .50 OFF ONE
FINAL PRICE .78
16-Oz., Quarters Blue Bonnet Spread

4.98 Lb.
81% Lean Family Pack Ground Beef

81% Lean Fresh Ground Beef Patties **5.98** Lb.



.98 Lb.
Frozen Or Prev. Frozen., Tray Pack, Bone-In Chicken Thighs

1.98 Lb.
USDA Inspected Whole Boneless Pork Loin

1.98 Lb.
Frozen Or Prev. Frozen Boneless Chicken Breasts

3.48 Lb.
1-Pc., Frozen Or Prev. Frozen St. Louis Style Pork Ribs

5.98 Lb.
USDA Select Boneless Bottom Round Roast

2.98 Lb.
USDA Inspected Boneless Center Cut Pork Chops

2.98
15 To 16-Oz., Selected Oscar Mayer Meat Franks

FARMER'S MARKET

.98 Lb.
5.2-Oz. Pkg. Concord Onion Ring Batter Mix
.98 Lb. Genuine Vidalia Sweet Yellow Onions

2/\$6
3-Lb. Bag California Navel Oranges
2/\$6 3-Lb. Bag Minneola Tangelos

4.98
Premium Idaho, 8-Lb. Bag Jumbo Russet Potatoes

FIND MORE Savings IN EVERY AISLE!

2/\$2
15-Oz., Sausage Or Libby's Country Gravy



2.48
40-Oz. IGA Vegetable Oil



2.98
8.8 To 8.9-Oz. Apple Jacks, Corn Pops, Froot Loops Or 12-Oz. Kellogg's Frosted Flakes



2/\$5
9 To 10-Ct., Selected Eggo Waffles



2/\$5
48-Oz., Selected Blue Ribbon Classics



2/\$5
12-Oz., Singles Or 7 To 8-Oz., Selected Borden Shredded Cheese



2/\$5
31 To 32-Oz., Selected Tide Simply Liquid Detergent



2/\$7
6 To 10.75-Oz., Selected Doritos Chips



2/\$10
16.9-Oz. Bottles 6-Pack Propel Products



POSTAL CUSTOMER
PRSRST STD
PAID
mspark
HELENA, AL 35080
PO BOX 6114

4/\$5
1.25-Liter Pepsi Products



3/\$12
7.5-Oz. Mini Cans 6-Pack Pepsi Products



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



FAMILY MEAL FAVORITES



3.98
16-Oz., Mild Or Hot
Tennessee Pride
Roll Sausage



8.98
24-Oz., Selected Stack Pack
Wright Brand
Bacon



3.48
13-Oz., Selected
Butterball Turkey
Sausage Rope



4.98
10.3 To 12-Oz., Reg. Or Bunsized
Hebrew National
Beef Franks



3.98
16-Oz., Selected
Oscar Mayer
Lunch Meat



2/\$6
8.9 To 10.7-Oz., Selected
Oscar Mayer
Lunchables



4.98
12-Oz., Family Pack
Armour
Pepperoni



10.98
2-Lb., Fully Cooked
Food Club
Baby Back Ribs



4.98
16-Oz., Regular Or Spicy
Curly's Pulled
Pork BBQ



5.98
16-Oz., Selected
Food Club
Lunch Club

THE FRESH PRODUCE MARKET



2.98 lb.
Sweet Chilean
Red Or
Black Plums



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



2/\$3
Yellow, Red Or Orange
Sweet
Bell Peppers



1.78 lb.
Crisp
Green Snap
Beans



2/\$7
64-Oz. Selected
Mayer Bros.
Lemonade



2.98
Pint, Angel Sweet
Red Grape
Tomatoes



1.48 lb.
Tender
Yellow Or
Zucchini Squash



2/\$4
3.5-Oz. Fresh
Mr. B's
Cotton Candy

Savings FOR EVERYDAY START HERE!



1.98
7.5 To 8-Oz., Selected
Ortega
Taco Sauce



2/\$6
4.5 To 8-Oz., Selected Mott's Or
Betty Crocker
Fruit Snacks



.98
21-Ct., White Corn Or 10-Ct.
IGA Fajita Style
Flour Tortillas



1.68
18-Oz., Selected
IGA
BBQ Sauce



2.78
20-Oz., Squeeze
Heinz
Mustard
3.28
20-Oz., Squeeze
Heinz
Ketchup



3.98
17.8 To 20.6-Oz., Selected
Family Size
Ritz Crackers



4.78
DIGITAL COUPON
OFF ONE
1.00
FINAL PRICE
3.78
2-Lb., Selected
Success
Rice



5.98
3 To 4-Ct., Puffs Facial Tissue, 4-Ct.,
Bounty Paper Towels Or 6-Ct. Selected
Charmin Essentials
Bath Tissue

DAIRY & FROZEN



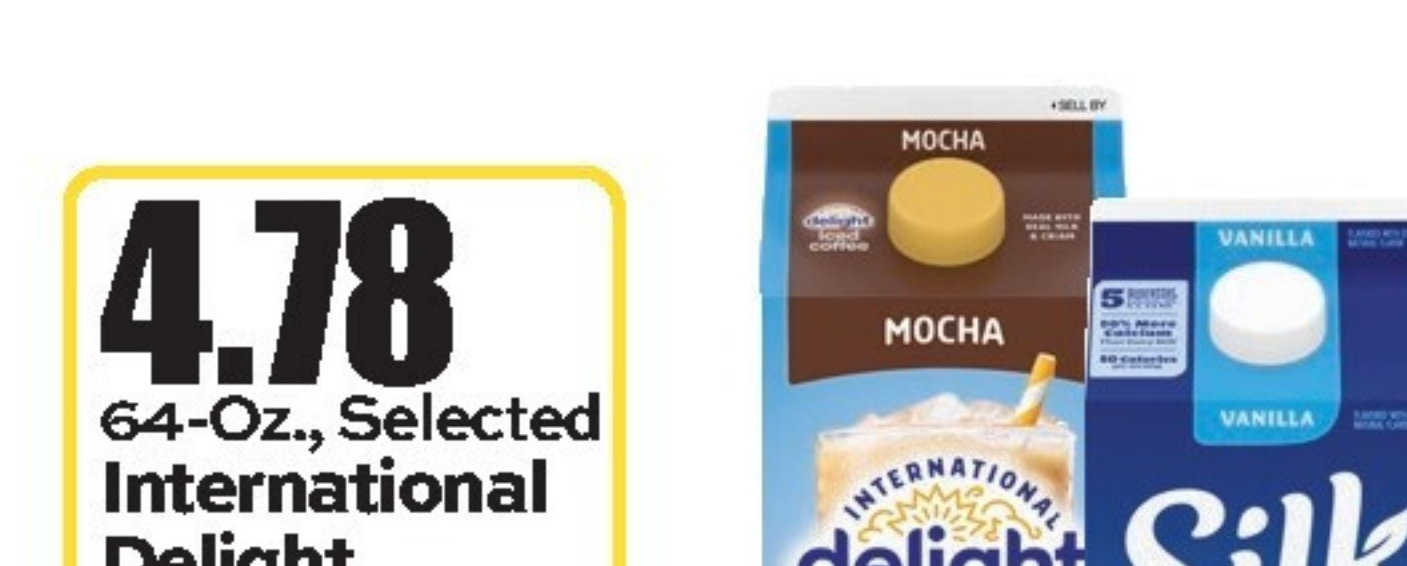
5/\$5
5.3-Oz. Selected
Chobani
Yogurt



4.98
52-Oz., Grapefruit Or Selected
Florida's Natural
Orange Juice



2/\$4
8-Ct., Selected
Food Club
Jumbo
Biscuits



4.78
64-Oz., Selected
International
Delight
Iced Coffee
3.98
64-Oz., Selected
Silk
Almond Milk



4/\$5
7-Oz., Selected
Banquet
Pot Pies



1.78
7.4 To 11.88-Oz., Selected
Banquet
Dinners



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



2.98
11.5 Or 16.95-Oz., Selected Bowls Or
Banquet
Mega Meals

FRESH BAKERY



9.98
48-Oz.
Double Layer
Coconut Cake



4.98
22-Oz., 8-In.
Coconut Or
Egg Custard Pie



4/\$4
3.7-Oz.
Powdered
Raspberry Donut



5.98
16-Oz., Selected
Meurer
Danishes



3.98
16-Ct.
Split Top
Potato Rolls



2/\$10
16-Oz., Selected
Lewis Bake Shop
Keto Bread



6.98
10.2-Oz. Tub
King's Hawaiian
Pretzel Bites

Mealtime Made \$4.98

COMPLETE • EASY • AFFORDABLE

No mix and match. Must buy all four (4) items in the same transaction to receive promotional price. Other quantities will be at regular retail price.

REWARDS MEMBERS ONLY!

WHEN YOU BUY 1 OF EACH ITEM
LIMIT 1 PER MEMBER.

Enter in your number at checkout to redeem offer.

MIX & MATCH PARTICIPATING ITEMS.

MIX & MATCH PARTICIPATING ITEMS. Must buy 2 in the same transaction to receive promotional price. Single item sold at regular retail price.

REWARDS MEMBERS ONLY!

FINAL PRICE When You Buy 2
2/\$10

LIMIT 1 PER MEMBER

Enter in your number at checkout to redeem offer.



**mealtime
made**

COMPLETE • EASY • AFFORDABLE

\$4.98



1 12-Oz., Selected **Bar-S Meat Franks** + **1** 2-Liter, Selected **Faygo Soda** + **1** 8-Ct. **Lewis Hot Dog Buns** + **1** 7.75 to 10-Oz., Selected **Crav'n Flavor Or IGA Potato Chips**

WHEN YOU BUY 1 OF EACH ITEM

No mix and match. Must buy all four (4) items in the same transaction to receive promotional price. Other quantities will be at regular retail price.

REWARDS MEMBERS ONLY!

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

**VALID APRIL 17 -
MAY 1, 2026**

Mix & Match!



4-Ct., Double Rolls
**Bounty Essentials
Paper Towels**
and/or 6-Ct., Mega Rolls
**Charmin Essentials
Bath Tissue**
and/or 3 to 4-Ct. Multi Pack
Puff's Facial Tissues

2/\$10

MIX & MATCH PARTICIPATING ITEMS. Must buy 2 in the same transaction to receive promotional price. Single item sold at regular retail price.

REWARDS MEMBERS ONLY!

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

**VALID APRIL 17 -
MAY 1, 2026**