

Your only  
Locally-owned  
Supermarket for  
over 50 years.

Stewart's  
**1**  
SuperOne  
FOODS

PRICES IN EFFECT NOON

Sun., January 12 - Sat., January 18

Open 7 Days A Week 5:00 a.m. - Midnight

Hwy. 11-71 West, I. Falls, MN

283-8440 • www.s1foods.com

NO CLIPPING NECESSARY 1010

Essential Everyday  
**Saltines**  
16 oz. box **66¢** each

Limit 2 per family with coupon at Super One thru January 18, 2014

100X1293 | REDEEMABLE COUPON | VALID: 1/12/14-1/18/14 | RV0100 | 1020

**SAVE \$1.00 on Crackers**  
(any brand, any variety)  
when you buy ANY 4 participating\*\*  
Progresso® soups

Limit x per family with coupon at Super One thru January 18, 2014

150X1290 | REDEEMABLE COUPON | VALID: 1/12/14-1/18/14 | RV0150 | 1030

**SAVE \$1.50 on Fruit**  
(any brand, any variety)  
when you buy 2 General Mills  
Cheerios® Cereals 18 oz.

Limit x per family with coupon at Super One thru January 18, 2014

NO CLIPPING NECESSARY 1040

Essential Everyday  
**Ketchup**  
24 oz. bottle **77¢** each

Limit 2 per family with coupon at Super One thru January 18, 2014

NO CLIPPING NECESSARY 1050

Essential Everyday  
**Mustard**  
16 oz. **89¢**

Limit 2 per family with coupon at Super One thru January 18, 2014

100X1292 | REDEEMABLE COUPON | VALID: 1/12/14-1/18/14 | RV0100 | 1060

**DAIRY**

**SAVE \$1.00 on Bread**  
(any brand, any variety)  
when you buy ANY 5 Yoplait®  
Greek Blended or  
Greek 100 cups.

Limit x per family with coupon at Super One thru January 18, 2014

NO CLIPPING NECESSARY 1070

Fresh From Our Bakery  
**White Bread**  
1½ lb. loaf **\$1.00** each

Limit 2 per family with coupon at Super One thru January 18, 2014

NO CLIPPING NECESSARY 1080

**DAIRY**

Pillsbury  
**Grands Biscuits**  
16.3 oz. tube **77¢** each

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NO CLIPPING NECESSARY 1090

**DAIRY**

Essential Everyday  
**English Muffins**  
6 count pkg. **77¢** each

Limit 2 per family with coupon at Super One thru January 18, 2014

NO CLIPPING NECESSARY 1100

**FROZEN**

Essential Everyday  
**Waffles**  
12.3 oz. box **BUY 1 GET 1 FREE**

Limit 1 per family with coupon at Super One thru January 18, 2014

VALUABLE COUPON 1110

**FROZEN**

Kemps  
**Ice Cream**  
48 oz. pkg. **BUY 1 GET 1 FREE**

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VALUABLE COUPON 1120

Quaker  
**Oatmeal Squares Cereal**  
14.5 oz. box **BUY 1 GET 1 FREE**

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VALUABLE COUPON 1130

Essential Everyday  
**Instant Oatmeal**  
10 count box **BUY 1 GET 1 FREE**

Limit 1 per family with coupon at Super One thru January 18, 2014

VALUABLE COUPON 1140

Hunt's  
**Snack Pack Pudding**  
4 pack **BUY 1 GET 1 FREE**

Limit 1 per family with coupon at Super One thru January 18, 2014

VALUABLE COUPON 1150

Creamette  
**Pasta**  
12-16 oz. box **BUY 1 GET 1 FREE**

Limit 1 per family with coupon at Super One thru January 18, 2014

VALUABLE COUPON 1160

Keebler  
**Fudge Shop Cookies**  
6.6-15 oz. pkg. **BUY 1 GET 1 FREE**

Limit 1 per family with coupon at Super One thru January 18, 2014

NO CLIPPING NECESSARY 1170

Frito Lay  
**Cheetos**  
9-9.5 oz. bag **BUY 1 GET 1 FREE**

Limit 1 per family with coupon at Super One thru January 18, 2014

NO CLIPPING NECESSARY 1180

Frito Lay  
**Fritos**  
10.25-14 oz. bag **BUY 1 GET 1 FREE**

Limit 1 per family with coupon at Super One thru January 18, 2014

NO CLIPPING NECESSARY 1190

**Pasta Roni**  
3.8-7.2 oz. **77¢** each

Limit 2 per family with coupon at Super One thru January 18, 2014

VALUABLE COUPON 1200

**Rice-A-Roni**  
3.8-7.2 oz. **77¢** each

Limit 2 per family with coupon at Super One thru January 18, 2014

NO CLIPPING NECESSARY 1210

**DAIRY**

Crystal Farms  
**American Singles**  
12 oz. pkg. **97¢**

Limit 1 per family with coupon at Super One thru January 18, 2014

NO CLIPPING NECESSARY 1220

Essential Everyday  
**Oatmeal**  
18 oz. canister **BUY 1 GET 1 FREE**

Limit 1 per family with coupon at Super One thru January 18, 2014

NO CLIPPING NECESSARY 1015

Elliotts Up North  
**Pork Sausage Rolls**  
16 oz. **\$1.25**

Limit 10 per family with coupon at Super One thru January 18, 2014

NO CLIPPING NECESSARY 1025

Shoppers Value  
**Original, Pepperoni or Breakfast Pizza**  
4.5-5.25 oz. **79¢**

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**Coke & Coke Products**  
12 packs..... **3/\$10**  
**Coke & Coke Products**  
2 liters..... **2/\$3**  
**Dasani Water** 24 packs..... **\$3.99**

**Nabisco Oreo Cookies**.. 10-15.25 oz. pkg. **2/\$5**  
**Nabisco Toasted Chips**..... 8.1 oz. bag **\$2.99**  
**Keebler Graham Crackers**... 14-16 oz. box **2/\$5**  
**Keebler Kashi TLC Crackers**... 7.9-9 oz. box **2/\$5**  
**Kashi Heart to Heart Crackers**..... 8 oz. box **2/\$5**  
**Kashi Cookies**..... 8.5-9 oz. pkg. **2/\$5**

**Frito Lay Doritos**..... 10-11 oz. **3/\$10**  
**Ruffles**..... 7.5-10 oz. **2/\$5**  
**Fritos Canned Dip**..... 9 oz. **2/\$6**  
**Rold Gold Pretzels**..... 10-16 oz. **2/\$6**  
**Munchies** ..... 8 oz. **2/\$6**  
**Cantinas** ..... 9-12 oz. **2/\$6**  
**Old Dutch Popcorn**..... 6 oz. **\$1.89**  
**Old Dutch Arriba Nacho Cheese Tortilla Chips**..... 12 oz. **2/\$4.44**  
**Old Dutch Dutch Crunch Chips**..... 8-9 oz. **\$2.79**  
**Barrel O Fun Assorted Chips**..... 10 oz. **2/\$4.88**

**Frito Lay Family Size Tostitos** 14.5 oz. .... **\$4.49**  
**Lays** 13.3-13.8 oz. .... **2/\$6**  
**Lay's Kettle Cooked Chips** 8-8.5 oz. .... **\$6.99**  
**Variety Pack Chips** 22 ct. .... **2/\$7**  
**Natural Ruffles, Cheetos, Lays and Tostitos** 8-9 oz. .... **2/\$5**  
**Old Dutch Twin Pack Box Chips** 10 oz. .... **\$3.79**  
**Old Dutch Family Pack Chips** 13.5-14.5 oz. .... **2/\$4**  
**Hershey's Twizzlers** 14-16 oz. pkg. .... **88¢**  
**Essential Everyday Ketchup** 24 oz. bottle..... **99¢**  
**Essential Everyday Mustard** 16 oz. .... **\$2.88**  
**McIlhenny Tabasco Sauce** 5 oz. bottle..... **98¢**  
**KC Masterpiece BBQ Sauce** 18 oz. .... **98¢**  
**Starkist Chunk Light Tuna** 2.6 oz. pouch..... **98¢**  
**Starkist Chunk White Tuna** 5 oz. can..... **98¢**  
**Langers 100% Juice Blends** 64 oz. bottle..... **\$1.88**  
**Essential Everyday Tomato Juice** 64 oz. bottle..... **2/\$4**  
**Newman's Own Spaghetti Sauce** 24 oz. jar ..... **2/\$4**  
**Hormel Compleats Microwave Meals** 7.5-10 oz. pkg. .... **2/\$4**  
**Newman's Own Salsa** 16 oz. jar..... **2/\$4**  
**La Banderita Fajita Flour Tortillas** 6 inch 10 count pkg. .... **2/\$3**  
**Lawry's Seasoned Salt** 16 oz. bottle..... **\$2.99**  
**Essential Everyday Instant Potatoes** 13.3 oz. box..... **2/\$3**  
**Crystal Light Drink Mix Sticks** 10 count box ..... **2/\$4**  
**Cascade Ice** 17.2 oz. bottle ..... **88¢**  
**Maruchan Ramen Cups** 2.25 oz. cup..... **2/\$1**

**Essential Everyday Instant Bouillon** 3.75 oz. jar..... **98¢**  
**Bush's Light Red** 16 oz. can..... **68¢**  
**Dark Red** 16 oz. can..... **98¢**  
**Chili Beans** 16 oz. can..... **\$2.98**  
**Pinto Beans** 16 oz. can ..... **\$3.88**  
**Great Northern Beans** 15.8 oz. can..... **\$2.19**  
**Navy Beans** 16 oz. can..... **2/\$5**  
**Black Beans** 15 oz. can ..... **2/\$5**  
**Garbanzo Beans** 16 oz. can..... **99¢**  
**Butter Beans** 16 oz. can..... **99¢**  
**Essential Everyday Whole, Stewed, Diced Tomatoes** 14.5 oz. can ..... **2/\$1**  
**Essential Everyday Tomato Paste** 12 oz. can ..... **2/\$5**  
**Canoe White and Wild Rice** 12 oz. bag ..... **2/\$5**  
**Canoe Dried Wild Rice** 12 oz. bag ..... **\$5.99**  
**Uncle Ben's Brown Rice** 14-15.8 oz. box ..... **\$5.99**  
**Canoe Cooked Wild Rice** 15 oz. can ..... **2/\$3**  
**Renuzit Adjustable Air Fresheners** 7-7.5 oz. pkg. .... **\$3.99**  
**Essential Everyday Heavy Duty Cutlery** 24 count pkg. .... **\$4.69**  
**Chinet Dinner Plates** 10 3/8" 15 count pkg. .... **\$3.49**  
**Solo Heavy Duty Plates** 10.25" 22 count pkg. .... **2/\$3**  
**Hefty Tall Kitchen Bags** 38-45 count box ..... **2/\$3**  
**Hefty Trash Bags** 20-28 count box..... **2/\$3**  
**9 Lives Cat Food** 4 pack of 5.5 oz. cans ..... **\$3.99**  
**Dial Bar Soap** 8 bar pkg. .... **4/\$5**  
**Tide Laundry Detergent** 14 count pods..... **4/\$5**  
**Finish Automatic Dish Washer Detergent** 20 count tabs 75 oz. gel or powder ... **4/\$5**

NO CLIPPING NECESSARY 1035

Shoppers Value  
**Sausage Biscuit, Breaded Chicken Cheese Burger or BBQ Rib Sandwich**  
5.1-5.7 oz. **\$1.00**

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NO CLIPPING NECESSARY 1045

Shoppers Value  
**Ribeye Steak, Porkloin Chop or Boneless Skinless Chicken Breast**  
3-4 oz. **\$1.00**

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**FROZEN**

**Pagoda Express Egg Rolls**..... 12.27 oz. **2/\$5**  
**Red Baron Pizza** ..... 14.76-23.45 oz. **3/\$9.99**  
**Essential Everyday Whipped Topping** ..... 8 oz. tub **88¢**  
**Banquet Dinners**..... x-10.25 oz. pkg. **88¢**

**Essential Everyday Saltines**..... 16 oz. box **88¢**  
**Healthy Choice Soups**..... 15 oz. **88¢**  
**Campbell's Chunky Soups**..... 18.8-19 oz. can **3/\$5**  
**Progresso Healthy Soups**..... 18.5-19 oz. can **4/\$5**  
**Butter Kernel Vegetables (Whole Kernel Corn, Cream Corn, Cut Green Beans, Sliced Green Beans)**..... 15 oz. can **58¢**

**Hidden Valley Ranch Dressings**... 16 oz. bottle **2/\$6**  
**Hidden Valley Ranch Dressing Mix** .... 4-1 oz. packets **4/\$5**  
**Texas Toast Croutons**..... 5 oz. **98¢**  
**Essential Everyday Vegetable Oil**..... 48 oz. bottle **\$2.25**  
**Crisco Shortening**..... 3 lb. tub **\$4.48**  
**Crisco Shortening Sticks** .. 20 oz. pkg. **\$2.98**  
**Pompeian Extra Virgin Olive Oil** .... 48 oz. bottle **\$4.98**  
**Essential Everyday Bathroom Tissue**..... 12 dbl. roll **\$3.98**  
**Brawny Paper Towels**..... single roll **99¢**  
**Ajax Dish Detergent**..... 14 oz. **98¢**  
**Arm & Hammer Laundry Detergent** ..... 75 oz. **\$2.99**

**Spam (original only) Luncheon Meat**..... 12 oz. can **2/\$5**  
**Pasta Roni** ..... 3.8-7.2 oz. **88¢**  
**Rice-A-Roni** ..... 3.8-7.2 oz. **88¢**  
**Kraft Easy Mac**..... 2.5 oz. cup **88¢**  
**Kraft Velveeta Shells and Cheese**..... 2.39 oz. cup **88¢**  
**Essential Everyday Macaroni and Cheese Dinner**..... 7.25 oz. box **2/88¢**  
**Taco Bell Taco Seasoning Mix** .... 1 oz. packet **2/\$1**  
**Taco Bell Taco Shells**..... 4.5 oz. box **4/\$5**

**CEREAL**

**General Mills**

**Cheerios** ..... 18 oz. **2/\$7**  
**Multi Grain Cheerios**... 9 oz. **2/\$7**  
**Multi Grain Dark Chocolate Cheerios** ... 12.1 oz. **2/\$7**  
**Multi Grain Peanut Butter Cheerios** ..... 11.3 oz. **2/\$7**  
**Cheerios Banana Nut**..... 10.9 oz. **2/\$7**  
**Cheerios Cinnamon** ... 10 oz. **2/\$7**  
**Cheerios Chocolate** ... 11.25 oz. **2/\$7**  
**Cheerios Honey Nut Crunch**..... 13.1 oz. **2/\$7**  
**Cheerios Frosted**..... 12 oz. **2/\$7**  
**Cheerios Dulce**..... 12 oz. **2/\$7**  
**Cheerios Fruity**..... 12 oz. **2/\$7**  
**Cheerios Apple Cinnamon**..... 12.9 oz. **2/\$5**  
**Bear Naked Granola**..... 12-13.3 oz. pkg. **\$3.49**  
**Nature Valley or Fiber One Protein Bars** ... 5.85-7.1 oz. box **2/\$6**  
**Welch's Fruit Snacks** ..... 9 oz. box **2/\$4**  
**Kellogg's Fruit Snacks** ..... 8 oz. box **2/\$4**

**Master Muffin Bread**..... 16 oz. **\$1.99**  
**Brownberry Italian Bread**..... 20 oz. **\$1.99**  
**Sara Lee Soft & Smooth Wheat Bread** ..... 20 oz. **\$1.99**  
**Essential Everyday White Bread**..... 24 oz. **\$1.99**  
**Skippy Peanut Butter**..... 16.3 oz. **\$1.95**  
**Smucker's Grape Jelly**..... 32 oz. **\$1.46**

**Essential Everyday Fruit**..... 15-15.25 oz. can **88¢**  
**Essential Everyday Mandarin Oranges** ... 11 oz. can **58¢**  
**Old Orchard Ruby Red** ..... 64 oz. bottle **2/\$3**  
**Apple Cranberry** ..... 64 oz. bottle **2/\$3**  
**Apple Raspberry**..... 64 oz. bottle **2/\$3**  
**Apple Kiwi Strawberry** ..... 64 oz. bottle **2/\$3**  
**Apple Cherry**..... 64 oz. bottle **2/\$3**  
**Old Orchard Healthy Balance Juice Cocktails** ..... 64 oz. bottle **3/\$5**  
**Juicy Juice** ..... 64 oz. bottle **2/\$5**  
**Hi-C Drink Boxes**..... 10 pack **2/\$4**