

Your only  
Locally-owned  
Supermarket for  
over 50 years.



PRICES IN EFFECT NOON  
Sun., September 21 - Sat., September 27

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

REDEEMABLE COUPON | VALID: 9/21/14-9/27/14 | RV0150 | 1010

Buy 2 I Can't Believe It's Not Butter,  
Get 1 Dozen Eggs **FREE**

Redeem Via S.V. Retail Accounting  
Limit 1 coupon per family at Super One thru September 27, 2014

MANUFACTURER COUPON | VALID: 9/21/14-9/27/14 | MRV0300 | 1020

Nabisco  
Family Size Snack Crackers  
12-16 oz. box  
Family Size Oreo's  
19.1-20 oz. pkg.

3/\$9

Redeem Via S.V. Retail Accounting  
Limit 1 coupon per family at Super One thru September 27, 2014

MANUFACTURER COUPON | VALID: 9/21/14-9/27/14 | MRV0300 | 1030

Nabisco  
Family Size Oreo's  
19.1-20 oz. pkg.  
Family Size Snack Crackers  
12-16 oz. pkg.

3/\$9

Redeem Via S.V. Retail Accounting  
Limit 1 coupon per family at Super One thru September 27, 2014

REDEEMABLE COUPON | VALID: 9/14/14-9/20/14 | RV0150 | 1040

Buy 2 Lipton Recipe Secrets Dry Soup Mixes,  
Get 1 **FREE** Essential Everyday Sour Cream 16 oz. tub

Redeem Via S.V. Retail Accounting  
Limit 1 coupon per family at Super One thru September 27, 2014

REDEEMABLE COUPON | VALID: 9/21/14-9/27/14 | RV0200 | 1050

Buy 2 Hellmann's Mayonnaise 30 oz. jar,  
Get 1 **FREE** Essential Everyday  
Parmesan Cheese 8 oz. container

Redeem Via S.V. Retail Accounting  
Limit 1 coupon per family at Super One thru September 27, 2014

REDEEMABLE COUPON | VALID: 9/21/14-9/27/14 | XXXXXXXX | 1060

Buy 2 Ragu Spaghetti Sauce 24 oz. jar,  
Get 1 **FREE** Essential Everyday  
Garlic Bread 16 oz.

Redeem Via S.V. Retail Accounting  
Limit 1 coupon per family at Super One thru September 27, 2014

REDEEMABLE COUPON | VALID: 9/21/14-9/27/14 | RV0200 | 1070

Buy Any 4 of these Old El Paso Items  
and Get **\$2.00 OFF** of Any Meat Product  
(Taco Shells, Refried Beans, Dinner Kits, Enchilada Sauce)

Redeem Via S.V. Retail Accounting  
Limit 1 coupon per family at Super One thru September 27, 2014

REDEEMABLE COUPON | VALID: 9/21/14-9/27/14 | RV0500 | 1080

Save \$5.00 When You Buy Any 5  
of these Kraft Dinners  
(Velveeta Shells Dinner, Skillets, Casseroles,  
5 pack Mac+Cheese, Mac+Cheese Shapes)

Redeem Via S.V. Retail Accounting  
Limit 1 coupon per family at Super One thru September 27, 2014

VALUABLE COUPON | 1090

Essential Everyday  
Oatmeal  
18 oz. canister

88¢ each

Limit 2 per family with coupon at Super One thru September 27, 2014

VALUABLE COUPON | 1100

Eight O'Clock  
K Cup  
Coffee  
12 count box

\$4.88 each

Limit 2 per family with coupon at Super One thru September 27, 2014

VALUABLE COUPON | 1110

Essential Everyday  
Oyster  
Crackers  
9 oz. bag

88¢ each

Limit 2 per family with coupon at Super One thru September 27, 2014

VALUABLE COUPON | 1120

Act II  
Microwave  
Popcorn  
3 pack box

88¢ each

Limit 2 per family with coupon at Super One thru September 27, 2014

VALUABLE COUPON | 1130

X-Tra  
Liquid  
Laundry  
Detergent  
75 oz. bottle

\$1.88 each

Limit 2 per family with coupon at Super One thru September 27, 2014

Keebler  
Chips Deluxe  
Cookies ..... 10-14.8 oz. pkg. **2/\$5**

Keebler  
Fudge Shop  
Cookies ..... 4-15 oz. pkg. **2/\$5**

Keebler  
Pecan Sandies  
Cookies ..... 13 oz. pkg. **2/\$5**

Keebler  
Animal  
Crackers ..... 13 oz. bag **2/\$5**

Keebler  
Vanilla Wafers... 12 oz. box **2/\$5**

Keebler  
Cheez-It  
Crackers ..... 9-12.4 oz. box **2/\$5**

Keebler  
Club  
Crackers ..... 11-16 oz. box **2/\$5**

Coke & Coke Products **\$3.89**  
12 packs .....

Coke & Coke Products **4/\$5**  
2 liters.....

Dasani  
Water 24 pack..... **\$3.99**

Super Chill  
Pop 2 liter bottles..... **88¢**

FROZEN

Pagoda  
Egg Rolls 12.27 oz.. **2/\$5**

Essential Everyday  
Garlic  
Bread 16 oz. pkg. .... **\$1.66**

Drive Thru  
Chicken Sandwiches **2/\$3**  
5.6-5.7 oz. pkg. ....

Drive Thru  
Hamburgers **2/\$3**  
4.6-4.9 oz. pkg. ....

Taystee  
Large White  
Bread 24 oz. .... **\$1.99**

Dutch Country  
100% Whole Wheat  
Bread 24 oz. .... **\$2.29**

Essential Everyday  
Grape  
Jelly 32 oz. jar ..... **\$1.48**

Skippy  
Peanut  
Butter 16.3 oz. jar .... **\$1.98**

Krispy  
Saltines ..... 16 oz. box **\$1.66**

Essential Everyday  
Tomato Soup...10.75 oz. can **48¢**

Chicken Noodle  
Soup.....10.5 oz. can **48¢**

Lipton  
Recipe Secrets Onion  
Soup Mix ..... 2 oz. box **88¢**

Essential Everyday  
Light Apple  
Juice .....64 oz. bottle **2/\$3**

V-8  
Splash Juice  
Drink.....64 oz. bottle **2/\$4**

V-8  
V-Fusion Refreshers  
Drink.....46 oz. bottle **2/\$4**

Frito Lay  
Tostitos ..... 13 oz. **BUY ONE GET ONE FREE**

Ruffles ..... 7.5-10 oz. **BUY ONE GET ONE FREE**

Tostitos Salsa &  
Dips ..... 15-15.5 oz. **2/\$6**

Old Dutch  
Pretzels ..... 12-15 oz. **\$2.29**

Old Dutch  
Dutch Crunch  
Chips.....8-9 oz. **\$2.79**

CEREAL

Essential Everyday

Crispy Rice.....12 oz.

Honey Nut Toasted  
Oats.....12.25 oz.

Toasted Oats ..... 14 oz.

Corn Flakes ..... 18 oz.

Bran Flakes ..... 17.3 oz.

Golden Wheat  
Puffs ..... 15.3 oz.

Natural Oat,  
Honey 'n Raisin ... 16 oz.

Natural Oat  
'n Honey ..... 16 oz. **3/\$5**

Kellogg's

Rice Krispies.....12 oz.

Frosted Flakes.....15 oz.

Corn Pops ..... 12.5 oz.

Froot Loops.....12.2 oz. **2/\$5**

Apple Jacks ..... 12.2 oz.

Better Oats  
Instant  
Oatmeal ..... 9.8-15.1 oz. box **2/\$4**

Essential Everyday  
Sweet 'n Salty or  
Crunchy Granola  
Bars ..... 10 count box **2/\$4**

Kellogg's  
Pop Tarts ..... 12 count box **2/\$5**

Hellmann's  
Mayonnaise ..... 30 oz. jar **\$3.99**

Essential Everyday  
Salad  
Dressings..... 16 oz. bottle **99¢**

Essential Everyday  
Relish ..... 10 oz. jar **89¢**

Essential Everyday  
Croutons..... 5 oz. pouch **89¢**

Rotel  
Tomatoes ..... 10 oz. can **98¢**

Old El Paso  
Dinner Kits ... 8.4-14 oz. box **2/\$5**

Stand 'n Stuff  
Dinner Kits ..... 10.9 oz. box **2/\$5**

Old El Paso  
Taco Shells... 4.6-11 oz. pkg. **\$1.18**

Old El Paso  
Refried Beans ... 16 oz. can **\$1.18**

Old El Paso  
Taco  
Seasoning .... 1 oz. packet **4/\$3**

Old El Paso  
Enchilada  
Sauce..... 10 oz. can **\$1.18**

Northern  
Bathroom  
Tissue .... 4 double roll pkg. **\$2.98**

Shoppers Value  
Paper Towels..... 6 roll pkg. **\$2.98**

Essential Everyday  
Facial Tissue.. 100 count box **88¢**

Hills Brothers  
Coffee..... 27.8-33.9 oz. can **\$7.88**

MJB  
Coffee..... 27.8-33.9 oz. can **\$7.88**

Donut House  
Coffee K Cups... 12 count box **\$5.48**

Kauai  
K Cup Coffee ... 12 count box **\$5.48**

Hills Brothers  
Coffee K Cups ... 12 count box **\$5.88**

Tostitos  
Cantina 9-12 oz. .... **2/\$6**

Lay's Kettle  
Cooked 7-8.5 oz. .... **2/\$6**

Rold Gold  
Pretzels 8.25-16 oz. .... **2/\$6**

Old Dutch  
Ripples Potato  
Chips 8-8.5 oz. .... **\$2.79**

Old Dutch  
Arriba Nacho Cheese  
Tortilla Chips 12 oz. .... **2/\$4.44**

K.C. Masterpiece  
BBQ Sauce 18 oz. bottle .... **2/\$3**

K.C. Masterpiece  
Baked Beans 16 oz. can ... **88¢**

Essential Everyday  
Chocolate  
Syrup 24 oz. bottle..... **\$1.88**

Bumble Bee  
Chunk Light  
Tuna 5 oz. can ..... **98¢**

Bumble Bee  
Chunk Light  
Tuna 2.5 oz. pouch..... **98¢**

Essential Everyday  
Fruit Bowls 4 count pkg. ... **\$1.88**

Essential Everyday  
Applesauce 6 pack/4 oz. cups... **2/\$3**

Essential Everyday  
Peanut Butter 28 oz. jar.. **\$2.98**

Crystal Light  
Water  
Enhancers 1.62 oz. bottle... **\$2.98**

Capri Sun  
Fruit Waves 100% Juice  
Pouches 10 pack..... **\$2.98**

Dreamfields  
Pasta 13.25 oz. box ..... **2/\$4**

Essential Everyday  
Hamburger Dill Pickle  
Slices 16 oz. jar ..... **2/\$3**

Bread and Butter  
Chips 16 oz. jar..... **2/\$3**

Essential Everyday  
Dill Pickle Sandwich  
Slices 16 oz. jar ..... **2/\$4**

Bread and Butter  
Slices 16 oz. jar ..... **2/\$4**

McCormick  
Skillet  
Sauces 6-9 oz. pkg. .... **2/\$3**

Betty Crocker  
Ultimate  
Helpers 8.5-9.8 oz. box..... **2/\$4**

Kraft  
Deluxe Macaroni and  
Cheese Dinner 14 oz. box... **2/\$4**

Kraft  
Velveeta Shells and  
Cheese Dinner 12 oz. box.... **2/\$4**

Kraft  
Mac and Cheese  
Shapes 5.5 oz. box ..... **\$1.38**

Kraft  
Macaroni and Cheese  
Dinner 5 pack/7.5 oz. boxes .... **\$4.99**

Essential Everyday  
Olive Oil 25.4 oz. bottle ..... **\$5.99**

Mazola  
Corn Oil 40 oz. bottle ..... **\$2.99**

Canola Oil 40 oz. bottle .... **\$2.99**

Fisher  
Whole  
Cashews 8.5 oz. tin ..... **\$4.99**

Deluxe Mixed  
Nuts 8.75 oz. tin..... **\$4.99**

Essential Everyday  
Vanilla Wafers 11 oz. box... **\$1.66**

Essential Everyday  
Sugar Free Drink  
Mix 1.5-3.2 oz. pkg. .... **2/\$3**

Super Chill  
Sparkling  
Water 17 oz. bottle ..... **66¢**

Maruchan  
Ramen  
Noodles 3 oz. pkg. .... **4/\$1**

Essential Everyday  
Long Grain White  
Rice 5 lb. bag..... **\$3.49**

Essential Everyday  
Instant Rice 42 oz. box .... **\$3.49**

Essential Everyday  
Designer Paper  
Plates 10.25 inch/24 count .... **2/\$4**

Essential Everyday  
Disinfectant  
Wipes 35 count pkg. .... **2/\$3**

Dial  
Liquid Hand  
Soap 7.5 oz. bottle..... **99¢**