

January Morrisons News

FREE

Morrisons
 Since 1899

~~70p~~
50p
 300g



ends 28/01

SAVE 1/3
~~75p~~
50p
 each



99g, ends 26/01

HALF PRICE
~~£2~~
£1
 each



186.3g, ends 26/01

~~£1.75~~
£1
 each



6x25g, ends 21/01

HALF PRICE
~~£2~~
£1
 each



350g, ends 26/01

**BIG BRANDS
 LOW PRICES**

HALF PRICE
~~£2~~
£1
 each



5 pack, 225g, ends 26/01

£1
 each



4x120g, ends 26/01

Beat the January blues with low prices on your favourite brands.

We've got over 80 big brands at half price or better.

HALF PRICE
~~£2.40~~
£1.20
 each



5 pack, 210g, ends 26/01

160g
 Any **10 for £3**
 68p each



130g 143g

£1.50
 each



136g 156g 136g
 ends 26/01

£1
 each



800g

HALF PRICE
~~£2.10~~
£1
 415g



ends 28/01

Discover more at Morrisons     morrison.com

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Welcome to Morrisons News



Welcome to our January edition of Morrisons News.

This January, we're taking a fresh new look at healthy eating. We've got plenty to choose from in our vegan and vegetarian ranges, as well as healthier switches for snacking and no-alcohol options too.

We've got some great money-saving products in our Big Brands Low Prices and Price Crunch events, as well as inspiration to get ready for Chinese New Year.

Thank you for shopping with us.

Kudzy

Andy Atkinson,
Group Customer and
Marketing Director

JAN YOU ARY

Healthy eating needn't be a chore, introducing: JanYOUary. Full of healthy ideas, ingredient inspiration and all the ideas you need to make this January all about YOU. Check out the healthy options below and tuck into some tasty dishes this month.



350g, Ends 28/01



2x95g 2x82g
Ends 26/01



Ends 19/01



400g 400g
Ends 26/01



150g



60g



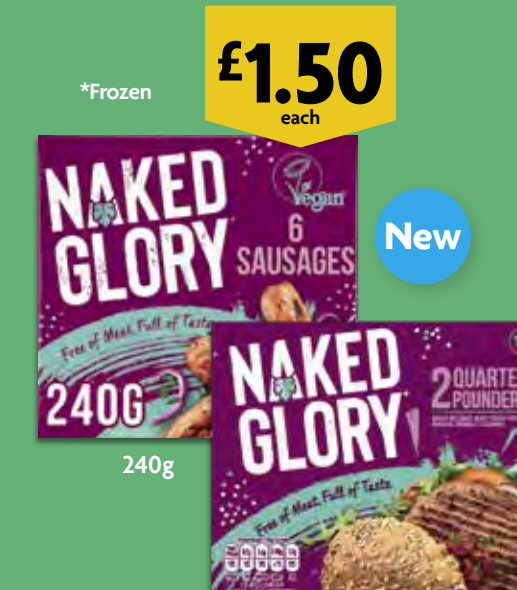
500g



1 litre



500ml



240g

277g



750ml



600g, Ends 28/01



Whole Watermelon



Loose Mango



415g

Whether you're choosing a vegan diet this year or simply want to try something new, pick up a freshly made 10" Vegan* Pizza from our Pizza Counter for £3 each. Featuring BBQ pulled jackfruit and vegan cheese, serve up a slice and enjoy fresh new flavours this JanYOUary.



10" Pizza
£3

*Although the recipe is suitable for vegans, please be aware this product is made in an open food area where ingredients that are unsuitable for vegans are also handled.

JAN YOU ARY

Find a new favourite drink in 2020 with our range of low and no-alcohol options. From alcohol-free beer to "Nosecco", there's plenty of choice to help you make January all about YOU.



SWITCH IT UP



Turkey and Cucumber Lettuce Wrap

Lunch on the go doesn't have to include bread. Try this lettuce wrap for a light lunch alternative.

Makes 4 wraps
Total time required 10 mins
Preparation time: 10 mins

Ingredients
4 slices roast turkey
250g houmous
4 leaves iceberg lettuce
½ cucumber
1 sprinkle paprika

Instructions

1. Peel 4 leaves from the outside of the lettuce.
2. Slice the turkey and cucumber into strips and place on the lettuce leaf. Add the houmous and paprika.
3. Wrap the fillings within the leaf. Serve and enjoy.

Switch to WONKY

and help fight food waste

We buy the whole crop from our farmers, that includes fruit & veg that's slightly scarred or misshapen, yet still good enough to eat. Help us to combat food waste with our Wonky range.



Discover more at Morrisons

drinkaware.co.uk for the facts. Leaflet valid from 6th - 26th January 2020 unless otherwise stated. Available in majority of stores. Whilst stocks last. Offers/prices may vary at morrisons.com and Morrisons Daily. All prices, descriptions and images are correct at time of going to print but subject to change. Birra Moretti Zero ABV 0% £3.03/litre • Heineken Lager ABV 5% £2.02/litre • Beck's Blue £1.70/litre • Wonky Grapes 25p/100g • Wonky Potatoes 40p/kg.

JAN YOU ARY

Winter takes a lot out of everyone. Whether you're fighting off a cold or just trying to start 2020 feeling great, we've got a wide range of health and well-being products to help you start 2020 right.

£2.15
£1.50 each
325ml
Ends 21/01

£4
£3.50 200ml

£6
£3.50 each

£13
£9.50 45 pack

£4.75
£3.50 each
15 pack
Ends 28/01

£2.20
£1.80 16 pack
Ends 28/01

£3
£2 16 pack
Ends 28/01



We've introduced vegan recipes to our Café including Vegan Cottage Pie and Sweet Potato & Chickpea Katsu.



Although the recipe for these products are suitable for vegans, please be aware that they are prepared in an area where food that is not suitable for vegans is also handled.



Discover more at [Morrisons](https://www.morrisons.com)

PRICE CRUNCH

We've crunched NEW prices WAY DOWN across the store

~~£2~~
£1
1.5kg

~~£1.60~~
£1
75g

~~£5~~
£3.50
270g

~~£2.30~~
£1.50
1kg

~~70p~~
60p
390g

~~£2.60~~
£2
each

Approx 440g

~~£6.75~~
£4
165g

Ends 28/01

~~£2.15~~
£1.50
100g

~~£1.80~~
£1.50
80g

~~£2~~
£1
100g

~~£1.85~~
£1
each

112g / 118g

~~£1.85~~
£1
each

125g / 101g

~~£1~~
90p
each

250ml

~~£2.25~~
£1.75
6 pack

~~£1.70~~
£1
each

170g / 2 pack

~~£3.50~~
£2.75
500ml

Ends 26/01

~~£2.50~~
£2
270g

Ends 26/01

*Frozen
~~£1.20~~
£1
250g

~~£2~~
£1
60 pack

~~£2~~
£1
60 pack

HALF PRICE
~~£10~~
£5
42 washes

Less than 12p a wash

~~£2.25~~
£2
each

190ml

~~£5~~
£3.75
each

12x85g

~~£2.34~~
£2
150g

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Discover more at Morrisons

Chinese New Year

Saturday 25th January

This year, Chinese New Year falls on Saturday 25th January. Make sure you've got all you need to celebrate the beginning of the Year of the Rat with our Chinese New Year deals below. We've got great deals across the store from Monday 13th January-Sunday 26th January.

£1 each

Sharwood's Prawn Crackers 60g

Sharwood's Kung Po 425g

Sharwood's Sweet & Sour 425g

Sharwood's Medium Egg Noodles 340g

Sharwood's Fine Egg Noodles 340g

£2.67 **£2** each

Blue Dragon Thai Green Curry 253g

Blue Dragon Thai Red Curry 253g

Blue Dragon Thai Massaman Curry 273g

Blue Dragon Pad Thai 265g

£2 each

Chinese Takeaway Chicken & Mushroom 350g

Chinese Takeaway Beef in Black Bean 350g

Chinese Takeaway Chicken & Sweet & Sour 350g

Chinese Takeaway Chicken & Mushroom 350g

£2 each

Chinese Takeaway Chicken & Mushroom 240g

Chinese Takeaway Chicken & Sweet & Sour 275g

£1 each

Uncle Ben's Long Grain 250g

Uncle Ben's Golden Vegetable 250g

Uncle Ben's Egg Fried Rice 250g

Uncle Ben's Basmati 250g

£1 each

Chinese Takeaway Egg Noodles 250g

Chinese Takeaway Egg Fried Rice 300g

Chinese Takeaway Vegetable Spring Rolls 240g

£4 each

Witcham's Duck 525g, ends 28/01

Gressingham Breakfast 300g, ends 28/01

Any 4 for £5 £1-£3 each

Witcham's Duck 525g, ends 28/01

Gressingham Breakfast 300g, ends 28/01

£5 540g

Chinese Takeaway Chicken & Mushroom 540g

2 for £7 £4 each

Witcham's Duck 525g, ends 28/01

Gressingham Breakfast 300g, ends 28/01

£1.20, 320g

Chinese Stir Fry 320g

£1, 180g

Chow Mein Stir Fry Sauce 180g

Fresh offers start Monday 20th January.

Big Cleaning Event

Visit our Big Cleaning Event in our seasonal aisle from Thursday 2nd January-Sunday 19th January

2 for £3 £2 each

Fairy 780ml

£1

Domestos 5

£1.30 **£1** each

Spontex 4 Washups 4 pack

£2 500ml

Viakal

£1 750ml

Domestos

£8 **£5** 27 washes

3in1 Pods Bold Lavender 25+2

19p a wash

£5 55 washes

Lenor

5p a wash

£5.50 **£2.50** 60 washes

Comfort Intense 4p a wash

£7 **£3** 24 washes

Persil Bio 13p a wash

£6 **£5** 40 washes

Daz Whites & Colours 13p a wash

£2.50 **£2**

Regina Blitz Household Towel 2 rolls

£4 **£2** 2 rolls

Regina Blitz Household Towel 2 rolls

£4 **£3** 9 rolls

Andrex Classic Clean 9 rolls

£6.50 16 rolls

Andrex Supreme Quilts 16 rolls

HALF PRICE

Ends 19/01

Ends 19/01

Ends 19/01

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Discover more at Morrisons

BIG BRANDS LOW PRICES

Beat the January blues with low prices on your favourite brands.

£1 each

4x115g, ends 26/01

HALF PRICE ~~£2~~ **£1** each

4x21g, ends 26/01

BETTER THAN HALF PRICE ~~£2.50~~ **£1** each

5x27g, ends 26/01

HALF PRICE ~~£2~~ **£1** each

5 pack, 145g
Ends 26/01 5 pack, 95g

Any **10 for £5**
95p each

400g, ends 14/01

BETTER THAN HALF PRICE ~~£2.55~~ **£1.25**
375g

Ends 28/01

HALF PRICE ~~£1~~ **50p** each

90g, ends 26/01

£2.75 each

500g, ends 26/01

BETTER THAN HALF PRICE ~~£1.20~~ **50p** each

400g
Ends 14/01 415g

~~£1.80~~ **£1** each

500g 470g

BETTER THAN HALF PRICE ~~£3~~ **£2.40** each

75ml, ends 26/01

HALF PRICE ~~£20~~ **£10** each

65 pack
Ends 26/01 80 pack

Find more ideas and inspiration online...

Explore our website
Visit morrison.com to find your nearest store, shop online for home delivery, browse the freshest recipe ideas and read our latest blogs.



Download our groceries App
Shop online, on the go. Store your Favourites, book home delivery slots and browse a selection of money-saving offers we think you'll love.



Join in on social media
Follow @Morrisons on Facebook, Twitter and Instagram to stay in touch with our latest news, find food & drink inspiration and share your own stories.



Download our More App
Go paperless and cardless - download today to enjoy personalised offers and fresh features.



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