

SUPER IGA WEEKLY SPECIALS

S M T W T F S

22TH JULY - 26TH JULY 2009

GROCERY



LA CHOY SAUCE 10oz

NOW \$4.75

SAVE \$1.00



KRAFT ZESTY ITALIAN DRESSING 16oz

NOW \$9.99

SAVE \$2.00



HUNT'S TOMATO KETCHUP 46oz

NOW \$8.29

SAVE \$1.00

ALPO DOG FOOD 17.6lb



COME-AND-GET-IT COMPLETE

NOW \$57.99

SAVE \$5.00



IGA MAYO 32oz

NOW \$13.99

SAVE \$2.00

HUNT'S BBQ SAUCE 21.6oz



ORIGINAL HICKORY & BROWN SUGAR

NOW \$4.69

SAVE \$1.00



MAXWELL HOUSE FRENCH ROAST COFFEE CAN 11.5oz

NOW \$8.99

SAVE \$2.00

BARGAINS



PHILADELPHIA BRICK CREAM CHEESE

227g

SAVE \$3.00

BUY ONE GET ONE 1/2 OFF

PERISHABLES



DELI BLACK FOREST HAM

NOW \$14.69

per lb

Available only at Rodney Heights, Rodney Bay, Sunny Acres, Waterfront

SAVE \$5.00



DELI HOT PEPPER LOAF

NOW \$6.99

per lb

Available only at Rodney Heights, Rodney Bay, Sunny Acres, Waterfront

SAVE \$4.00



ALL FRESH LOCAL PORK

SAVE \$1.50

per lb



ALL FROZEN LOCAL PORK

SAVE \$0.99

per lb

ELLE & VIRE CHEESE SPREAD 140g



NOW \$3.95

SAVE \$1.00

ELLE & VIRE CHEESE SPREAD LIGHT 140g



NOW \$3.89

SAVE \$1.00



MC CIAN PEAS 1kg

NOW \$9.99

SAVE \$2.00

PILLSBURY TOASTER STRUDEL BLUEBERRY, RASPBERRY, STRAWBERRY, CHERRY, APPLE 11.5oz



NOW \$9.49

SAVE \$1.00

PRODUCE

Local

GREEN BANANA



NOW \$0.45

per lb

SAVE \$0.25

per lb

CUCUMBER



NOW \$0.65

per lb

SAVE \$0.50

per lb

Imported

GREEN CABBAGE



NOW \$2.50

per lb

SAVE \$0.45

per lb

RED SEEDLESS GRAPES



NOW \$8.99

per lb

SAVE \$2.00

per lb

NON-FOODS



OLD SPICE AFTER SHAVE 4.25oz

NOW \$27.99

SAVE \$4.00



EQ CENTRAL VITAMIN E TABS 130tabs

NOW \$28.99

SAVE \$4.00

www.superjsupermarkets.com



WE RESERVE THE RIGHT TO LIMIT QUANTITIES AND CORRECT ALL PRINTED ERRORS.

JUMP BACK SCHOOL

EVERY \$100 SPENT
Gives you a chance to **WIN**

1st prize

- + Nominate a school to donate a desktop computer and printer
- + Lenovo Netbook with free internet for 1 year from LIME
- + After School Program Scholarship valued at \$1,000.00*
- + \$1000 Grocery Vouchers

2nd prize

- + Lenovo Netbook with free internet for 1 year from LIME
- + After School Program Scholarship valued at \$800.00*
- + \$800 Grocery Vouchers

3rd prize

- + Lenovo Netbook with free internet for 1 year from LIME
- + After School Program Scholarship valued at \$600.00*
- + \$600 Grocery Vouchers

AFTER SCHOOL PROGRAM SCHOLARSHIPS



How to enter

- Write your name, along with a child's name (of which you may be the parent, guardian, relative or friend) and contact number on the entry form.
- Place the entry form in the "Jump Back to School" entry boxes at Super J Supermarket, Ultra Mart Inc. and Erolines Foods.

Rules:

- To be eligible for the promotion, a child's name must be submitted along with a parent, guardian or relative or friend's name entering the promotion. Parental consent must have been granted if you are not the parent of the child.
- Winner's Choice of 'School' must be a Ministry of Education recognised Institution.
- Promotion ends August 31st, 2009.

* Funding is applicable for the 2009/2010 academic year for an approved after-school program ranging from Dance, Karate, Sporting activity or lessons. Program identified by the winner must meet criteria set by CFL. Funds will be paid directly to approved program facilitators.

LIME

UMI
Ultra Mart Inc.

EROLINES FOODS

SUPER J
Better everyday! IGR



Shopping and saving just got easier... With the new Super J Loyalty Card!

From September 1st 2009, you must have a Super J Loyalty Card to be eligible to participate in Super J Promotions and benefit from Weekly Specials.

Your card must be scanned in order to qualify for the great savings and benefits

If you have not collected or applied for a Super J Loyalty Card please do so by August 31st 2009.

SUPER J
Better everyday! IGR

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www.superjsupermarkets.com