

**FOOTY
FINALS**



ON SALE
13TH SEPT
2023

IGA

SEE INSIDE FOR FOOTY FINAL SAVINGS



\$5.62
ea

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

SNACK
GOALS



\$1.25
ea

Pringles Chips 53g
\$2.36 per 100g

**ALL
1/2
PRICE**



\$2.40
ea

Kantong
Simmer Sauce 505-520g



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



\$2.99
ea

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





\$1
ea

Lindt Bar 38g
\$2.63 per 100g



\$2.25
ea

Campbell's Country
Ladle Canned Soup 495-510g



\$1.50
ea

Continental Cup-a-Soup 2pk



\$3.40
ea

Uncle Tobys Plus Cereal 410-435g



\$2.15
ea

Valcom Curry Paste 210/230g



\$1.60
ea

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



\$2.75
ea

Morning Fresh
Dishwashing Liquid 400mL
69¢ per 100mL



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

\$4.99
ea



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

FOOTY FINALS



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

\$1.99
ea



Coca-Cola 30x375mL
\$2.27 per 1L

\$25.55
ea



Pascall Confectionery Bags 150-280g

\$2.69
ea



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

\$1.49
ea



Gravox Gravy Mix 120/140g

\$3.99
ea



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

\$5.49
ea



Purina One Pouch 70g
\$2.50 per 100g

\$1.75
ea



Pedigree Canned Dog Food 700g
38¢ per 100g

\$2.69
ea

Spring GARDENING



Richgro
Pine
Bark
40L

\$5.99
ea



Bloom
Potting
Mix 25L

\$6.99
ea



Blitzem
Snail/Slug
Pellets 500g

\$3.49
ea

SEE INSIDE FOR MORE SAVINGS



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



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



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



Peters Drumstick 4/6pk



McCain
Pub Size Frozen Meals 480/500g



McCain Family Pizza 490/500g

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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. 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.

Yoplait
Yoghurt 6pk
68¢ per 100g

\$6.50
ea
LOW PRICE



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



\$3.50
ea
LOW PRICE

Tonight Simmer Sauces 475-500g



\$4.50
ea
LOW PRICE

McCain Super Fries 900g
\$5.00 per 1kg



\$3.99
ea
LOW PRICE

Twisties/
Burger Rings/Cheetos 125-270g



Ajax Spray n'
Wipe Trigger
475/500mL

\$3.50
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 for more info

SWEET POTATO & CHICKPEA CURRY



1/2
PRICE

Valcom
Curry Paste
210/230g



\$2.15
ea

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 for more info

UNCLE TOBYS®

GRAB

— A BOWL OF —

GOODNESS



1/2
PRICE



\$3.40
ea

Uncle Tobys Plus Cereal 410-435g



WHERE THE *locals* MATTER

Visit 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

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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