



ON SALE 2ND FEBRUARY 2022



Australian
BEEF RUMP STEAK
\$24.99 kg



Serving Suggestion

WHERE THE *locals* MATTER

ALL

1/2
PRICE



\$2.15 ea

SAVE \$2.15

Uncle Tobys Muesli Bars 6pk
\$1.16 per 100g



\$1.95 ea

SAVE \$2.00

Prima Fruit Drinks 200mL 6pk
\$1.63 per 1L



\$1.87 ea

SAVE \$1.88

Doritos Corn Chips 150/170g



\$1.19 ea

SAVE \$1.40

Continental Classics
Pasta & Sauce/Seasoned Rice 85-125g



BACK TO SCHOOL SAVINGS INSIDE

Offers available from 02/02/22 until 08/02/22
Subject to stock limits and availability. Some products or varieties may not be available at all stores. Pictures for illustration purposes only.



— FRESH MEAT & Produce —



Tasmanian Grown

Tasmanian
ROYAL GALA APPLES

\$350 kg



Yellow/
White Flesh
Peaches

\$350 kg



Baby Cos
Twin Pack
\$1.45 per 1ea

\$290 pack



JC's Dried
Cranberries
500g
\$11.98 per 1kg

\$599 ea



\$1699 kg

First Grade Beef Mince



\$999 ea

Ingham's Stuffed Chicken Breasts Kiev 700g
\$14.27 per 1kg



Australian Pork

Scottsdale
DICED PORK 500g

Serving Suggestion - \$17.98 per 1kg

\$899 ea



Family Favourite
DOUBLE SMOKED HAM

Serving Suggestion

\$11⁹⁹ kg



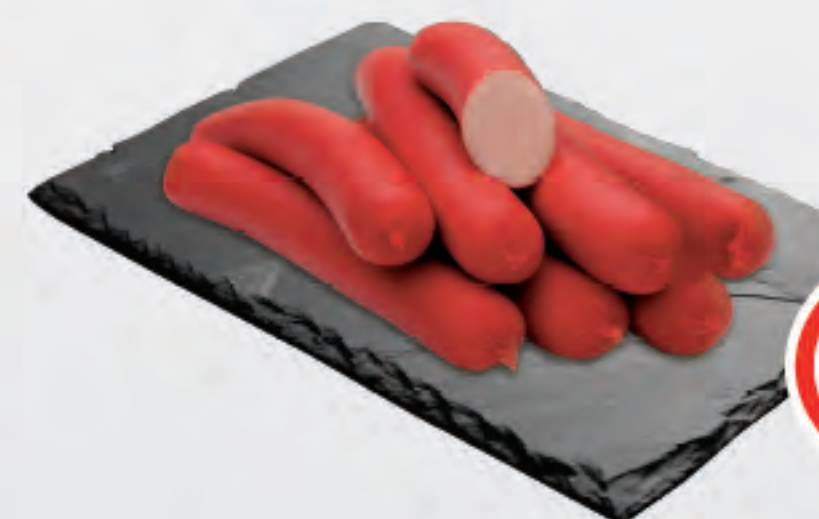
Chicken Wings

\$4⁹⁹ kg



Chicken Thigh Fillet

\$11⁹⁹ kg



Saveloys

\$9⁹⁹ kg



Mighty Soft Sliced Bread 700g
36¢ per 100g

\$2⁴⁹ ea
SAVE \$1.60

Product of Tasmania



\$2⁴⁹ ea
SAVE \$1.06

Product of Tasmania

Golden Crumpet Rounds 6pk
50¢ per 100g



1/2 PRICE

Product of Tasmania

\$2⁴⁹ ea
SAVE \$2.50

Cripps
FRUIT BUNS 6PK

Serving Suggestion - 55¢ per 100g



— SNACKS & Treats —

**1/2
PRICE**

NEW



\$2.49
ea

SAVE \$2.51

Arnott's Deluxe Tim Tam Biscuits 170/175g



\$3.49
ea

SAVE \$1.66

Nestle Block Chocolate 118-200g



\$2.99
ea

SAVE \$1.01

Pascall/The Natural
Confectionery Bags 150-280g



\$5.99
ea

SAVE \$4.50

Cadbury Roses Boxed Chocolates 225g
\$2.66 per 100g



\$3.99
ea

SAVE \$1.01

Allen's Large Jelly/Chews 330-465g



\$3.49
ea

SAVE 51¢

Wrigley's Extra
Chewing Gum Bottle 64-67g



\$2.49
ea

SAVE 71¢

Arnott's Shapes/Savoy/Jatz 140-250g



\$2.69
ea

SAVE \$1.06

Smith's Potato Chips 130-175g



\$1.69
ea

SAVE 30¢

Pringles Chips 53g
\$3.19 per 100g



\$1.49
ea

SAVE 51¢

Fantastic Rice Crackers 100g
\$1.49 per 100g



\$2.69
ea

SAVE 30¢

Doritos Salsa 280/300g

— REFRESHING *Drinks* —



Coca-Cola
375mL 30pk
\$1.73 per 1L

\$19.49
ea

SAVE \$7.50



Coca-Cola/
Lift/Fanta/
Sprite
375mL 10pk
\$2.13 per 1L

\$7.99
ea

SAVE \$4.80



Pepsi/Solo/
Sunkist/
7Up Soft
Drink 1.25L
\$1.43 per 1L

\$1.79
ea

SAVE 51¢



Schweppes Mixer Soft Drink 300mL 4pk
\$3.33 per 1L

\$3.99
ea

SAVE \$1.26



Westerway
Farms
Blackcurrant/
Raspberry
Syrup 750mL
\$7.99 per 1L

\$5.99
ea

SAVE 36¢



Monster Energy Drink 500mL 4pk
\$4.00 per 1L

\$7.99
ea

SAVE \$4.80



Red Bull
Energy
Drink
250mL
\$9.96 per 1L

\$2.49
ea

LOW PRICE



Gatorade Sports
Drink 600mL (excl. G Active)
\$4.65 per 1L

\$2.79
ea

SAVE 86¢



Tasmanian Mountain Spring Water 10L
60¢ per 1L

\$5.99
ea

SAVE \$1.00



Frantelle Spring Water 600mL 24pk
55¢ per 1L

\$7.99
ea

LOW PRICE



Mount Franklin
Lightly Sparkling Spring Water 10pk
\$2.13 per 1L

\$7.99
ea

SAVE \$5.00

BACK to



GRAB SOME AUSSIE MADE SNACKS.



\$2.99
ea

SAVE \$1.31

Arnott's Multipacks 7/8pk



THERE IS NO SUBSTITUTE.



1/2 PRICE



75¢
ea

SAVE 75¢

Foster Clarks Snak Pack 120g
63¢ per 100g



\$1.90
ea

SAVE \$1.90

Oreo Biscuit Multipack 230g
83¢ per 100g



\$2.25
ea

SAVE 75¢

Sunbeam Sultanas/Dried Fruit 6pk



\$1.99
ea

SAVE \$2.01

Uncle Tobys Roll-ups 6pk
\$2.12 per 100g



\$3.99
ea

SAVE \$1.26

Mainland On The Go Premium Snacks 110g
\$36.27 per 1kg

SCHOOL



**1/2
PRICE**



Bega Peanut Butter 375g
66¢ per 100g

\$2.49
ea

SAVE \$2.50



Three Threes MightyMite 290g
\$1.03 per 100g

\$2.99
ea

SAVE 51¢



Arnott's Salada 250g
\$1.00 per 100g

\$2.49
ea

SAVE \$1.00



Glad Snap
Lock Bags
30-60pk

\$2.99
ea

SAVE 51¢



Band-Aids 40/50pk

\$4.49
ea

SAVE 76¢

Make their
**BACK TO
SCHOOL**
Tasty!



Maggi 2 Minute
Noodles 5pk

**1/2
PRICE**

\$1.99
ea

SAVE \$2.01



**1/2
PRICE**



\$2.15
ea

SAVE \$2.15

Uncle Tobys
Muesli Bars 6pk
\$1.16 per 100g



— STOCK UP THE *Pantry* —

BACK to SCHOOL



\$2.99
ea

SAVE \$1.26

Nutella
Spread 220g
\$1.36 per 100g

World
nutella
Day
February 5th



Green's Essentials Cake Mix 340g
32¢ per 100g

1/2
PRICE

\$1.10
ea

SAVE \$1.15



Australia's Own Coconut Milk 1L
\$1.40 per 1L

1/2
PRICE

\$1.40
ea

SAVE \$1.40



Kellogg's Nutri Grain/Coco Pops/
Special K/Sultana Bran 500-730g

\$5.99
ea

SAVE \$1.61



Tetley Green Tea 50pk

\$2.99
ea

SAVE \$1.11



Bundaberg Raw Sugar 1kg
22¢ per 100g

\$2.20
ea

LOW PRICE



Capilano
Honey 500g
\$1.20 per 100g

\$5.99
ea

SAVE \$2.80



Juicy Isle Topping 375mL
74¢ per 100mL

\$2.79
ea

SAVE 21¢



Uncle Tobys Le Snak 6pk
\$2.64 per 100g

\$3.49
ea

SAVE \$1.61

**1/2
PRICE**



\$1.99
ea

SAVE \$2.01

Heinz Seriously Good Mayo/Aioli 295mL
67¢ per 100mL



Fountain
Squeezy
Tomato/
BBQ Sauce
500mL
50¢ per 100mL

\$2.49
ea

SAVE 29¢



MasterFoods
Squeezy
Mustard 250g
\$1.20 per 100g

\$2.99
ea

SAVE 56¢



MasterFoods Wet Spices 160-170g

\$2.49
ea

SAVE 56¢



Leggo's Tomato Paste 140g 2pk
\$1.07 per 100g

\$2.99
ea

SAVE 20¢



Leggo's Pasta Bake Sauce 490/500g

\$3.49
ea

SAVE 44¢



Wattie's Spaghetti/Baked Beans 420g
30¢ per 100g

\$1.25
ea

SAVE 50¢



Old el Paso Meal Kits 290-520g
(excl. Pockets/Stand n Stuff/Gluten Free)

\$5.49
ea

SAVE \$1.80

**BACK to
SCHOOL**

be ready for those
early mornings

**1/2
PRICE**



Moccona Premium
Classic/Infused Coffee 95/100g

\$4.99
ea

SAVE \$5.80

**1/2
PRICE**



Moccona Coffee Sachets 10pk

\$2.99
ea

SAVE \$3.01



— FILL UP THE FRIDGE & *Freezer* —

Ice Cream SPECIALS



\$7⁹⁹
ea

SAVE \$2.01

Peters Ice Cream 4L
20¢ per 100mL



\$5⁴⁹
ea

SAVE \$3.26

Golden North
Giant Twin Ice Cream 5pk
73¢ per 100mL



\$5⁹⁹
ea

SAVE \$3.00

Nestle Kit Kat /
Cadbury Ice Cream Sticks 4pk
\$1.66 per 100mL

1/2
PRICE



\$2⁹⁹
ea

SAVE \$3.01

Steggles Nacho Chicken 350g
\$8.54 per 1kg



\$2⁹⁹
ea

SAVE 66¢

On the Menu Burgers 161/165g



\$5⁹⁹
ea

SAVE \$1.56

Duck River Butter Pat 500g
\$1.20 per 100g



\$3⁴⁹
ea

SAVE \$1.21

Philadelphia
Cream Cheese Tub/Block 250g
\$13.96 per 1kg



\$4⁴⁹
ea

SAVE 51¢

Juicy Isle
Orange Juice
No Added
Sugar 2L
\$2.25 per 1L



Palmolive Shower Gel 1L
49¢ per 100mL

\$4.85
ea

SAVE \$4.94



Radiant Laundry Powder 2kg/Liquid 2L

\$8.99
ea

SAVE \$9.01



Ajax Spray n' Wipe Trigger
475/500mL

\$2.99
ea

LOW PRICE



iCare Toilet Tissue 24pk
21¢ per 100sh

\$8.99
ea

SAVE \$4.00



**Bref Cubes 50g 2pk/
Power Active 50g/Lemon 50mL**

\$2.99
ea

SAVE \$2.01



Lucky Dog 8kg
24¢ per 100g

\$18.99
ea

LOW PRICE



Lynx Antiperspirant/Deodorant 165mL
\$3.63 per 100mL

\$5.99
ea

SAVE \$1.26



Pedigree Canned Dog Food 1.2kg
29¢ per 100g

\$3.49
ea

SAVE 51¢



White King Bleach 2.5L
\$1.60 per 1L

\$3.99
ea

LOW PRICE

BACK TO SCHOOL SAVINGS INSIDE



\$3.99
ea

SAVE \$4.00

Weight Watchers
Frozen Meals 300-370g

beef lasagne
rich Bolognese sauce with ripe
tomatoes and Australian beef,
ed between fresh sheets of pasta
topped with a creamy béchamel

2 serves of veg | good source of protein | no artificial colours or preservatives

ALL

**1/2
PRICE**



89¢
ea

SAVE \$1.11

Cadbury/Fry's/Europe/
Toblerone Medium Bars 30-60g



\$4.49
ea

SAVE \$4.51

Tresemme Shampoo &
Conditioner 350mL
\$1.28 per 100mL



\$1.75
ea

SAVE \$1.84

iCare Paper Towel 2pk
\$1.46 per 100ea

Subject to stock limits and availability. Some products or varieties may not be available at all stores. Pictures for illustration purposes only.

Offers available from 02/02/22 until 08/02/22

Visit [IGATAS.COM.AU](https://www.igatas.com.au) for more info



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Savings are off regular prices. In certain stores, some regular prices have been reduced to ensure you receive the lowest competitive price so savings shown may differ from the actual saving in your store. Price Match at participating stores only. Prices matched weekly to Woolworths or Coles everyday shelf price, excludes specials. Terms and conditions apply. To find out more, visit igatas.com.au/price-match. Some items may not be available at all stores. We reserve the right to limit purchases to reasonable quantities. Commercial quantities not supplied. See in-store for details. We reserve the right to correct printing errors.



Nice & Natural
Nut Bars

\$3¹⁹
ea

LOW PRICE



You'll find *Low Prices* Every Day right across the store

Product of
Tasmania



\$4⁴⁹
ea

LOW PRICE

Cripps Pizza Bases 2pk
98¢ per 100g



\$7⁹⁹
ea

LOW PRICE

Frantelle Spring Water 600mL 24pk
55¢ per 1L



\$1⁷⁹
ea

LOW PRICE

Tetley Tea Cup Bags 25pk
\$3.98 per 100g



\$2⁶⁹
ea

LOW PRICE

La Famiglia
Just for 2 Garlic Bread 170g
\$1.58 per 100g



\$2⁹⁹
ea

LOW PRICE

Ajax Spray n' Wipe Trigger
475/500mL



\$3⁴⁹
ea

LOW PRICE

Colgate Regular Toothpaste 165/180g



WHERE THE
locals MATTER

Specials available from participating Tasmanian Supa IGA, IGA Everyday & IGA X-press Stores. We reserve the right to correct any printing errors. Whilst stocks last. Some products or varieties may not be available at all stores. Pictures used for illustration purposes only. Sales are restricted to retail quantities only. All prices include GST where applicable. Prices correct at time of printing.

Visit IGATAS.COM.AU/LOW-PRICES-EVERYDAY for more info

PEANUT BUTTER BREAKFAST BAR

1/2
PRICE



\$2.49
ea

SAVE \$2.50

Bega Peanut Butter 375g
66¢ per 100g

Ingredients

- 3 small ripe bananas
- 1/4 cup dried apricots, softened in water and drained
- 1/4 cup crunchy or smooth peanut butter, plus 1/2 cup for the top
- 1 tsp vanilla extract
- 4 tbsp maple syrup
- 1.5 cup rolled oats
- 1/2 cup almond meal
- 1/2 cup flaxseed meal
- 2 tbsp chia seeds
- 1/2 tsp ground cinnamon
- 1/2 tsp salt

What to do

1. Preheat the oven to 180C (fan-forced 170C). Grease and line a 20cm square baking tray.
2. Puree the bananas and apricots in a food processor until smooth. Add 1/2 cup peanut butter, maple syrup and vanilla extract, pulse to combine.
3. In a large bowl, mix together the rolled oats, almond meal, flaxseed meal, chia seeds and ground cinnamon. Pour the peanut butter mixture into the dry ingredients and mix well. The mixture should be moist but not runny.
4. Spread the breakfast bar mix into the prepared baking tray and smooth the surface. Bake for 20 minutes. The middle should be firm to the touch and the edges lightly browned. Remove from the oven.
5. Spread the remaining peanut butter on top of the bars. Bake for another 10 minutes until the peanut butter has little bubbles in it.
6. Cool completely on a wire rack and sprinkle with extra chia seeds, cut into bars. They can be stored in an airtight container in the fridge.



WHERE THE *locals* MATTER

Visit IGATAS.COM.AU for more info

NUTELLA BISCUITS

World
nutella
Day
February 5th



Nutella Spread 220g
\$1.36 per 100g

Ingredients

- 450g plain flour
- 250g butter
- 150g Icing sugar
- 1 whole egg
- 1 egg yolk
- 1 vanilla pod
- salt to taste
- 150g Nutella® (15 g/portion)
- icing sugar

What to do

1. Work the flour and the cold butter together to make a sandy mixture. Then mix in the icing sugar, the seeds from the vanilla pod, a pinch of salt and the eggs. Mix it all together to create a smooth, homogenous mixture. Shape it into a ball, flatten slightly and put into the fridge to rest for at least an hour. After it has rested, remove the dough from the fridge and after letting it warm for 10 minutes, roll it out using a rolling pin.
2. Cut the biscuits out with a biscuit cutter or pastry cutter of any shape you prefer. Arrange them in a pan lined with baking paper and put into the oven for ten minutes at 180°C.
3. Put the Nutella® into a piping bag and squeeze it onto half of the cooled biscuits. Then put them together in pairs to make sandwiches. Sprinkle with icing sugar and serve.



WHERE THE *locals* MATTER

Visit IGATAS.COM.AU for more info