

**FOOTY  
FINALS**



ON SALE  
13<sup>TH</sup> SEPT  
2023

IGA

SEE INSIDE FOR FOOTY FINAL SAVINGS



**\$5.62**  
ea  
SAVE \$5.63

Red Bull Energy Drink 4x250mL  
\$5.62 per 1L



**\$1.25**  
ea  
SAVE \$1.34

Pringles Chips 53g  
\$2.36 per 100g

**ALL  
1/2  
PRICE**



**\$2.40**  
ea  
SAVE \$2.40

Kantong  
Simmer Sauce 505-520g



Palmolive  
Naturals  
Shampoo/  
Conditioner  
350mL  
85¢ per 100mL

**\$2.99**  
ea  
SAVE \$3.01

Offers available from: 13/09/23 until 19/09/23

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

*Australian*  
**BEEF RUMP STEAK**  
**\$23.99**  
kg

Serving Suggestion (product sold uncooked)



WHERE THE *locals* MATTER

**GREAT SPECIALS ON NOW!**  
Scan & Subscribe to save







Lindt Bar 38g  
\$2.63 per 100g

**\$1**  
ea

SAVE \$1.00



**\$2.15**  
ea

SAVE \$2.15

Valcom Curry  
Paste 210/230g



**ALL**  
**1/2**  
**PRICE**



**\$2.25**  
ea

SAVE \$2.60

Campbell's  
Country Ladle  
Canned Soup  
495-510g



**\$1.50**  
ea

SAVE \$1.69

Continental  
Cup-a-Soup 2pk



**30% OFF**

ENTIRE RANGE

Nescafe Coffee - All 30% Off  
excluding low price everyday



**40% OFF**

ENTIRE RANGE

Old El Paso Meal Kits - All 40% Off  
excluding low price everyday



# — 1/2 PRICE *Specials* —



**\$1.60**  
ea

SAVE \$1.60

Australia's Own Unsweetened  
Coconut/Almond Beverage 1L  
\$1.60 per 1L



**\$3.40**  
ea

SAVE \$3.45

Uncle Tobys Plus Cereal 410-435g



**\$2.35**  
ea

SAVE \$2.40

belVita Duo Crunch 253g/  
Breakfast Biscuits 300g



**\$3.30**  
ea

SAVE \$3.35

Vaseline Body  
Lotion 225mL  
\$1.47 per 100mL



Glen 20  
Spray  
Disinfectant  
300g  
\$1.66 per 100g

**\$4.99**  
ea

SAVE \$5.00



Colgate  
Optic White  
Toothpaste  
85/140g

**\$6.25**  
ea

SAVE \$6.25



**\$1.79**  
ea

SAVE \$1.80

Bic Twin Lady Shavers 5pk  
36¢ per 1ea



**\$2.75**  
ea

SAVE \$2.75

Morning Fresh  
Dishwashing Liquid 400mL  
69¢ per 100mL





## — FRESH MEAT & Produce —



### *Premium* **WHITE MUSHROOMS**

**\$9<sup>90</sup>**  
kg



Red  
Capsicums

**\$4<sup>90</sup>**  
kg



Cherry  
Tomatoes  
250g  
\$10.00 per 1kg

**\$2<sup>50</sup>**  
punnet



JC's Backyard  
BBQ Mix 375g  
\$15.97 per 1kg

**\$5<sup>99</sup>**  
ea

Petuna  
Atlantic  
Salmon 2pk  
280g  
\$39.25 per 1kg



**\$10<sup>99</sup>**  
ea

Marion Bay  
Chicken  
Breast Fillets



**\$18<sup>99</sup>**  
kg

Scottsdale  
Pork Loin  
Steaks



**\$20<sup>99</sup>**  
kg



### *Australian* **HALF LAMB LEGS**

Serving Suggestion (product sold uncooked)

**\$14<sup>99</sup>**  
kg





Chicken Breast Supreme

**\$17<sup>99</sup>** kg



Thin Beef Sausages

**\$11<sup>99</sup>** kg



Chicken Wings

**\$6<sup>99</sup>** kg

National Pies  
Party Pies/  
Rolls 6pk

**\$6<sup>99</sup>** ea

SAVE \$1.80



Cripps  
Master Loaf  
680/700g

**\$3<sup>69</sup>** ea

SAVE 86¢



Happy  
Cake Co  
420/450g

**\$8<sup>99</sup>** ea

SAVE \$2.01





# FOOTY

**1/2  
PRICE**



**\$2.25**  
ea  
**SAVE \$2.75**

Arnott's Flatbread Snacks 130g  
\$1.73 per 100g



**\$2.99**  
ea  
**SAVE \$1.01**

Cobs Drizzld Popcorn 70/110g



**\$4.49**  
ea  
**SAVE \$1.51**

Kettle Potato Chips 150/165g



**\$3.49**  
ea  
**SAVE \$1.31**

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



**\$3.49**  
ea  
**SAVE \$1.01**

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



**\$5.49**  
ea  
**SAVE \$2.11**

Arnott's High Tea 400g/  
Cream Favourites 500g



**\$2.69**  
ea  
**SAVE \$1.31**

Pascall Confectionery Bags 150-280g



**\$5.99**  
ea  
**SAVE \$2.00**

Cadbury Large Block Chocolate 315-360g



**\$3.99**  
ea  
**SAVE \$1.01**

Cadbury Share Pack 144-180g



# FINALS



Coca-Cola 30x375mL  
\$2.27 per 1L

**\$25<sup>55</sup>**  
ea  
SAVE \$13.55



Mother Energy Drink 10x375mL  
\$3.07 per 1L

**\$11<sup>50</sup>**  
ea  
SAVE \$4.49



Coca-Cola/Fanta/Sprite/Mt  
Franklin Sparkling Water 1.25L  
\$1.59 per 1L

**\$1<sup>99</sup>**  
ea  
SAVE 86¢



Coca-Cola/Fanta/Sprite/  
Mt Franklin Sparkling Water 10x375mL  
\$2.49 per 1L

**\$9<sup>35</sup>**  
ea  
SAVE \$5.90



Bundaberg Brewed Soft Drink 10x375mL  
\$3.46 per 1L

**\$12<sup>99</sup>**  
ea  
SAVE \$4.00



Gatorade  
Sports  
Drink  
600mL  
\$4.15 per 1L

**\$2<sup>49</sup>**  
ea  
SAVE \$1.76



Schweppes  
Traditional/  
Mineral  
Water/  
Mixers 1.1L  
\$1.59 per 1L

**\$1<sup>75</sup>**  
ea  
SAVE 90¢



Hartz  
Spring  
Water 1.5L  
\$1.33 per 1L

**\$1<sup>99</sup>**  
ea  
SAVE 36¢



McGuigan  
Zero  
Alcohol  
750mL  
\$11.99 per 1L

**\$8<sup>99</sup>**  
ea  
SAVE \$4.00



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

**IGA**

**PRICE MATCH PROMISE**

ON 100s OF EVERYDAY ESSENTIALS

**Price Matched**

**LOOK OUT FOR ME!**

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



# — STOCK UP THE *Pantry* —



**\$5<sup>99</sup>**  
ea

SAVE \$1.21

Nutella Hazelnut Spread 400g  
\$1.50 per 100g



**\$11<sup>99</sup>**  
ea

SAVE \$2.00

Nestle Milo 700g  
\$1.71 per 100g



**\$1<sup>49</sup>**  
ea

SAVE 70¢

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



**\$5<sup>49</sup>**  
ea

SAVE \$1.51

Kellogg's Rice Bubbles/Coco Pops/  
Froot Loops/Just Right 285-460g



**\$3<sup>99</sup>**  
ea

SAVE \$1.51

Green's Premium Baking Mixes 380-630g



**\$1<sup>80</sup>**  
ea

SAVE 70¢

Maggi Cup Noodles 58-65g



**\$3<sup>99</sup>**  
ea

SAVE \$1.60

Gravox Gravy Mix 120/140g



**\$3<sup>99</sup>**  
ea

SAVE \$1.20

Safcol Responsibly Fished Tuna 425g  
\$9.39 per 1kg



**\$7<sup>99</sup>**  
ea

SAVE \$2.51

Red Island  
Extra Virgin  
Olive Oil  
500mL  
\$1.60 per 100mL





— FILL UP THE FRIDGE & *Freezer* —



McCain Family Pizza 490/500g



McCain Pub Size Frozen Meals 480/500g



Peters Drumstick 4/6pk



Connoisseur Ice Cream 1L  
\$1.00 per 100mL



Dairy Farmers  
Thick & Creamy Yoghurt 600g  
83¢ per 100g



Ashgrove Full Cream/  
Non Homogenised Milk 2L  
\$2.50 per 1L



Nuttelext Spread  
Original/Lite/Buttery 500g  
90¢ per 100g



Bega Cheese Slices/Blocks 250g  
\$21.96 per 1kg



Mainland On the Go  
Cheese & Crackers 50g/Artisan 36/38g





**\$6<sup>99</sup>**  
ea

SAVE \$4.00

Redwin Sorbolene Vitamin E Cream 1.1L  
64¢ per 100mL



**\$4<sup>99</sup>**  
ea

SAVE \$2.01

Colgate Plax Mouthwash 500mL  
\$1.00 per 100mL



**\$7<sup>99</sup>**  
ea

SAVE \$4.01

Palmolive Shower Gel 1L  
80¢ per 100mL



**\$4<sup>99</sup>**  
ea

SAVE \$2.40

Panadol Extra Caplet 20pk  
25¢ per 1ea



**\$17<sup>49</sup>**  
ea

SAVE \$1.50

BabyLove Nappy Pants 22-38pk (excl. Beyond)



**\$12<sup>99</sup>**  
ea

SAVE \$8.40

Cold Power Laundry Liquid 1.8/2L/Powder 1.8/2kg



Richgro Pine Bark 40L

**\$5<sup>99</sup>**  
ea

SAVE \$1.50



Bloom Potting Mix 25L

**\$6<sup>99</sup>**  
ea

SAVE \$2.00



**\$3<sup>99</sup>**  
ea

SAVE \$2.00

Handee Ultra Paper Towel 3pk  
\$2.22 per 100ea



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

SAVE \$1.01

Redheads Fire Starters 10pk/Extra Long Matches 45pk/Matches 270/450pk



Blitzem Snail/Slug Pellets 500g

**\$3<sup>49</sup>**  
ea

SAVE \$1.00



# Pet Savings



Trill Bird Seed 1.8kg  
31¢ per 100g

**\$5.49**  
ea

SAVE \$1.10



Purina One  
Pouch 70g  
\$2.50 per 100g

**\$1.75**  
ea

SAVE 55¢



Whiskas Dry Cat Food 1.8kg  
67¢ per 100g

**\$11.99**  
ea

SAVE \$3.31



My Dog 6x100g  
\$1.17 per 100g

**\$6.99**  
ea

SAVE \$2.51



Pedigree  
Canned Dog Food 700g  
38¢ per 100g

**\$2.69**  
ea

SAVE 81¢



Supercoat  
Dog Food  
6.7/7kg

**\$28.99**  
ea

SAVE \$10.71

Offers available from 13/09/23 until 19/09/23

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



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LOCATE

find your local store here  
[igatas.com.au/store-locator](https://www.igatas.com.au/store-locator)

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.

SEE INSIDE FOR MORE SAVINGS





Yoplait  
Yoghurt 6pk  
68¢ per 100g

**\$6<sup>50</sup>**  
ea  
**LOW PRICE**



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



**\$3<sup>50</sup>**  
ea  
**LOW PRICE**

Tonight Simmer Sauces 475-500g



**\$4<sup>50</sup>**  
ea  
**LOW PRICE**

McCain Super Fries 900g  
\$5.00 per 1kg



**\$3<sup>99</sup>**  
ea  
**LOW PRICE**

Twisties/  
Burger Rings/Cheetos 125-270g



Ajax Spray n'  
Wipe Trigger  
475/500mL

**\$3<sup>50</sup>**  
ea  
**LOW PRICE**



**\$5**  
ea  
**LOW PRICE**

U by Kotex Pads/Tampons 10-16pk



**\$10**  
ea  
**LOW PRICE**

Lucky Dog Dry Dog Food 3kg  
33¢ per 100g



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](http://IGATAS.COM.AU/LOW-PRICES-EVERYDAY) for more info



# SWEET POTATO & CHICKPEA CURRY



**1/2**  
PRICE

Valcom  
Curry Paste  
210/230g



**\$2.15**  
ea  
SAVE \$2.15

## Ingredients

- 1 tbsp olive oil
- 2 shallots, sliced
- 2 garlic cloves, grated
- 1 thumb-sized ginger, grated
- 3 tbsp Valcom Thai Red Curry Paste
- 1 tbsp smooth peanut butter
- 400g canned chickpeas
- 500g sweet potato, peeled and cut
- 400mL lite coconut milk
- 200g baby spinach
- 200mL vegetable stock
- 1 lime, juiced
- 2 handfuls fresh coriander, chopped
- cooked basmati rice, to serve
- dry roasted peanuts, to serve

## What to do

1. Melt 1 tbsp coconut oil in a saucepan over a medium heat. Add the shallots and cook until they begin to soften.
2. Add garlic and ginger. Cook for 1 min until fragrant.
3. Stir in Thai red curry paste, peanut butter and sweet potato and chick peas. Then add coconut milk and vegetable stock.
4. Bring to the boil, turn down the heat and simmer, uncovered, for 25-30 mins or until the sweet potato is soft.
5. Turn off the heat and stir through baby spinach and lime juice and season with salt and pepper.
6. Serve over cooked rice, and sprinkle over a few dry roasted peanuts and fresh coriander.



WHERE THE *locals* MATTER

Visit [IGATAS.COM.AU](http://IGATAS.COM.AU) for more info



# UNCLE TOBYS®

## GRAB — A BOWL OF — GOODNESS



**1/2**  
**PRICE**



**\$3.40**  
ea  
**SAVE \$3.45**

Uncle Tobys Plus Cereal 410-435g



WHERE THE *locals* MATTER

Visit [IGATAS.COM.AU](http://IGATAS.COM.AU) for more info





# WIN

## a Trolley Dash!

### \$300 value 250 chances to win!

\*terms and conditions apply



## HOW TO ENTER

Buy any 2 participating Unilever products and scan the QR code or enter online at [www.unilever.com.au/trolleydash2023](http://www.unilever.com.au/trolleydash2023)

SCAN HERE



Aus. res. 18+ only. Starts 30/8/23 12:01am AEST. Ends 26/9/23 11:59pm AEST. Keep receipt/s. Max 1 entry per transaction. Weekly Draws: 5pm AEST, 6/9/23, 13/9/23, 20/9/23, 27/9/23, Plexus, Level 4, 411 Collins Street, Melbourne VIC 3000. Prizes: 250 x opportunity to play the Trolley Dash Game (63 prizes for Weekly Draws 1-3; 61 prizes for Weekly Draw 4) (with up to \$300 in participating brand products to be won). Winners will be published at <https://www.unilever.com.au/trolleydash2023> by 03/10/2023. Promoter: UNILEVER AUSTRALIA LIMITED ABN 66004050828, 219 North Rocks Rd, North Rocks NSW 2151. See <https://www.plexus.co/terms/trolley-dash-2023> for Terms and Conditions. NSW Authority No. TP/02251. Permit No's: ACT TP23/00726 & SA T23/556.



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