



ON SALE
1ST MAY
2024



SUPPORT LOCAL TASMANIAN PRODUCTS



\$2.99 ea

Nestle Block Chocolate 118-200g



\$1.50 ea

Continental Cup-a-Soup 2pk



\$5.19 ea

Streets Golden Gaytime 4pk
\$1.30 per 100mL



\$3.99 ea

Lynx Antiperspirant/Deodorant 165mL
\$2.42 per 100mL

ALL 1/2 PRICE

Offers available from: 01/05/24 until 07/05/24

Whilst stocks last. Pictures for illustration purposes only. Some products or varieties may not be available at all stores.

Australian
**IMPERIAL
MANDARINS**

\$4.90
kg



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IGA WHERE THE *locals* MATTER

PROUDLY
TASMANIAN



1/2
PRICE

\$1.50
ea

Tamar Valley The Creamery Yoghurt 170g
88¢ per 100g



\$4.99
ea

Ashgrove Cheese 140g (excl. Fetta)
\$35.64 per 1kg



\$5.99
ea

Johnno's Sauce/Chutney/Relish 400/520g



\$2.99
ea

Juicy Isle
Cordial 2L
\$1.50 per 1L



\$4.49
ea

Pandani Sliced Meats 120g
\$37.42 per 1kg



\$6.49
ea

National Pies Meat Pies/Pasties 2pk
\$1.80 per 100g



\$2.75
ea

Uncle Tobys Muesli Bars 6pk
\$1.49 per 100g



Pringles
Chips
118/134g

\$2.75
ea

ALL

1/2
PRICE



\$4.25
ea

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



\$1.40
ea

Kinder Bueno 39/43g

Earth
Choice
Toilet
Cleaner
750mL
23¢ per 100mL



\$1.75
ea



\$6.99
ea

Duracell
Everyday Alkaline Battery 10pk
70¢ per 1ea



\$6.49
ea

Red Bull Energy Drink 4x250mL
\$6.49 per 1L



\$22.50
ea

Coca-Cola/Fanta/
Sprite Soft Drink Cans 24x375mL
\$2.50 per 1L



\$2.50
ea

Powerade
Sports
Drink
600mL
\$4.17 per 1L



\$4.49
ea

Cadbury Share Pack 144-180g



\$2.99
ea

Arnott's Shapes/Savoy/Jatz 130-250g



\$3.49
ea

Mission Corn Chips 230g
\$1.52 per 100g



\$17.99
ea

Moccona
Freeze Dried Classic Coffee 400g
\$4.50 per 100g



\$5.49
ea

Uncle Tobys
Flavoured Oats 10pk/Hi Fibre 8pk



\$3.69
ea

Dolmio Extra Pasta Sauce 490/500g



\$31
ea

Huggies Jumbo
Disposable Nappies 60-108s



\$11.99
ea

Pedigree Dry Dog Food 2.5/3kg



\$6.99
ea

My Dog 6pk/Dine Cat Food 7pk
\$1.17 per 100g

SEE INSIDE FOR MORE SAVINGS



Grey Pumpkin



Carrots 1.5kg
\$1.50 per 1kg



Mighty Soft Raisin Toast 600g
58¢ per 100g



Beef Eye Fillet Steak
From the Meat Department



JC's Delicious Energy Mix 500g
\$17.98 per 1kg



Duck River Soft Butter 500g
\$1.10 per 100g



Tamar Valley
Natural Greek Style Yoghurt 1kg
50¢ per 100g



Spreyton Fresh Juice 2L
\$2.60 per 1L



Peters Original Ice Cream 2L
24¢ per 100mL



Peters Drumstick 4/6pk



McCain Family Pizza 490/500g

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\$4.99
ea

Ashgrove Cheese 140g (excl. Fetta)
\$35.64 per 1kg



\$2.59
ea

Golden Crumpet Rounds 6pk
86¢ per 100g



\$9.99
ea

Pandani Streaky Bacon 400g
\$24.98 per 1kg



\$3.49
ea

The Good Apple
Sparkling
Apple Juice
750mL
\$4.65 per 1L



\$2.99
ea

Juicy Isle
Topping 375mL
80¢ per 100mL



\$5.99
ea

\$4.99
ea

\$4.99
ea

\$3.99
ea

\$6.49
ea

Johnno's Salsa 300g
\$1.66 per 100g

Johnno's Sauce/
Chutney/Relish 400/520g

Johnno's Apple Sauce 250g
\$1.60 per 100g

Johnno's Sauce 360g
\$2.00 per 100g

Johnno's Jam 450g
\$3.82 per 100g

The CREAMERY. The BETTER

THICK & CREAMY YOGHURT



Tamar Valley The Creamery Yoghurt 170g
88¢ per 100g



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\$1,000 AWARDED EACH MONTH!
\$10,000 MAJOR GRANT!

**FOR COMMUNITY GROUPS, SPORTING CLUBS,
OR NOT FOR PROFIT ORGANISATIONS**



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to learn more ↗



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



Old el Paso Pickle Jalapeno 250g
\$2.00 per 100g



Mission Corn Chips 230g
\$1.52 per 100g



Zoosh Dip 185g
\$1.62 per 100g



ON YOUR FAVOURITE BRANDS.



Bushells
Tea Cup
Bags 100pk
\$2.50 per 100g

\$4.50
ea

LOW PRICE



Mother
Energy Drink
4x500mL
\$4.05 per 1L

\$8.10
ea

LOW PRICE



Maggi 2
Minute
Noodles 12pk

\$9.99
ea

LOW PRICE



Quilton
Toilet
Tissue
18pk
34¢ per 100sh

\$11
ea

LOW PRICE



Crisco Canola/
Blended Vegetable Oil 2L
50¢ per 100mL

\$10
ea

LOW PRICE



Palmolive Naturals
Shampoo/Conditioner 350mL
\$1.57 per 100mL

\$5.50
ea

LOW PRICE



Fancy Feast Cat Food 85g
\$1.88 per 100g

\$1.60
ea

LOW PRICE



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STRAWBERRY MUFFINS

Recipe courtesy of: tamarvalleydairy.com



1/2
PRICE

\$1.50
ea

Tamar Valley
The Creamery
Yoghurt 170g
88¢ per 100g

Ingredients

- 1 1/4 cups plain flour
- 1 tsp cinnamon
- 1 tsp ground nutmeg
- 2 tsp baking powder
- Generous pinch of salt
- 1 tbsp butter, melted and cooled
- 2 tsp vanilla essence
- 1/4 cup Tamar Valley Dairy Strawberries & Cream Yoghurt
- 1 egg, room temperature
- 1 large banana, mashed
- 2 tbsp maple syrup
- 100g strawberries, hulled and diced into small cubes
- Icing sugar, to serve

What to do

1. Preheat oven to 160 degrees Celsius.
2. Grease 8 muffin cups and set aside.
3. In a large mixing bowl, whisk flour, baking powder, spices and salt together.
4. In another bowl, mix together butter, egg and vanilla. Next, stir in banana, maple syrup and yoghurt and mix until thoroughly combined.
5. Add the flour mix to the wet ingredients and stir until incorporated. Fold in strawberries.
6. Evenly divide the muffin batter between cups. Cook for approximately 20 minutes or until a skewer comes out clean after being inserted into middle of muffin.
7. Leave to cool for 5 minutes before removing from cup and leaving to cool completely on board or wire rack.
8. Dust lightly with icing sugar before serving.



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