



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

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



\$1.95 ea

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



\$1.87 ea

Doritos Corn Chips 150/170g



\$1.19 ea

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.

BACK to SCHOOL

Make their
BACK TO SCHOOL
Tasty!



Maggi 2 Minute Noodles 5pk

\$1.99
ea



1/2 PRICE



\$2.15
ea

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



Foster Clarks Snak Pack 120g
63¢ per 100g

75¢
ea



Oreo Biscuit Multipack 230g
83¢ per 100g

\$1.90
ea



Bega Peanut Butter 375g
66¢ per 100g

\$2.49
ea



Nutella Spread 220g
\$1.36 per 100g

\$2.99
ea



Arnott's Multipacks 7/8pk

\$2.99
ea



Sunbeam Sultanas/Dried Fruit 6pk

\$2.25
ea



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

\$3.99
ea



Glad Snap Lock Bags 30-60pk

\$2.99
ea



\$1¹⁰
ea

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

Moccona
Premium
Classic/
Infused
Coffee
95/100g



\$4⁹⁹
ea

ALL

**1/2
PRICE**



\$2⁹⁹
ea

Moccona Coffee Sachets 10pk



89¢
ea

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



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

\$4⁴⁹
ea



\$8⁹⁹
ea

Radiant Laundry Powder 2kg/Liquid 2L



\$19⁴⁹
ea

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



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

\$1⁷⁹
ea



\$2⁴⁹
ea

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



\$8⁹⁹
ea

iCare Toilet Tissue 24pk
21¢ per 100sh



\$5⁹⁹
ea

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



\$3⁴⁹
ea

Pedigree Canned Dog Food 1.2kg
29¢ per 100g



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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

World
nutella
Day
February 5th

BACK *to*
SCHOOL



\$2.99
ea

Nutella Spread 220g
\$1.36 per 100g

nutella



WHERE THE *locals* MATTER

Visit IGATAS.COM.AU for more info

NUTELLA BISCUITS



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

PEANUT BUTTER BREAKFAST BAR

1/2
PRICE



\$2.49
ea

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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GRAB SOME
AUSSIE MADE
SNACKS.



Arnott's Multipacks 7/8pk

THERE IS NO SUBSTITUTE.



WHERE THE *locals* MATTER

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