

Your only  
Locally-owned  
Supermarket for  
over 50 years.



PRICES IN EFFECT NOON  
Sun., August 4 - Sat., August 10  
Open 7 Days A Week 5:00 a.m. - Midnight  
Hwy. 11-71 West, I. Falls, MN  
283-8440 • www.s1foods.com

GOOD ONLY AT SUPER ONE | VALID: 08/04/13-08/10/13 | 1010

General Mills  
**Cheerios** **4/\$7**  
8.9 oz. box  
when you buy ANY 4 participating\*  
General Mills cereals in one shopping visit  
between 08/04/13 and 08/10/13. \*See store for details.

This coupon will only be redeemed by Retail Accounting, 101 Jefferson Ave. So., Hopkins, MN 55343. Valid in-store only. This coupon will not be redeemed through General Mills, Inc. Void if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. One coupon per purchase of specified products. Good only in the USA, APOL, and PPO. CONSUMER: Coupon cannot be combined with any other coupon or offer. Consumer pays any sales tax. Cash value 1/100 cent. Coupon is not redeemable for cash. ©2013 General Mills.

Limit 4 per family with coupon at Super One thru August 10, 2013

GOOD ONLY AT SUPER ONE | VALID: 08/04/13-08/10/13 | 1020

Betty Crocker  
**Fruit Snacks** **4/\$5**  
4.5-8 oz. box  
Must Buy 4

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MANUFACTURER COUPON | VALID: 08/04/13-08/07/13 | RV0100 | 1030

Maxwell House or  
Gevalia K Cup  
**Coffee** **\$5.50**  
12 count box

For use in the Maxwell House® Coffee Maker. Kraft Foods is not affiliated with Maxwell House. ©2013 Maxwell House.

RETAILER: Mail to Kraft Foods Group, Inc., P.O. Box 80000, St. Paul, MN 55180-0000. Cash value 1/100 cent. Coupon is not redeemable for cash.

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\$1.00/1

Limit 1 per family with coupon at Super One thru August 10, 2013

GOOD ONLY AT SUPER ONE | VALID: 08/04/13-08/10/13 | 1040

**SAVE \$2 ON MEAT**  
when you buy ANY 4 participating\*  
General Mills products in one shopping visit  
between 08/04/13 and 08/10/13. \*See store for details.

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MANUFACTURER COUPON | VALID: 08/04/13-08/07/13 | RV0100 | 1050

Kraft  
**Velveeta Shells and Cheese Dinner** **2/\$3**  
12 oz. box

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\$1.00/2

Limit 2 per family with coupon at Super One thru August 10, 2013

VALUABLE COUPON | 1060

Kraft  
**Dressings** **\$1.00**  
8 oz. bottle

Limit 1 per family with coupon at Super One thru August 10, 2013

VALUABLE COUPON | 1070

Kraft  
**Shredded Cheese** **5/\$7**  
8 oz. pkg.

Must Buy 5

Limit 5 per family with coupon at Super One thru August 10, 2013

VALUABLE COUPON | 1080

Must Buy 5  
Kraft  
**Chunk Cheese** **5/\$7**  
8 oz. block

Limit 5 per family with coupon at Super One thru August 10, 2013

VALUABLE COUPON | 1090

Must Buy 5  
Kraft  
**Cream Cheese** **5/\$5**  
8 oz. block

Limit 5 per family with coupon at Super One thru August 10, 2013

VALUABLE COUPON | 1100

Essential Everyday  
**Spread** **50¢**  
1 lb. quarter pkg.

Limit 2 per family with coupon at Super One thru August 10, 2013

VALUABLE COUPON | 1110

Kraft  
**BBQ Sauce** **75¢**  
17.5 oz. bottle

Limit 2 per family with coupon at Super One thru August 10, 2013

VALUABLE COUPON | 1120

Hunt's  
**Ketchup** **75¢**  
24 oz. bottle

Limit 1 per family with coupon at Super One thru August 10, 2013

VALUABLE COUPON | 1130

Hunt's  
**Spaghetti Sauce** **75¢**  
24 oz. can

Limit 1 per family with coupon at Super One thru August 10, 2013

VALUABLE COUPON | 1140

FROZEN  
Land O Lakes  
**Ice Cream Pail** **\$3.98**  
4 quart  
Vanilla Only

Limit 1 per family with coupon at Super One thru August 10, 2013

VALUABLE COUPON | 1150

Essential Everyday  
**Ice Cream Cones Cups** **75¢**  
12 count box

Limit 2 per family with coupon at Super One thru August 10, 2013

VALUABLE COUPON | 1160

Essential Everyday  
**Graham Crackers** **2/\$3**  
14.4 oz. box

Limit 2 per family with coupon at Super One thru August 10, 2013

VALUABLE COUPON | 1025

Shoppers Value  
**Cheese Burger, BBQ Rib, Breaded Chicken or Breakfast Sandwich** **99¢**  
5-5.7 oz.

Limit 10 per family with coupon at Super One thru August 10, 2013

VALUABLE COUPON | 1035

Shoppers Value  
**Ribeye Steak, Pork Chop or Boneless Chicken Breast** **99¢**  
3-4 oz.

Limit 10 per family with coupon at Super One thru August 10, 2013

PLU HERE | GOOD ONLY AT SUPER ONE | VALID: 08/04/13-08/10/13

**SAVE \$2**  
when you buy any TEN (10) participating ConAgra Foods' products

\*Participating products include: Banquet® Dinners and Brown 'N Serve,™ Chef Boyardee® Canned Pasta 15 oz. and Microwaveable Cups 7.5 oz., Manwich® 15 oz., Hunt's® Pasta Sauce 24 oz., Ketchup 24 oz., Tomato Sauce 15 oz., BBQ Sauce 21.6 oz. and Tomatoes 14.5 oz., RO\*TEL® Diced Tomatoes 10 oz., Golden's® Mustard 12 oz., Snack Pack® Pudding 4-pack, Dannon's® Chilli 15 oz. and Rosarita® Refried Beans 15-16 oz.

CUSTOMER MUST PURCHASE TEN CONAGRA ITEMS. GOOD ONLY AT PARTICIPATING STORES. LIMIT ONE COUPON PER PURCHASE. ANY OTHER USE CONSTITUTES FRAUD. Void if sold, copied, transferred, altered, prohibited or restricted. Good only in the USA and APOL/FPQ post office addresses. Consumer: No other coupon may be used with this coupon. Consumer pays any sales tax. ©ConAgra Foods, Inc. All Rights Reserved.

Retailer: This coupon to be redeemed by RETAIL ACCOUNTING, 101 JEFFERSON AVE. SO., HOPKINS, MN 55343.

Limit 10 per family with coupon at Super One thru August 10, 2013

VALUABLE COUPON | 1170

Kraft  
**Philadelphia Cream Cheese** **5/\$5**  
8 oz. tub

Limit 5 per family with coupon at Super One thru August 10, 2013

VALUABLE COUPON | 1045

Shoppers Value  
**Original or Pepperoni Pizza** **75¢**  
25 oz.

Limit 10 per family with coupon at Super One thru August 10, 2013

VALUABLE COUPON | 1055

Antioch Farms  
**Chicken Kiev, Cordon Bleu or Broccoli Cheese** **99¢**  
5 oz.

Limit 10 per family with coupon at Super One thru August 10, 2013

Take \$2 OFF of these Prices with Coupon above

Hunt's  
**Ketchup** ..... 24 oz. bottle **88¢**  
Gulden's  
**Spicy Brown Mustard** ..... 12 oz. squeeze bottle **98¢**  
Hunt's  
**BBQ Sauce** ..... 21.6 oz. bottle **98¢**  
Hunt's  
**Snack Pack Pudding** ..... 4 pack **98¢**  
Hunt's  
**Manwich Original Only** ..... 15 oz. can **88¢**  
Hunt's  
**Spaghetti Sauce** ..... 24 oz. can **88¢**  
Chef Boyardee  
**Canned Pasta** ..... 14.5-15 oz. can **5/\$5**  
Hunt's  
**Whole, Stewed or Diced Tomatoes** ..... 14.5 oz. can **5/\$5**  
Hunt's  
**Tomato Sauce** ..... 15 oz. can **78¢**  
Ro-Tel  
**Tomatoes** ..... 10 oz. can **5/\$5**

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Betty Crocker  
**Hamburger Helper** ..... 5.2-9.2 oz. box **5/\$5**  
Betty Crocker  
**Chicken Helper** ..... 5.2-9.2 oz. box **5/\$5**  
Betty Crocker  
**Tuna Helper** ..... 5.2-9.2 oz. box **5/\$5**  
Kraft  
**Velveeta Shells and Cheese Original Only** ..... 12 oz. box **\$2.25**  
La Choy  
**Chow Mein** ..... 42 oz. bi pack can **\$2.25**  
Kraft  
**Mayonnaise** ..... 22 oz. squeeze bottle **\$2.95**  
Kraft  
**Miracle Whip** ..... 22 oz. squeeze bottle **\$2.95**  
Star-Kist  
**Chunk White Tuna** ..... 5 oz. can **5/\$5**  
Hormel  
**Spam Original** ..... 12 oz. tin **2/\$5**

MANUFACTURER COUPON | VALID: 08/04/2013-08/10/2013 | RV0500

**SAVE \$5.00** when you buy any FIVE (5) participating KRAFT Cheese items:

- VELVEETA Shells (12 oz.)
- KRAFT Natural Cheddar Cheese (7.8 oz.)
- KRAFT Natural Sliced Cheese (7.8 oz.)
- VELVEETA (12 oz.)
- KRAFT Grated Parmesan Cheese (8 oz.)
- PHILADELPHIA Cream Cheese (8 oz.)
- Tater-Tots
- CHEESE WHIZ Cheese Dip (15 oz.)
- KRAFT Natural String Cheese (9.12 oz.)
- CRACKER BARREL Cheddar Cheese (8 oz.)
- KRAFT Natural Cheddar Shreds (7.8 oz.)
- KRAFT FRESH TAKE Cheese & Bread crumbs (16 oz.)

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\$5.00/5

Take An Additional **\$5 OFF** Of These Prices When You Purchase 5 Kraft Items

Kraft  
**Grated Parmesan Cheese** ..... 8 oz. tube **\$2.88**  
Kraft  
**Velveeta** ..... 2 lb. loaf **\$5.48**  
Kraft  
**Cheez Whiz** ..... 15 oz. jar **\$3.48**  
Kraft  
**Cracker Barrel Cheese** ..... 8 oz. block **\$2.88**  
Kraft  
**Fresh Take** ..... 6 oz. pkg. **\$2.48**  
Kraft  
**String Cheese** ..... 10-12 oz. pkg. **\$3.78**  
Kraft  
**Natural Sliced Cheeses** ..... 7-8 oz. pkg. **\$2.78**  
Kraft  
**Velveeta Slices** ..... 12 oz. pkg. **\$2.18**  
Jell-O  
**Gelatin** ..... 4 pack **\$1.88**  
Jell-O  
**Pudding** ..... 4 pack **\$1.88**

Keebler  
**Townhouse Crackers** ..... 9.5-16 oz. box **2/\$5**  
Keebler  
**Cheez-It Crackers** ..... 9.75-13.7 oz. box **2/\$5**  
Keebler  
**Mothers Cookies** ..... 11.5-16 oz. pkg. **2/\$5**  
Keebler  
**Famous Amos Cookies** ..... 8 oz. pkg. **\$1.88**

Kraft  
**Dressings** ..... 8 oz. bottle **4/\$5**  
Gedney  
**Baby Dill Pickles** ..... 32 oz. jar **2/\$5**  
Kraft  
**BBQ Sauce** ..... 17.5 oz. bottle **88¢**  
Butter Kernel  
**Vegetables (Whole Kernel Corn, Cream Corn, Cut Green Beans, French Style Green Beans)** ..... 15 oz. can **58¢**

Frito Lay  
**Family Size Munchies, Cheetos, Doritos, Tostitos** ..... 13-20 oz. **2/\$7**  
Frito Lay  
**Tostitos or Lay's Dips and Salsa** ..... 15-15.75 oz. **2/\$6**  
Frito Lay  
**Funyuns** ..... 6.5 oz. **2/\$6**  
Fritos  
..... 10.5 oz. **2/\$6**  
Cheetos  
..... 9-10.5 oz. **2/\$6**  
Old Dutch  
**Flavored Potato Chips** ..... 8.5-9 oz. **2/\$4.44**  
Old Dutch  
**Gourmet Potato Chips** ..... 8-10.5 oz. **2/\$4.44**  
Barrel-o-Fun  
**Cheese Puffs, Curls & Balls** ..... 12 oz. **2/\$4.88**

Pepsi & Pepsi Products  
2 liters ..... **2/\$3.50**  
Pepsi & Pepsi Products  
12 packs ..... **3/\$11**  
- \$2 in ad coupon  
Final Cost **3/\$9**  
Aquafina  
**Water** 24 packs ..... **\$3.99**  
Aquafina  
**Flavor Splash** 6 packs ..... **2/\$5**  
Lipton  
**Tea** 12 packs ..... **\$5.99**

Frito Lay  
**Lay's Kettle Cooked Chips** 8.5 oz. .... **2/\$6**  
Frito Lay  
**Tostitos Salsa & Dips** 23-24 oz. .... **2/\$7**  
Old Dutch  
**Restaurant Style Tortilla Chips** 10-13 oz. .... **2/\$4.44**  
Old Dutch  
**Puffcorn** 8.5-9 oz. .... **\$1.88**  
Betty Crocker  
**Cake Mixes** 15.25-16.25 oz. box .... **2/\$3**  
Betty Crocker  
**Supreme Brownie Mixes** 16.5-19.1 oz. box .... **\$2.25**  
Betty Crocker  
**Frosting** 12-16 oz. .... **\$1.88**  
Betty Crocker  
**Muffin Mixes** 15.2-18.25 oz. box .... **\$2.25**  
McCormick  
**Grill Mates Marinades** 0.71-1.25 oz. packet ..... **5/\$5**  
Lawry's  
**Seasoned Salt** 16 oz. pkg. .... **2/\$5**  
Dole  
**Fruit Bowls** 4 pack ..... **2/\$4**  
Barilla  
**Pasta** 12-16 oz. box ..... **4/\$5**  
Barilla  
**Pasta Sauce** ..... **\$1.88**  
La Choy  
**Soy Sauce** 10 oz. bottle ..... **\$1.48**

La Choy  
**Teriyaki Sauce** 10 oz. bottle ..... **\$1.48**  
La Choy  
**Sweet and Sour Sauce** 10 oz. bottle ..... **\$1.48**  
La Choy  
**Stir Fry Sauces** 14 oz. .... **\$2.18**  
Old El Paso  
**Flour Tortilla** 6.7 oz. pkg. .... **2/\$4**  
Old El Paso  
**Stand n Stuff Taco Dinner Kit** 10.9 oz. pkg. .... **2/\$5**  
Kraft  
**Salad Dressing Mix** 1-1.25 oz. packet ..... **4/\$5**  
Mrs. Cubbison's  
**CROUTONS** 5 oz. pouch ..... **2/\$3**  
McCormick  
**Grill Mates Spices** 2.5-3.5 oz. container ..... **2/\$3**  
Smart Balance  
**Cooking Oil** 48 oz. bottle ..... **\$2.99**  
MIO  
**Liquid Water Enhancers** 1.62 oz. bottle ..... **\$3.49**  
Fantastik  
**Cleaner** 32 oz. bottle ..... **2/\$4**  
Windex  
**Cleaners** 26 oz. bottle ..... **\$2.99**  
Glade Plug In  
**Scented Oil Refills** 0.67 oz. pkg. .... **\$2.99**  
Dial  
**Bar Soap** 3 bar pkg. .... **\$2.19**

MANUFACTURER'S COUPON EXPIRES 8/10/13

**SAVE \$2**  
WHEN YOU BUY ANY THREE (3) 12 OZ. CAN 12-PACKS

MANUFACTURER'S COUPON EXPIRES 8/10/13

**SAVE \$2**  
WHEN YOU BUY ANY THREE (3) 12 OZ. CAN 12-PACKS

Northern  
**Bathroom Tissue** ..... 12 double roll pkg. **\$6.88**  
Brawny  
**Paper Towels** ..... 6 big roll pkg. **\$6.88**  
Scotties  
**Facial Tissue** ..... 70-120 count pkg. **88¢**  
Arm & Hammer  
**Liquid Laundry Detergent** ..... 62.5-75 oz. bottle **\$2.98**

Taystee  
**Large White Bread** ..... 24 oz. **\$1.99**  
Master  
**Muffin Bread** ..... 16 oz. **\$1.99**  
Sara Lee  
**Soft & Smooth 100% Whole Wheat Bread** ..... 20 oz. **\$1.99**  
Essential Everyday  
**Hot Dog or Hamburger Buns** ..... 8 ct. **\$1.29**  
Smuckers  
**Strawberry Jam** ..... 32 oz. **2/\$5**  
Planters  
**Peanut Butter** ..... 16.3 oz. jar **\$2.25**

Act II  
**Microwave Popcorn** ..... 3 count box **5/\$5**  
Essential Everyday  
**Ice Cream Cone Cups** ..... 12 count box **88¢**  
Essential Everyday  
**Graham Crackers** ..... 14.4 oz. box **\$1.68**  
Gatorade  
..... 8 pack/20 oz. bottles **\$4.98**  
Hills Brothers  
**Original Blend Coffee** ..... 33.9 oz. canister **\$8.48**  
Capri Sun  
**Drink Pouches** ..... 10 pack **2/\$4.44**  
Progresso  
**Rich and Hearty Soups** ..... 18.5-19 oz. can **4/\$6**  
Progresso  
**Recipe Starters Soups** ..... 18 oz. can **4/\$8**  
Essential Everyday  
**Light Red, Dark Red Kidney Beans, Chili, Black, Ganzo & Pinto Beans** ..... 15 oz. can **3/\$2**

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**CEREAL**  
General Mills

Cheerios ..... 8.9 oz.  
Wheaties ..... 10.9 oz.  
Total ..... 10.6 oz.  
Total Raisin Bran ..... 18.25 oz.  
Golden Grahams ..... 12 oz.  
Cinnamon Toast Crunch ..... 12.2 oz.  
Frosted Cinnamon Toast Crunch ..... 12.3 oz.  
Peanut Butter Toast Crunch ..... 12 oz.  
Trix ..... 10.7 oz.  
Cocoa Puffs ..... 11.8 oz. **4/\$10**

Kellogg's

Special K ..... 12 oz.  
Special K Red Berries ..... 11.2 oz.  
Vanilla Almond ..... 12.4 oz.  
Multi Grain ..... 12 oz.  
Protein Plus ..... 12.5 oz.  
Cinnamon Pecan ..... 12.1 oz.  
Granola ..... 19.5 oz.  
Blueberry ..... 11.4 oz.  
Chocolate Strawberry ..... 11 oz.  
Fiber Plus ..... 15.3 oz.  
Chocolate Delight ..... 13.1 oz.  
Fruit and Yogurt ..... 12.5 oz.  
Oat and Honey ..... 13.1 oz. **4/\$10**

Malt-O-Meal

Bear River Valley  
Raisin Bran ..... 17 oz. bag  
Honey Nut Rounders ..... 13 oz. bag  
Marshmallow Avalanche ..... 12.5 oz. bag  
Frosted Tumble Wheats ..... 15.5 oz. bag  
Canyon Creek Crunch ..... 14.5 oz. bag **4/\$6**  
Cinnamon Trackers ..... 12.5 oz. bag **4/\$8**  
Betty Crocker  
Fruit Snacks ..... 4.5-8 oz. box **2/\$5**  
Nature Valley  
Granola Bars ..... 6-9 oz. box **\$2.99**  
Kashi  
Cereal Bars ..... 6.7-8 oz. box

**FROZEN**

Old Orchard  
Pink Lemonade ..... 12 oz. can **3/\$2**  
Old Orchard  
Lemonade ..... 12 oz. can **3/\$2**  
Banquet  
Value Meals ..... 4.73-10.25 oz. pkg. **5/\$5**  
Totino's  
Pizza Rolls ..... 19.8 oz. 40 count pkg. **\$2.88**  
Pillsbury  
Toaster Strudel ..... 11.5 oz. pkg. **4/\$7**