



ON SALE 2<sup>ND</sup> FEBRUARY 2022



*Australian*

**BEEF RUMP STEAK**

**\$24.99**  
kg



Serving Suggestion

WHERE THE *locals* MATTER

ALL

**1/2  
PRICE**



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

**\$2.15**  
ea

SAVE \$2.15



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

**\$1.95**  
ea

SAVE \$2.00



Doritos Corn Chips 150/170g

**\$1.87**  
ea

SAVE \$1.88



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

**\$1.19**  
ea

SAVE \$1.40

IGA

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



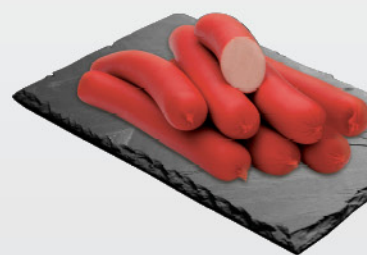
**Australian Pork**

*Scottsdale*  
**DICED PORK 500g**

Serving Suggestion - \$17.98 per 1kg

**\$899** ea





Mighty Soft  
Sliced Bread  
700g  
36¢ per 100g

**\$2<sup>49</sup>** ea

SAVE \$1.60



Golden Crumpet Rounds 6pk  
50¢ 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



**1/2  
PRICE**

**\$1.90**  
ea

**SAVE \$1.90**

Oreo Biscuit Multipack 230g  
83¢ per 100g



**\$2.25**  
ea

**SAVE 75¢**

Sunbeam Sultanas/Dried Fruit 6pk



**1/2  
PRICE**

**\$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



**\$2.49**  
ea  
SAVE \$2.50

Bega Peanut Butter 375g  
66¢ per 100g



**\$2.99**  
ea  
SAVE 51¢

Three Threes Mighty Mite 290g  
\$1.03 per 100g



**\$2.49**  
ea  
SAVE \$1.00

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



**\$2.99**  
ea  
SAVE 51¢

Glad Snap Lock Bags  
30-60pk



**\$4.49**  
ea  
SAVE 76¢

Band-Aids 40/50pk

Make their  
**BACK TO SCHOOL**  
Tasty!



**1/2**  
PRICE

Maggi 2 Minute Noodles 5pk

**\$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 5<sup>th</sup>



**1/2**  
PRICE

**\$1.10**  
ea

SAVE \$1.15

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



**1/2**  
PRICE

**\$1.40**  
ea

SAVE \$1.40

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



**\$5.99**  
ea

SAVE \$1.61

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



**\$2.99**  
ea

SAVE \$1.11

Tetley Green Tea 50pk



**\$2.20**  
ea

LOW PRICE

Bundaberg Raw Sugar 1kg  
22¢ per 100g



Capilano  
Honey 500g  
\$1.20 per 100g

**\$5.99**  
ea

SAVE \$2.80



Product of  
Tasmania

**\$2.79**  
ea

SAVE 21¢

Juicy Isle Topping 375mL  
74¢ per 100mL



**\$3.49**  
ea

SAVE \$1.61

Uncle Tobys LeSnak 6pk  
\$2.64 per 100g



**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



**\$7.99**  
ea

SAVE \$2.01

Peters Ice Cream 4L  
20¢ per 100mL



**\$5.49**  
ea

SAVE \$3.26

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



**\$5.99**  
ea

SAVE \$3.00

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

**1/2**  
PRICE



**\$2.99**  
ea

SAVE \$3.01

Steggles Nacho Chicken 350g  
\$8.54 per 1kg



**\$2.99**  
ea

SAVE 66¢

On the Menu Burgers 161/165g



**\$5.99**  
ea

SAVE \$1.56

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



**\$3.49**  
ea

SAVE \$1.21

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



**\$4.49**  
ea

SAVE 51¢

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





Palmolive Shower Gel 1L  
49¢ per 100mL

Radiant Laundry Powder 2kg/Liquid 2L



iCare Toilet Tissue 24pk  
21¢ per 100sh



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



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



Pedigree Canned Dog Food 1.2kg  
29¢ per 100g



Ajax Spray n' Wipe Trigger  
475/500mL



Lucky Dog 8kg  
24¢ per 100g



White King Bleach 2.5L  
\$1.60 per 1L



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, topped with a creamy béchamel

2 serves of veg good source of protein no artificial 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

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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](https://www.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

**\$3.19**  
ea

LOW PRICE



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



Cripps Pizza Bases 2pk  
98¢ per 100g



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



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



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



Ajax Spray n' Wipe Trigger  
475/500mL



Colgate Regular Toothpaste 165/180g



WHERE THE  
*locals* MATTER

Specials available from participating Tasmanian Supa IGA, IGA Everyday & IGA Xpress 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.

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# PEANUT BUTTER BREAKFAST BAR



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

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# NUTELLA BISCUITS

World  
**nutella**  
Day  
February 5<sup>th</sup>



**\$2.99**  
ea

SAVE \$1.26

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.



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