



ON SALE
16TH AUGUST
2023



Health, Beauty & Baby SALE



\$3⁹⁹
ea

SAVE \$4.00

Cadbury Large
Block Chocolate 315-360g



\$2⁹⁹
ea

SAVE \$3.01

Moccona Coffee Sachets 10pk



97¢
ea

SAVE 98¢

Suimin Cup Noodles 70g
\$1.39 per 100g



\$5²⁰
ea

SAVE \$5.25

Sanitarium Up & Go Breakfast Drink 6x250mL
\$3.47 per 1L

ALL
1/2
PRICE

Offers available from: 16/08/23 until 22/08/23

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

Australian
BEEF RUMP
STEAK

\$23⁹⁹
kg

Serving Suggestion (product sold uncooked)

WHERE THE *locals* MATTER

GREAT SPECIALS ON NOW!

Scan & Subscribe to save





— 1/2 PRICE *Specials* —



Arnott's Chocolate Biscuits 160-250g
(excl. Tim Tam)



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



Arnott's Bluey Snacks Sharebox 150g
\$1.33 per 100g

**ALL
1/2
PRICE**



Harvest Snaps 120g
\$20.75 per 1kg



Campbell's Real Stock 1L
23¢ per 100mL



Twinnings Teabags 80/100pk



Somat Dishwasher Range

— 40% OFF *Specials* —



Pepsi/Solo/Sunkist/
Lemonade Canned Soft Drinks 24x375mL
\$2.11 per 1L



V Energy Drink 4x250mL
\$5.99 per 1L



ALL
40% OFF



Connoisseur Ice Cream 1L
75¢ per 100mL



Dynamo Professional 1.8L
\$8.33 per 1L



— FRESH MEAT & Produce —



Tasmanian
ROYAL GALA APPLES

\$3⁹⁰ kg

Grown in Australia



Hass
Avocados

\$1⁴⁰ ea



Brussels
Sprouts

\$4⁵⁰ kg



JC's Sesh
Snacks
115/130g

\$3⁹⁹ ea

Ingham's
Diced
Chicken
Breast



\$14⁹⁹ kg

Scottsdale
Boneless
Pork
Shoulder
Roast



\$11⁹⁹ kg

Beef Eye
Fillet Steak



\$39⁹⁹ kg



Petuna
**ATLANTIC
SALMON 2pk 280g**

\$10⁹⁹ ea

\$39.25 per 1kg - Serving Suggestion (product sold uncooked)



Family Favourite
CHAMPAGNE HAM
Serving Suggestion

\$15⁹⁹ kg



Long
Rindless
Bacon

\$15⁹⁹ kg



Chicken
Drumsticks

\$5⁹⁹ kg



Bacon
Pieces

\$9⁹⁹ kg

William's
Wraps 8pk
71¢ per 100g

\$3⁹⁹ ea

SAVE \$1.00



Product of
Tasmania

Cripps
Pikelets 8pk
\$1.50 per 100g

\$2⁹⁹ ea

SAVE 66¢



Product of
Tasmania

Helgas
Bread
680-850g

\$4⁹⁰ ea

LOW PRICE



Product of
Tasmania



National Pies
**MEAT PIES/PASTIES/
SAUSAGE ROLLS 2pk**

\$6⁴⁹ ea

SAVE \$2.30



Health, Beauty

SA



\$6.99
ea

SAVE \$7.01

Tresemme Shampoo & Conditioner 940mL
74¢ per 100mL



\$3.25
ea

SAVE \$3.25

Colgate Advanced Whitening Toothpaste 115g
\$2.83 per 100g



\$4.29
ea

SAVE \$5.41

Rexona Advanced Antiperspirant 220mL
\$1.95 per 100mL



\$1.49
ea

SAVE \$1.51

Swisspers Paper Stem Cotton Tip 120pk
\$1.24 per 100ea



\$2.49
ea

SAVE \$2.50

Libra Ultra Thins/Goodnights 10-14pk/
Tampons 16pk/Liners 30pk



\$4.99
ea

SAVE \$2.00

Schwarzkopf Taft Hair Mousse/Gel/
Spray 200/250g



\$8.99
ea

SAVE \$1.80

Napro Palette Hair Colour 115mL
\$7.82 per 100mL



\$4.99
ea

SAVE \$2.01

Colgate Plax Mouthwash 500mL
\$1.00 per 100mL



\$2.99
ea

SAVE \$2.01

Nivea Lip Care 4.8g
\$62.29 per 100g



\$5.99
ea

SAVE \$1.00

Strepsils Lozenges 16pk
37¢ per 1ea



\$4.49
ea

SAVE 70¢

Palmolive Gold/Naturals Soap 4pk
\$1.25 per 100g

Beauty & Baby

LE



**2
ICE**

50% OFF
ENTIRE RANGE



Batiste Dry Shampoo Range

Vaseline
Body Lotion
225mL
\$1.47 per 100mL



\$3.30
ea
SAVE \$3.35



\$2.45
ea
SAVE \$2.45

Rexona Roll On 50mL
\$4.90 per 100mL

\$2.99
ea
SAVE \$3.00



Bic Comfort 3 Advance Razors 4pk
75¢ per 1ea



\$2.30
ea
SAVE \$2.30

Dove Beauty Bar 2pk
\$1.28 per 100g



\$3.85
ea
SAVE \$3.85

Dove Beauty Bar 4pk
\$1.07 per 100g



\$1.50
ea
SAVE 65¢

Heinz Baby Food Pouch 120g
\$1.25 per 100g



\$4.99
ea
SAVE \$1.96

Johnson's Baby Shampoo/Oil 200mL
\$2.50 per 100mL



\$7.99
ea
SAVE \$2.01

First Response Pregnancy Instream 1pk
\$7.99 per 1ea

Perfect FIT, Everytime.



BabyLove Disposable Nappies 15-28pk

\$8.99
ea
SAVE \$2.50



BabyLove Wipes

BabyLove Everyday Baby Wipes 80pk
\$3.11 per 100ea

\$2.49
ea
SAVE \$1.01



— DRINKS, TREATS & *Snacks* —



Coca-Cola 30x375mL
\$2.27 per 1L

Coca-Cola/
Fanta/Sprite/
Mt Franklin
Sparkling
Water 1.25L
\$1.80 per 1L



\$2.25
ea

SAVE 60¢



\$3.49
ea

SAVE \$2.26

Powerade Sports Drink 1L
\$3.49 per 1L



\$5.49
ea

SAVE \$1.90

Bundaberg Soft Drink 4x375mL
\$3.66 per 1L



\$2.90
ea

LOW PRICE

Monster Energy Drink 500mL
\$5.80 per 1L



\$2.69
ea

SAVE \$1.31

Pascall Confectionery Bags 150-280g



\$3.49
ea

SAVE \$1.51

Oreo Mini Cookies 204g
\$1.71 per 100g



\$3.49
ea

SAVE \$1.31

Smith's Potato Chips/
Doritos Corn Chips 130-175g



\$1.99
ea

SAVE \$1.00

Twisties/Cheetos/Burger Rings 65-90g

— STOCK UP THE *Pantry* —



Green's Essentials Cake Mix 340g
59¢ per 100g

\$1.99
ea

SAVE 81¢



Moccona Freeze Dried Classic Coffee 400g
\$5.00 per 100g

\$19.99
ea

SAVE \$8.01



Foster Clarks Snak Pack 120g
\$1.24 per 100g

\$1.49
ea

SAVE 70¢



Kellogg's Crunchy Nut Corn Flakes/Special K/Nutri-Grain/Sultana Bran 290-420g

\$5.49
ea

SAVE \$1.51



Queen Pure Canadian Maple Syrup 250mL
\$2.40 per 100mL

\$5.99
ea

SAVE \$3.46



Bega Peanut Butter 375g
87¢ per 100g

\$3.25
ea

SAVE \$2.15



MasterFoods Mustard 170/175g

\$2.99
ea

SAVE \$1.11



San Remo La Pasta Range 120g
\$1.24 per 100g

\$1.49
ea

SAVE 61¢



SPC Baked Beans/Spaghetti 220g 4pk
57¢ per 100g

\$4.99
ea

SAVE \$1.36



— FILL UP THE FRIDGE & *Freezer* —



Peters Drumstick 4/6pk



Golden North Simply Indulge Ice Cream 2L/Giant Twin Ice Cream 5pk



I&J Calamari Rings 400g/
Birds Eye Deli Frozen Fish 225/250g



McCain Pub Style Wedges or Fries 750g
\$6.65 per 1kg



Tamar Valley
Natural Greek Style Yoghurt 1kg
60¢ per 100g



Western Star
Thickened Cream 600mL
78¢ per 100mL



Western Star Spreadable 500g
\$1.00 per 100g



Bega Block Cheese/
Natural Cheese Slices 500g
\$17.98 per 1kg



Zoosh Dip 185g
\$1.45 per 100g



Natures
Organics
Fruits
Shampoo &
Conditioner
500mL
34¢ per 100mL

\$1.69
ea

SAVE 60¢



\$2.99
ea

SAVE 51¢

Glad Snap Lock Bags 30-60pk



\$6.49
ea

SAVE \$1.51

Fab Laundry Powder 1kg or Liquid 900mL



\$3.99
ea

SAVE \$1.00

Kleenex Viva Paper Towel 2pk



\$9.99
ea

SAVE \$4.00

iCare Toilet Tissue 24pk
23¢ per 100sh



\$4.50
ea

LOW PRICE

White King Toilet Gel 700mL
64¢ per 100mL



\$2.99
ea

SAVE 51¢

Pedigree Canned Dog Food 700g
43¢ per 100g



\$1.49
ea

SAVE 21¢

My Dog Tray 100g
\$1.49 per 100g



\$1.60
ea

LOW PRICE

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

WE CHECKED THE REGULAR PRICE, WE MATCHED THE LOWEST, YOU WON'T PAY MORE*

SEE INSIDE FOR MORE SAVINGS



*Participating stores only. Subject to availability. Prices of selected products are checked and matched weekly to Woolworths or Coles everyday shelf price.

LOOK OUT FOR ME!

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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/pricematch](https://www.igatas.com.au/pricematch). 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.





Arnott's
Family
Assorted
Biscuits
500g
90¢ per 100g



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



Continental Recipe Base 30-50g



Bundaberg Raw Sugar 1kg
32¢ per 100g



Western Star Thickened Cream 600mL
78¢ per 100mL



McCain Peas/
Corn & Peas/Corn/Carrots 500g
\$7.50 per 1kg



On the Menu Beef Lasagne 1kg
80¢ per 100g



White King Toilet Gel 700mL
64¢ per 100mL



WHERE THE
locals MATTER

Specials available from participating Tasmanian IGA & 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

VEGGIE PACKED BANANA MUFFINS



perfect for little fingers

Ingredients

- 140g very ripe banana
- 100g zucchini, grated
- 60g carrot, grated
- 2 eggs
- 3 dates, pitted
- 2 tsp baking powder
- 150g flour
- 1 tsp cinnamon
- 1/2 tsp vanilla extract

What to do

1. Preheat the oven to 180C. Line a cupcake tray with muffin wraps.
2. Squeeze excess moisture from zucchini with a muslin cloth or paper towel. Set aside.
3. In a blender, pulse eggs, banana, dates until smooth. Add rice flour, baking powder, cinnamon and vanilla, blend until well incorporated. Pour into a large bowl, and fold in the zucchini and carrots.
4. Scoop banana batter into muffin cases and bake for 20 minutes or until cooked through.



WHERE THE *locals* MATTER

Visit IGATAS.COM.AU for more info