

Your only
Locally-owned
Supermarket for
over 50 years.



PRICES IN EFFECT NOON
Sun., February 2 - Sat., February 8

Open 7 Days A Week 5:00 a.m. - Midnight
Hwy. 11-71 West, I. Falls, MN
283-8440 • www.s1foods.com

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| NO CLIPPING NECESSARY 1010  Essential Everyday Oatmeal Instant Oatmeal 10 pack box 96¢ Limit 1 per family with coupon at Super One thru February 8, 2014 | NO CLIPPING NECESSARY 1020  Swiss Miss Hot Cocoa Mix 10 pack box 86¢ each Limit 2 per family with coupon at Super One thru February 8, 2014 | NO CLIPPING NECESSARY 1030  Hunt's Spaghetti Sauce 24 oz. can 66¢ each Limit 2 per family with coupon at Super One thru February 8, 2014 | NO CLIPPING NECESSARY 1040  Scotties Facial Tissue 70-120 count box 66¢ each Limit 2 per family with coupon at Super One thru February 8, 2014 |
| NO CLIPPING NECESSARY 1050 FROZEN  Birds Eye Steamfresh Vegetables 10.8 oz. pkg. 66¢ each Limit 2 per family with coupon at Super One thru February 8, 2014 | NO CLIPPING NECESSARY 1060  Sunny Delight 64 oz. bottle 66¢ each Limit 2 per family with coupon at Super One thru February 8, 2014 | NO CLIPPING NECESSARY 1070  Essential Everyday Ketchup 20 oz. bottle 76¢ each Limit 2 per family with coupon at Super One thru February 8, 2014 | NO CLIPPING NECESSARY 1080  Essential Everyday Ketchup 8 oz. bottle 36¢ each Limit 2 per family with coupon at Super One thru February 8, 2014 |
| NO CLIPPING NECESSARY 1090  Fresh From Our Bakery Hot Dog Buns or Hamburger Buns 8 pack 96¢ each Limit 2 per family with coupon at Super One thru February 8, 2014 | NO CLIPPING NECESSARY 1100  Essential Everyday Pudding Cups 4 pack 66¢ each Limit 2 per family with coupon at Super One thru February 8, 2014 | NO CLIPPING NECESSARY 1110  Essential Everyday Spaghetti, Thin Spaghetti, Vermicelli 16 oz. box 66¢ each Limit 2 per family with coupon at Super One thru February 8, 2014 | NO CLIPPING NECESSARY 1120  Essential Everyday Grape Jelly 32 oz. jar \$1.46 each Limit 2 per family with coupon at Super One thru February 8, 2014 |
| MANUFACTURER'S COUPON VALID: 2/02/14-2/08/14 RV0100 1130  Flora Bathroom Tissue 12 double roll pkg. 2/\$8 Must Buy 2 pkgs. Limit 2 per family with coupon at Super One thru February 8, 2014 | MANUFACTURER'S COUPON VALID: 2/02/14-2/08/14 RV0100 1140  Flora Paper Towels 8 roll pkg. 2/\$8 Must Buy 2 pkgs. Limit 2 per family with coupon at Super One thru February 8, 2014 | NO CLIPPING NECESSARY 1150  Arm & Hammer Liquid Laundry Detergent 50 oz. bottle \$1.66 each Limit 2 per family with coupon at Super One thru February 8, 2014 | NO CLIPPING NECESSARY 1160 DAIRY  Essential Everyday Whipped Topping 6.5 oz. aerosol can 96¢ each Limit 2 per family with coupon at Super One thru February 8, 2014 |
| NO CLIPPING NECESSARY 1170 DAIRY  Essential Everyday Bagels 12-14.25 oz. pkg. 76¢ each Limit 2 per family with coupon at Super One thru February 8, 2014 | VALUABLE COUPON 1180 FROZEN  Shoppers Value Shoestring French Fries 20 oz. pkg. 76¢ each Limit 2 per family with coupon at Super One thru February 8, 2014 | NO CLIPPING NECESSARY 1190  Vlasic Relish 10 oz. bottle 76¢ each Limit 2 per family with coupon at Super One thru February 8, 2014 | NO CLIPPING NECESSARY 1200 DAIRY  Land O Lakes 2%, 1% & Skim Milk 1/2 Gallon \$1.76 each Limit 2 per family with coupon at Super One thru February 8, 2014 |
| VALUABLE COUPON 1015  Essential Everyday Fully Cooked Bacon 2.1 oz. \$2.99 Limit 10 per family with coupon at Super One thru February 8, 2014 Meat Department | VALUABLE COUPON 1025  Blue Wave Jumbo Breaded or Coconut Shrimp 9-10 oz. \$2.99 Limit 10 per family with coupon at Super One thru February 8, 2014 Meat Department | VALUABLE COUPON 1035  No Name Steak House Seasoned or Cheddar Bacon Steak Burger 27 oz. \$4.99 Limit 10 per family with coupon at Super One thru February 8, 2014 Meat Department | VALUABLE COUPON 1045  No Name Steak & Beef Pattie or Chicken & Beef Pattie Combo Pack 18-20 oz. \$4.99 Limit 10 per family with coupon at Super One thru February 8, 2014 Meat Department |

| FROZEN | |
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| Tony's Pizza.....13.5-17 oz. | \$1.88 |
| Tony's Mega Puches.....6.5 oz. | 10/\$10 |
| Stone Ridge Creameries Premium Ice Cream.....48 oz. pkg. | 2/\$5 |
| Essential Everyday Garlic Bread.....16 oz. loaf | 2/\$3 |
| Nabisco Teddy Grahams.....8-10 oz. box | 2/\$5 |
| Nabisco Premium Saltines...9-16 oz. box | 2/\$5 |

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| Sara Lee Whole Grain White Bread.....20 oz. | \$1.99 |
| Dutch Country Wheat Bread.....24 oz. | \$1.99 |
| Essential Everyday Hamburger and Hotdog Buns.....8 ct. | \$1.39 |
| Essential Everyday Peanut Butter.....28 oz. jar | \$2.49 |
| Sara Lee Lite Multigrain.....20 oz. | \$2.49 |
| Whole Wheat With Honey20 oz. | \$2.49 |
| Delightful Wheat Bread.....20 oz. | \$2.49 |

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| Frappuccino 4 pack..... | \$5.99 |
| Pepsi & Pepsi Products 12 pack..... | 3/\$11 |
| Pepsi & Pepsi Products 2 liter..... | 2/\$3.50 |
| Aquafina 24 pack..... | \$3.99 |
| Lipton Tea 12 pack..... | \$4.99 |

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| Chicken of the Sea Chunk Light Tuna.....5 oz. can | 88¢ |
| Chicken of the Sea Albacore Tuna.....5 oz. can | 2/\$3 |
| Milwaukee Baby Dill Pickles.....32 oz. jar | 2/\$4 |
| Classico Pasta Sauce.....8.1-24 oz. jar | 2/\$4 |
| Essential Everyday Pineapple.....20 oz. can | 88¢ |

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| Joan of Arc Light Red Kidney Beans.....15.5 oz. can | 88¢ |
| Joan of Arc Dark Red Kidney Beans.....15.5 oz. can | 88¢ |
| Joan of Arc Chili Beans.....15.5 oz. can | 88¢ |
| Hunt's Whole Tomatoes...14.5 oz. can | |
| Stewed Tomatoes...14.5 oz. can | 88¢ |
| Diced Tomatoes...14.5 oz. can | 88¢ |
| Hunt's Tomato Sauce.....15 oz. can | 88¢ |
| Essential Everyday Chili Seasoning Mix.....1.25 oz. packet | 48¢ |

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| Frito Lay Party Size Tostitos, Lays, Ruffles, Fritos, Cheetos or Doritos.....11.5-19 oz. | 2/\$7 |
| Frito Lay XXL Salsa or Con Queso Dip.....23-24 oz. | 2/\$7 |
| Frito Lay Fritos, Cheetos, or Funyuns.....6-10.25 oz. | 2/\$6 |
| Old Dutch Puffcorn.....7-9 oz. | \$2.29 |
| Old Dutch Triple Pack Box Chips....15 oz. | \$3.88 |
| Old Dutch Super Size Popcorn...12 oz. | \$3.79 |
| Barrel O' Fun Cheese Puffs, Balls & Curls.....10 oz. | 2/\$4 |
| Essential Everyday Potato Chips.....9 oz. bag | 3/\$5 |

| CEREAL | |
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| Essential Everyday | |
| Marshmallow Treasure.....11.5 oz. box | |
| Frosted Fruit O's....12.2 oz. box | |
| Apple Crunchies..12.2 oz. box | |
| Crispy Rice.....12 oz. box | |
| Honey Nut Toasty Oats.....12.25 oz. box | |
| Toasted Oats.....14 oz. box | |
| Corn Flakes.....18 oz. box | |
| Bran Flakes.....17.3 oz. box | |
| Fruit Crispy Rice.....11 oz. box | |
| Natural Oat Honey and Raisin...16 oz. box | |
| Natural Oat and Honey.....16 oz. box | 3/\$5 |

| Kellogg's | |
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| Corn Flakes.....18 oz. | |
| Crispix.....12 oz. | |
| Raisin Bran.....18.7 oz. | |
| Raisin Bran Crunch.....18.2 oz. | |
| Crunchy Nut Golden Flakes.....13.2 oz. | |
| Crunchy Nut Roasted O's.....9.8 oz. | 2/\$5 |
| Krusteaz Pancake Mix.....28-32 oz. box | \$2.25 |
| Mrs. Butterworth's Syrup.....24 oz. bottle | \$2.75 |
| Kellogg's Nutri-Grain Bars.....7.4-10.4 oz. | 2/\$5 |
| Kellogg's Fruit Snacks.....8 oz. | 2/\$4 |

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| Duncan Hines Brownie Mix.....18-18.3 oz. box | 2/\$3 |
| Nestle Toll House Morsels.....10-12 oz. bag | 2/\$4 |
| Wesson Vegetable Oil.....48 oz. | \$2.75 |
| Wesson Canola Oil.....48 oz. | \$2.75 |
| Diamond Walnuts.....16 oz. bag | \$5.99 |

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| Hills Brothers Coffee Original Roast.....33.9 oz. can | \$5.99 |
| Starbucks Coffee.....12 oz. bag | \$6.99 |
| Starbucks.....10 count k-cup box | \$6.99 |
| Starbucks VIA Instant Coffee.....6-8 count pkg. | \$5.99 |
| Essential Everyday Bathroom Tissue.....24 double roll pkg. | \$10.99 |

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| Frito Lay Lay's Kettle Cooked Chips 7-8.5 oz. | 2/\$5 |
| Frito Lay Tostitos Salsa 15.5 oz. | 2/\$5 |
| Frito Lay Matador Jerky 3 oz. | \$4.99 |
| Frito Lay Variety Pack Chips 20 ct. | \$6.99 |
| Cantinas 9-12 oz. | 2/\$5 |
| Old Dutch Flavored Potato Chips 8.5-9 oz. | \$2.79 |
| Old Dutch Restaurante Style Tortilla Chips 10-13 oz. | \$2.79 |
| Carnation Instant Breakfast 8-10 count box..... | \$3.99 |
| Essential Everyday Hot Sauce 12 oz. bottle..... | 78¢ |
| Chicken of the Sea Pink Salmon 5 oz. can..... | 2/\$3 |
| Essential Everyday Fruit Bowls 4 count pkg..... | 2/\$4 |
| Essential Everyday Applesauce 46-48 oz. jar..... | \$1.88 |
| Langer's Citrus Blended Juice Cocktails 64 oz. bottle..... | 2/\$4 |
| Welch's 100% Juices 64 oz. bottle..... | \$3.49 |
| Minute Maid 100% Juice Boxes 10 pack..... | \$3.49 |
| Essential Everyday Pasta 12-16 oz. box..... | 88¢ |
| Ronzoni Garden Delight Pasta 12 oz. box.... | 98¢ |
| Ronzoni Healthy Harvest Pasta 12 oz. box.... | 98¢ |
| Ronzoni Smart Taste Pasta 12 oz. box..... | 98¢ |
| Essential Everyday Chunk White Chicken 10 oz. can.... | \$1.88 |
| Ragu Traditional, Meat or Mushroom Spaghetti Sauce 24 oz. jar..... | \$1.75 |

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| Vlasic Pickle Spears 24 oz. jar..... | 2/\$4 |
| Vlasic Pickle Stackers 16 oz. jar..... | 2/\$4 |
| Vlasic Farmer's Garden Pickle 26 oz. jar..... | \$2.99 |
| Chi Chi's Salsa 16 oz. jar..... | \$1.75 |
| La Banderita Flour Tortillas 16 oz. pkg. | 2/\$3 |
| Kraft Macaroni and Cheese Shapes 5.5 oz. box..... | 5/\$5 |
| Newman's Own Salad Dressing 16 oz. bottle.... | \$2.99 |
| Crisco Olive Oil 16.9 oz. bottle..... | \$3.99 |
| Essential Everyday Roasted Almonds 16 oz. pkg. | \$4.99 |
| Fisher Whole Jumbo Cashews 8.5 oz. can.... | \$4.99 |
| Fisher Deluxe Mixed Nuts 8.75 oz. can..... | \$4.99 |
| Progresso Healthy Soups 18.5-19 oz. can..... | 2/\$3 |
| Essential Everyday Beef Broth 32 oz. box..... | 2/\$3 |
| Essential Everyday Chicken Broth 32 oz. box..... | 2/\$3 |
| C & H Sugar 4 lb. | \$2.19 |
| C & H Brown Sugar 2 lb. bag..... | \$1.69 |
| C & H Powdered Sugar 2 lb. bag..... | \$1.69 |
| Hamel Pure Maple Syrup 16 oz. bottle..... | \$6.99 |
| Butter Kernel Gold Label Vegetables 14.5-15 oz. can.. | 88¢ |
| Zatarain's Rice Mixes 7-8 oz. box..... | 2/\$3 |
| Ajax Dish Detergent 30 oz. bottle..... | \$1.89 |
| Shoppers Value Dish Detergent 20 oz. bottle..... | 88¢ |