

# SUPER IGA WEEKLY SPECIALS

S M T W T F S

14TH OCTOBER - 18TH OCTOBER 2009

## GROCERY

OLITALIA EXTRA VIRGIN OLIVE OIL

500ml



**NOW \$11.99**

**SAVE \$7.00**

OCEAN SPRAY CRANBERRY GRAPE LIGHT

64oz



**NOW \$12.99**

**SAVE \$2.00**

IGA MUSTARD SQUEEZE

8oz



**NOW \$2.79**

**SAVE \$1.20**

IGA CEREAL FRUIT RINGS

12.2oz



**NOW \$8.79**

**SAVE \$1.00**

IGA PAPER TOWEL

3 ROLL



**NOW \$14.49**

**SAVE \$2.50**

BADIA ADABO WITH PEPPER

16oz



**NOW \$5.79**

**SAVE \$1.50**

PROGRESSO SOUP

TOMATO & BASIL

19oz



**NOW \$6.99**

**SAVE \$1.00**

IGA HOT COCOA MIX



**NOW \$5.99**

**SAVE \$1.00**

IGA MUSHROOM PIECES & STEMS

8oz



**NOW \$7.49**

**SAVE \$1.50**

TULIP COCKTAIL SAUSAGES

125g



**NOW \$2.99**

**SAVE \$1.06**

IGA VEGETABLE OIL

48oz



**NOW \$14.99**

**SAVE \$3.00**

BADIA ADABO WITHOUT PEPPER

16oz



**NOW \$5.79**

**SAVE \$1.50**

## BARGAINS

FITZ COTTON PLEAT

100g



**SAVE \$2.50**

**BUY ONE GET ONE 1/2 OFF**

IGA SQUEEZE KETCHUP

24oz



**SAVE \$3.00**

**BUY ONE GET ONE 1/2 OFF**

MAGGI COCONUT MILK POWDER

25g

**SAVE \$0.97**



**BUY FOUR FOR \$4.99**

## PERISHABLES

MC CAIN MIXED VEGETABLES

1kg



**NOW \$8.99**

**SAVE \$2.86**

MC CAIN MIXED PEAS AND CARROTS

1kg



**NOW \$8.75**

**SAVE \$2.00**

FROZEN LOCAL PORK CHOPS AND STEW

**NOW \$6.00**

per lb

**SAVE \$0.99**

DRUMMOND SALT FISH

**NOW \$10.99**

per lb

**SAVE \$1.00**

SALTED PIG TAIL  
SALTED PIG SNOUT  
SALTED RIBLETS

**SAVE \$0.50**

## NON-FOODS

ZORRICK DISPOSABLE RAZOR TWIN BLADE

**NOW \$2.95**

**SAVE \$1.00**

FITZ COTTON BALL WHITE

**NOW \$3.79**

**SAVE \$1.50**

LUX SOAP 125g

ALMOND OIL WHITE  
SURPRISE ME  
TASTE ME  
TOUCH ME  
WAKE UP

**NOW \$2.89**

**SAVE \$0.50**

FITZ COTTON PADS ROUND

**NOW \$2.45**

**SAVE \$1.54**

## PRODUCE

Local

PUMPKIN

**NOW \$2.00**

per lb

**SAVE \$0.35**

per lb

GREEN BANANAS

**NOW \$0.50**

per lb

**SAVE \$0.20**

per lb

OKRA

**NOW \$2.50**

per lb

**SAVE \$0.45**

per lb

SPINACH

**NOW \$3.00**

per lb

**SAVE \$0.65**

per lb

Imported

PREPACKED CARROTS

**NOW \$2.00**

per lb

**SAVE \$0.49**

per lb

GREEN PEPPERS

**NOW \$3.59**

per lb

**SAVE \$2.40**

per lb

ROMAINE LETTUCE

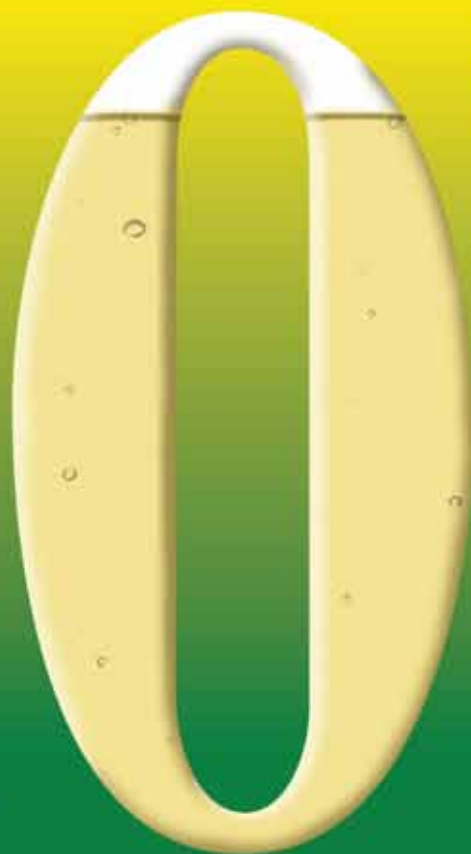
**NOW \$4.99**

per lb

**SAVE \$1.00**

per lb

# Wesson®



Trans Fat\*



\*Per Serving

- 100% Natural
- Cholesterol Free
- No Preservatives

Wesson is a registered trademark of ConAgra Foods



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

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



450-2881 • [customercare@cflslu.com](mailto:customercare@cflslu.com)  
[www.superjsupermarkets.com](http://www.superjsupermarkets.com)