

Your only  
Locally-owned  
Supermarket for  
over 50 years.



PRICES IN EFFECT NOON  
Sun., September 15 - Sat., September 21

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

VALUABLE COUPON 1010

 Xtra Liquid Laundry Detergent 75 oz. jug

**\$1.68** each

Limit 2 per family with coupon at Super One thru September 21, 2013

VALUABLE COUPON 1020

 Folgers Coffee 10.3-11.3 oz. can

**\$2.78** each

Limit 2 per family with coupon at Super One thru September 21, 2013

100X1290 | REDEEMABLE COUPON | VALID: 09/15/13-09/21/13 | RV0100 | 1030

BUY 1... Pam® No-Stick Cooking Spray - 5.5 oz. AND GET... **\$1.00 OFF** Fresh Poultry

Limit 1 per family with coupon at Super One thru September 21, 2013

REDEEMABLE COUPON | VALID: 09/15/13-09/21/13 | RV0299 | 1040

Kellogg's Special K Cereal 11.5-19.5 oz. box

**4/\$7**

Must Buy 4

Limit 4 per family with coupon at Super One thru September 21, 2013

79X1288 | REDEEMABLE COUPON | VALID: 09/15/13-09/21/13 | RV0079 | 1050

BUY 4... Hunt's® Tomatoes - AND GET A... **FREE** Essential Everyday Chili Seasoning Mix 1.25 oz. packet (up to .75¢)

Limit 2 per family with coupon at Super One thru September 21, 2013

VALUABLE COUPON 1060

Essential Everyday Oyster Crackers 9 oz. bag

**68¢** each

Limit 2 per family with coupon at Super One thru September 21, 2013

VALUABLE COUPON 1070

Creamette Vermicelli, Thin Spaghetti or Long Spaghetti 16 oz. box

**68¢** each

Limit 2 per family with coupon at Super One thru September 21, 2013

VALUABLE COUPON 1080

Hunt's Spaghetti Sauce 24 oz. can

**78¢** each

Limit 2 per family with coupon at Super One thru September 21, 2013

VALUABLE COUPON 1090

Hunt's Manwich 15 oz. can

**78¢** each

Limit 3 per family with coupon at Super One thru September 21, 2013

100X1286 | REDEEMABLE COUPON | VALID: 09/15/13-09/21/13 | RV0100 | 1100

BUY 3... Manwich® - 15 oz. AND GET... **\$1.00 OFF** Fresh Hamburger

Limit 1 per family with coupon at Super One thru September 21, 2013

VALUABLE COUPON 1110

Chef Boyardee Beef A Roni, Mini Ravioli Beef Ravioli, Spaghetti and Meatballs 15 oz. can

**78¢** each

Limit 4 per family with coupon at Super One thru September 21, 2013

100X1287 | REDEEMABLE COUPON | VALID: 09/15/13-09/21/13 | RV0100 | 1120

Buy 2 Orville Redenbacher Microwave Popcorn 3 pack Get 1 Super Chill Pop FREE 2 liter bottle

Limit 1 per family with coupon at Super One thru September 21, 2013

VALUABLE COUPON 1130

Nestle Toll House Morsels 10-12 oz.

**\$1.78** each

Limit 2 per family with coupon at Super One thru September 21, 2013

VALUABLE COUPON 1140

Imperial Spread 1 lb. quarters pkg.

**68¢** each

Limit 2 per family with coupon at Super One thru September 21, 2013

VALUABLE COUPON 1150

Essential Everyday Sugar 4 lb. bag

**\$1.78** each

Limit 1 per family with coupon at Super One thru September 21, 2013

VALUABLE COUPON 1160

Land-O-Lakes Half and Half pints

**78¢** each

Limit 2 per family with coupon at Super One thru September 21, 2013

VALUABLE COUPON 1015

Hormel Little Sizzler Pork Sausage Links 12 oz.

**\$1.25**

Meat Department

Limit 10 per family with coupon at Super One thru September 21, 2013

VALUABLE COUPON 1025

Louis Kemp Imitation Crab or Lobster 8 oz.

**\$2.00**

Meat Department

Limit 10 per family with coupon at Super One thru September 21, 2013

VALUABLE COUPON 1035

Arctic Shores Cooked Salad Shrimp 6 oz.

**\$2.00**

Meat Department

Limit 10 per family with coupon at Super One thru September 21, 2013

MANUFACTURER COUPON | VALID: 09/15/13-09/21/13 | RV0300 | 1045

SAVE \$3.00

Limit 1 per family with coupon at Super One thru September 21, 2013

Pepsi & Pepsi Products 12 pack	3/\$11
Pepsi & Pepsi Products 2 liters	2/\$3.50
Aquafina Water 24 pack	\$3.99
Lipton Tea 12 pack	\$4.99
Aquafina FlavorSplash 6 pack	2/\$5

Keebler Townhouse Crackers 9.5-16 oz. box	2/\$5
Keebler Special K Crackers 4-8 oz. box	2/\$5
Keebler Wheatables 8.5 oz. box	2/\$5
Nabisco Oreo's 10-16.6 oz. pkg.	2/\$5

Frito Lay Family Size Fritos 19 oz.	
Tostitos 14.5-19 oz.	\$4.49
Lay's 13.3-19 oz.	
Frito Lay Lay's 9.5-10 oz.	2/\$6
Kettle Cooked 8-8.5 oz.	
Frito Lay and Tostitos Natural Chips 8-9 oz.	2/\$7
Variety Pack Chips 22 ct.	\$6.99
Old Dutch Triple Pack Box Chips 15 oz.	\$3.79
Old Dutch Puffcorn 7-9 oz.	\$2.29
Betty Crocker Supreme Brownie Mixes 16.5-19.1 oz. box	2/\$5
Betty Crocker Muffins Mixes 13.9-18.25 oz. box	2/\$5
Betty Crocker Dessert Mixes 15.3-16.5 oz. box	2/\$5
Essential Everyday Chili Seasoning 1.25 oz. packet	39¢
Essential Everyday Oyster Crackers 9 oz. bag	88¢
Chicken of The Sea Chunk White Tuna 5 oz. can	4/\$5
Chicken of The Sea Pink Salmon 2.5 oz. pouch	4/\$5
Essential Everyday Fruit Bowls 4 pack	2/\$4
Essential Everyday Applesauce 46-48 oz. jar	\$1.98
Old Orchard Healthy Balance Cranberry Blends 64 oz. bottle	2/\$4
Old Orchard Cran Naturals 64 oz. bottle	2/\$4
V-8 Fusion Refreshers 46 oz. bottle	
Sparkling Drink 33.6 oz. can	
Energy 6 pack/8 oz. can	
Kids Drink 54 oz. bottle	2/\$5
Drink 6 pack	
Langers Apple Juice 64 oz. bottle	2/\$4
Vlasic Farmers Garden Pickles 26 oz. jar	2/\$5

Campbell's Slow Cookers Soups 13 oz. pkg.	2/\$4
Campbell's Skillet Sauces 9 oz. pouch	2/\$4
Campbell's Slow Kettle Soup 15.3-15.73 oz. pkg.	2/\$5
Campbell's Go! Soup 14 oz. pkg.	2/\$4
Campbell's Aseptic Bisque Soup 18.3 oz. box	2/\$5
Maruchan Ramen Cups 2.25 oz. cup	2/\$1
S&W Kidney Beans 15.25 oz.	
Chili Beans 15.5 oz.	
Black Beans 15 oz.	88¢
White Beans 15 oz.	
Hunt's Whole, Stewed or Diced Tomatoes 14.5 oz. can	5/\$5
Essential Everyday Instant Brown Rice 14 oz. box	2/\$3
Essential Everyday Instant White Rice 14 oz. box	2/\$3
Essential Everyday Salad Dressings 16 oz. bottle	3/\$5
Essential Everyday Bacon Pieces 2.8 oz. pkg.	2/\$4
Velveeta Cheesy Potatoes 9.01-11.75 oz. box	2/\$4
Orville Redenbacher Microwave Popcorn 3 count box	2/\$4
Super Chill Pop 2 liter bottle	98¢
Mrs. Butterworth's Syrup 24 oz. bottle	\$2.88
Solo Heavy Duty Plates 10.25 inch/22 count	
Heavy Duty Plates 8.75 inch/44 count	2/\$5
Dial Bar Soap 3 bar pkg.	2/\$4
Finish Automatic Dishwasher Detergent 75 oz. bottle/20 count tablets	\$3.99

DAIRY	
Simply Potatoes Hashbrowns 20 oz. bag	2/\$4
Cruz Flour Tortillas 7 inch/12 oz. pkg.	2/\$4
Medium Eggs dozen	\$1
Minute Maid Pure Squeezed Orange Juice 59 oz. bottle	2/\$5
Imperial Spread 1 lb. quarters	78¢

FROZEN	
Kemp's Ice Cream 48 oz.	\$3.48
Essential Everyday Whipped Topping 8 oz. tub	88¢

Frito Lay Matador Jerky 3 oz.	\$4.99
Tostitos Cantina Chips 9-12 oz.	2/\$6
Tostitos Salsa & Queso 15-15.5 oz.	2/\$6
Rold Gold Pretzels 8-16 oz.	2/\$6
Munchies 8 oz.	2/\$6
Old Dutch Bac'n Puffs 3 oz.	\$1.49
Old Dutch Popcorn 6 oz.	\$1.89
Barrel O Fun Assorted Flavored Potato Chips 10 oz.	2/\$4.88

Nestle Toll House Morsels 10-12 oz.	2/\$4
Wesson Vegetable Oil 48 oz. bottle	\$2.98
Wesson Canola Oil 48 oz. bottle	\$3.18
Pam Cooking Spray 5-6 oz. aerosol can	2/\$5
Filippo Berio Olive Oil 25.3 oz. bottle	\$5.99
Shore Lunch Fish Breeding 9 oz. box	2/\$3

CEREAL	
General Mills	
Cheerios 8.9 oz.	
Wheaties 10.9 oz.	
Cinnamon Toast Crunch 12.2 oz.	
Golden Grahams 12 oz.	
Trix 10.7 oz.	
Cocoa Puffs 11.8 oz.	4/\$8
Kashi	
Berry Blossoms Cereal 10.5 oz. box	
Honey Sunshine Cereal 10.5 oz. box	2/\$5
Nature Valley Granola Bars 6-9 oz. box	2/\$5
Kellogg's Special K Bars 4.4-4.86 oz. box	2/\$5
Kellogg's Fiber Plus Bars 6-6.3 oz. box	2/\$5
Kellogg's Nutri Grain Bars 7.8-10.4 oz. box	2/\$5

Creamette Pasta 12-16 oz. box	88¢
Hunt's Spaghetti Sauce 24 oz. can	88¢
Hunt's Manwich 15 oz. can (original only)	88¢
Chef Boyardee Canned Pasta 15 oz. can	5/\$5
Betty Crocker (excludes Ultimate) Hamburger Helper 5.2-7 oz.	
Chicken Helper 5.2-7 oz.	2/\$3
Tuna Helper 5.2-7 oz.	
Betty Crocker (excludes Ultimate) Specialty Potatoes 6.2-10 oz. box	2/\$3
Campbell's Home Style Soup 18.4-18.8 oz. can	2/\$3

Essential Everyday Hamburger or Hot Dog Buns 8 ct.	\$1.39
Master Muffin Bread 16 oz.	\$1.99
Sara Lee Soft & Smooth Wheat Bread 20 oz.	\$1.99
Dutch Country Wheat Bread 24 oz.	\$2.19
Dutch Country Butter Top White 22 oz.	\$2.19
Northern Bathroom Tissue 4 double roll pkg.	2/\$6
Brawny Paper Towels single roll pkg.	4/\$5
Essential Everyday Napkins 120 count pkg.	88¢