

Your only  
Locally-owned  
Supermarket for  
over 50 years.

Stewart's  
**1**  
SuperOne  
FOODS

**PRICES IN EFFECT NOON**  
Sun., October 13 - Sat., October 19

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

MANUFACTURER'S COUPON | VALID: 10/13/13-10/19/13 | RV0050 | 1010

**Flora Bathroom Tissue**  
12 double roll pkg.  
**\$3.98**

Limit 1 per family with coupon at Super One thru October 19, 2013

NO CLIPPING NECESSARY 1020

**FROZEN**

Essential Everyday  
**Garlic Bread**  
16 oz. pkg.  
**98¢**

Limit 1 per family with coupon at Super One thru October 19, 2013

NO CLIPPING NECESSARY 1030

**DAIRY**

Essential Everyday  
**Grated Parmesan Cheese**  
8 oz. canister  
**\$1.78** each

Limit 2 per family with coupon at Super One thru October 19, 2013

MANUFACTURER'S COUPON | DO NOT DOUBLE | VALID: 10/13/13-10/19/13 | RV0300 | 1040

**FROZEN**

Ore Ida  
**Hashbrowns, Tater Tots, French Fries**  
20-32 oz. pkg.  
**2/\$2**

Limit 2 per family with coupon at Super One thru October 19, 2013

NO CLIPPING NECESSARY 1050

Nestle  
**Hot Cocoa Mix**  
27.7 oz. canister  
**\$2.98** each

Limit 2 per family with coupon at Super One thru October 19, 2013

NO CLIPPING NECESSARY 1060

Arm and Hammer  
**Liquid Laundry Detergent**  
150 oz. bottle  
**\$5.98** each

Limit 2 per family with coupon at Super One thru October 19, 2013

NO CLIPPING NECESSARY 1070

Cottonelle  
**Bathroom Tissue**  
12 double roll pkg.  
**\$4.98** each

Limit 2 per family with coupon at Super One thru October 19, 2013

NO CLIPPING NECESSARY 1080

Essential Everyday  
**Fruit and Grain Bars**  
10.4 oz. box  
**\$1.48** each

Limit 2 per family with coupon at Super One thru October 19, 2013

NO CLIPPING NECESSARY 1090

Essential Everyday  
**Coffee**  
33.9 oz. canister  
**\$4.98**

Limit 1 per family with coupon at Super One thru October 19, 2013

NO CLIPPING NECESSARY 1100

Heinz  
**Ketchup**  
20 oz. bottle  
**\$1.48** each

Limit 2 per family with coupon at Super One thru October 19, 2013

NO CLIPPING NECESSARY 1110

Hunt's  
**Snack Pack Pudding**  
4 pack  
**78¢** each

Limit 2 per family with coupon at Super One thru October 19, 2013

NO CLIPPING NECESSARY 1120

Starkist  
**Chunk Light Tuna**  
5 oz. can  
**78¢** each

Limit 2 per family with coupon at Super One thru October 19, 2013

NO CLIPPING NECESSARY 1130

Hunt's  
**Spaghetti Sauce**  
24 oz. can  
**78¢** each

Limit 2 per family with coupon at Super One thru October 19, 2013

NO CLIPPING NECESSARY 1140

Creamette  
**Vermicelli, Thin Spaghetti or Long Spaghetti**  
16 oz.  
**78¢** each

Limit 2 per family with coupon at Super One thru October 19, 2013

NO CLIPPING NECESSARY 1190

Pompeian  
**Olive Oil**  
16 oz. bottle  
**\$3.88** each

Limit 2 per family with coupon at Super One thru October 19, 2013

NO CLIPPING NECESSARY 1160

Chef Boyardee  
**Canned Pasta**  
15 oz. can  
**78¢** each

Limit 2 per family with coupon at Super One thru October 19, 2013

NO CLIPPING NECESSARY 1170

Essential Everyday  
**Salad Dressing**  
16 oz. bottle  
**98¢** each

Limit 2 per family with coupon at Super One thru October 19, 2013

NO CLIPPING NECESSARY 1180

Essential Everyday  
**Croutons**  
5 oz. pouch  
**88¢** each

Limit 2 per family with coupon at Super One thru October 19, 2013

NO CLIPPING NECESSARY 1190

Pompeian  
**Olive Oil**  
16 oz. bottle  
**\$3.88** each

Limit 2 per family with coupon at Super One thru October 19, 2013

NO CLIPPING NECESSARY 1200

Nabisco  
**Oreo Cookies**  
13.1-15.5 oz. pkg.  
**\$2.48** each

Limit 2 per family with coupon at Super One thru October 19, 2013

NO CLIPPING NECESSARY 1015

Schweigert  
**Fun Dog Franks**  
12 oz.  
**99¢**

Limit 10 per family with coupon at Super One thru October 19, 2013

NO CLIPPING NECESSARY 1025

Land-O-Frost  
**Sliced Canadian Bacon**  
6 oz.  
**\$2.00**

Limit 10 per family with coupon at Super One thru October 19, 2013

NO CLIPPING NECESSARY 1035

Farm Fresh  
**Batter Dipped Corn Dogs**  
16 oz.  
**\$2.00**

Limit 10 per family with coupon at Super One thru October 19, 2013

NO CLIPPING NECESSARY 1045

No Name  
**Steak & Beef Patties or Chicken & Beef Pattie Combo Pack**  
18-20 oz.  
**\$4.99**

Limit 10 per family with coupon at Super One thru October 19, 2013

Lipton  
**Teas** 12 pack ..... **\$4.99**  
**Pepsi & Pepsi Products** 12 pack ..... **3/\$11**  
**Pepsi & Pepsi Products** 2 liter ..... **2/\$3.50**  
Aquafina  
**Water** 24 pack ..... **\$3.99**  
Aquafina  
**Flavorsplash** 6 pack ..... **2/\$5**

Sara Lee  
**Soft & Smooth Wheat** 20 oz. .... **\$1.99**  
**Brownberry Wide Bars** 24 oz. .... **\$2.99**  
**Taystee Large White** 24 oz. .... **\$1.99**  
Select  
**Cottage White or Wheat** 24 oz. .... **3/\$5**  
Jif  
**Peanut Butter** 16 oz. .... **\$2.25**

Frito Lay  
**Fritos & Cheetos** 9½-10¼ oz. .... **2/\$5**  
**Party Size Lays, Tostitos or Fritos** 13.75-20. oz. .... **\$4.49**  
**Variety Packs** 20 ct. .... **\$6.99**  
Old Dutch  
**Restaurante Tortilla Chips** 10-13 oz. ... **\$2.79**  
Old Dutch  
**Arriba Nacho Cheese Tortilla Chips** 12 oz. .... **2/\$4.44**  
Old Dutch  
**Family Size Potato Chips** 13.5-14.5 oz. .... **\$3.79**  
Old Dutch  
**Super Size Popcorn** 12 oz. .... **\$3.79**  
Pillsbury  
**Premium Cake Mixes** 22 oz. box ..... **2/\$5**  
Krusteaz  
**Pancake Mix** 28-32 oz. box ..... **\$2.25**  
Mrs. Butterworth's  
**Syrup** 24 oz. bottle ..... **2/\$5**  
Nestle  
**Family Size Morsels** 23-24 oz. .... **\$4.49**  
Essential Everyday  
**Slivered, Sliced Almonds** 6 oz. bag ..... **2/\$4**  
Essential Everyday  
**Pecan Pieces, Pecan Halves, Pecan Chopped** 6 oz. bag ..... **\$2.99**  
Essential Everyday  
**Walnut Halves and Pieces** 16 oz. bag ..... **\$6.89**  
Walnut Pieces 16 oz. bag ..... **\$6.89**

Nestle  
**Fun Size Butterfinger** 11.5 oz. .... **\$3.99**  
**Crunch** 11 oz. .... **3/\$2**  
**100 Grand** 11 oz. .... **5/\$5**  
**Baby Ruth** 11.5 oz. .... **88¢**  
**Mars Fun Size** ..... **2/\$4**  
**Milky Way** 11.24 oz. .... **2/\$5**  
**3 Musketeers** 11 oz. .... **\$2.25**  
**Snickers** 11.18 oz. .... **\$2.25**  
Folgers  
**Gourmet Selections Coffee** 10 oz. bag... **\$3.99**  
McCormick  
**Mexican Seasoning Packets** 1-1.62 oz. packet... **3/\$2**  
Starkist  
**Chunk White Tuna** 5 oz. can..... **5/\$5**  
Starkist  
**Chunk Light Tuna** 5 oz. can..... **88¢**  
Geisha  
**Smoked Oysters** 3.75 oz. pkg..... **2/\$4**  
Dakota Maid  
**Flour** 5 lb. bag..... **\$2.25**

**FROZEN**

Freschetta  
**Pizza** .....16.08-30.7 oz. .... **\$3.89**  
Land O Lakes  
**Vanilla Ice Cream Pail** ..... 4 qt. .... **\$4.50**  
Stouffer's  
**Lasagna w/meat sauce** ..... 90 oz. pkg. .... **\$9.98**  
Birdseye  
**Vegetables (Broccoli Cuts, Peas, Corn, Mixed Vegetables)** ..... 14.4-16 oz. bag ..... **88¢**

Frito Lay  
**Tostitos** 9-13 oz. .... **2/\$6**  
**Sunchips** 7 oz. .... **2/\$6**  
Old Dutch  
**Dutch Crunch Chips** 8-9 oz. .... **\$2.79**  
Old Dutch  
**Kettle Corn** 7 oz. .... **2/\$4.88**  
Old Dutch  
**Twin Pack Box Chips** 10 oz. .... **2/\$5**  
Old Dutch  
**French Onion Dip** 15 oz. .... **2/\$5**  
Barrel O' Fun  
**Assorted Potato Chip** 10 oz. .... **2/\$4.88**

Mott's  
**Applesauce** 46-48 oz. jar..... **2/\$5**  
Smucker's  
**Strawberry Jelly** 18 oz. jar..... **2/\$5**  
**Strawberry Preserves** 18 oz. jar ..... **2/\$5**  
**Peach Preserves** 18 oz. jar ..... **2/\$5**  
**Seedless Blackberry Jam** 18 oz. jar ..... **2/\$5**  
**Orange Marmalade** 18 oz. jar..... **2/\$5**  
**Apricot Preserves** 18 oz. jar ..... **2/\$5**  
**Red Plum Jam** 18 oz. jar ..... **2/\$5**  
**Seedless Strawberry Jam** 18 oz. jar ..... **2/\$5**  
Old Orchard  
**100% Juice Blends** 64 oz. bottle..... **2/\$4**  
V-8  
**Splash** 64 oz. bottle..... **2/\$4**  
Langers  
**Apple Juice** 3 liter bottle ..... **\$3.49**  
Creamette  
**Pasta** 12-16 oz. box ..... **99¢**  
Gedney  
**Baby Dill Pickles** 32 oz. jar ..... **2/\$5**  
Essential Everyday  
**Coconut Milk** 13.5 oz. can..... **99¢**  
La Choy  
**Soy Sauce** 10 oz. bottle ..... **2/\$3**  
La Choy  
**Teriyaki Sauce** 10 oz. bottle ..... **2/\$3**  
La Choy  
**Sweet and Sour Sauce** 10 oz. bottle ..... **2/\$3**  
La Choy  
**Stir Fry Sauces** 14 oz. bottle ..... **\$2.19**  
La Choy  
**Bi-Pack Chow Mein** 42 oz. can ..... **\$2.89**  
Chi Chi's  
**Salsa** 16 oz. jar ..... **\$1.88**  
La Banderita  
**Flour Tortillas** 10 count 16 oz. .... **2/\$4**  
Pop Secret  
**Microwave Popcorn** 6-10 count box..... **\$3.49**  
Crystal Light  
**Drink Mix Sticks** 10 count box..... **2/\$4**  
Uncle Ben's  
**Country Inn Rice Mix** 6 oz. box..... **99¢**  
Clorox  
**Bleach** 55-64 oz. bottle..... **\$1.99**  
Snuggle  
**Fabric Softener Sheets** 80 count box.... **\$3.89**  
Dial  
**Bar Soap** 8 bar pack..... **\$4.99**  
Finish  
**Automatic Dish Washer Detergent** 25-32 count pkg..... **\$4.99**  
Palmolive  
**Dish Detergent** 25 oz. bottle..... **\$2.49**  
Essential Everyday  
**Salad Dressings** 16 oz. bottle..... **2/\$3**  
Essential Everyday  
**Croutons** 5 oz. pouch..... **98¢**

PLU HERE | GOOD ONLY AT SUPER ONE | VALID 10/13/13-10/19/13

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

Participating products include: Chef Boyardee® Canned Pasta 15 oz. and Microwaveable Cups 7.5 oz., Manwich® 15 oz., Hunt's® Pasta Sauce 24 oz. and Tomatoes 14.5 oz., Ro-Tel® Canned Tomatoes 10 oz., Snack Pack® Pudding 4-pack and Creamy to Mashed® 3.5-4.4 oz.

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

Butter Kernel  
**Vegetables (Whole Kernel Corn, Cream Corn, Cut Green Beans, Sliced Green Beans)** ..... 15 oz. can ..... **58¢**  
Essential Everyday  
**Light Red, Dark Red, Chili Beans** ..... 15 oz. .... **58¢**  
K.C. Masterpiece  
**Baked Beans** ..... 16 oz. can ..... **88¢**

Take an additional **\$2 OFF** of these Prices with Coupon above

Hunt's  
**Snack Pack Pudding** ... 4 pack ..... **88¢**  
Hunt's  
**Spaghetti Sauce** .....24 oz. can ..... **88¢**  
Chef Boyardee  
**Canned Pasta** .....15 oz. can ..... **88¢**  
Hunt's  
**Whole, Stewed or Diced Tomatoes** .... 14.5 oz. can ..... **88¢**  
Ro-Tel  
**Tomatoes** .....10 oz. can ..... **88¢**  
Hunt's  
**Tomato Sauce** .....15 oz. can ..... **88¢**  
Scott  
**Bathroom Tissue** .....12 roll pkg. .... **\$7.88**  
Scotties  
**Facial Tissue** .... 60-120 count box ..... **88¢**  
Flora  
**Paper Towels** .....8 roll pkg. .... **\$4.88**  
Scott  
**Paper Towels** .....6 mega roll pkg. .... **\$4.88**

Keebler  
**Townhouse Crackers**.....9.5-13.8 oz. box ..... **2/\$5**  
Keebler  
**Toasted Crackers**.....8 oz. box ..... **2/\$5**  
Keebler  
**Special K Crackers**.....4-8 oz. box ..... **2/\$5**  
Keebler  
**Wheatables Crackers**.....8.5 oz. box ..... **2/\$5**  
Keebler  
**Cheez-It Crackers** .... 19-21 oz. box ..... **\$3.49**  
Nabisco  
**Premium Saltine Rounds**.....10 oz. box ..... **\$1.88**

Butter Kernel  
**Vegetables (Whole Kernel Corn, Cream Corn, Cut Green Beans, Sliced Green Beans)** ..... 15 oz. can ..... **58¢**  
Essential Everyday  
**Light Red, Dark Red, Chili Beans** ..... 15 oz. .... **58¢**  
K.C. Masterpiece  
**Baked Beans** ..... 16 oz. can ..... **88¢**

**CEREAL**

**General Mills**

Honey Nut Cheerios ..... 17 oz.  
Golden Grahams ..... 16 oz.  
Cinnamon Toast Crunch .....16.2 oz.  
Reese's Peanut Butter Puffs ..... 18 oz.  
Lucky Charms ..... 16 oz.  
Cocoa Puffs .....16.5 oz. **3/\$8.88**  
Trix .....14.8 oz.

**Kashi**

Organic Promise  
Cinnamon Harvest .....16.3 oz.  
Organic Promise Island Vanilla ..... 16.3 oz.  
Organic Promise Autumn ..... 16.3 oz.  
Organic Promise Strawberry .... 10.3 oz.  
GoLean .....13.1 oz.  
GoLean Crunch .....13.8 oz.  
GoLean  
HoneyAlmond Flax ..... 14 oz.  
GoLean Crisp Cinnamon ..... 14 oz.  
GoLean Crisp Berry .....14 oz.  
Heart to Heart Original ..... 12 oz.  
Heart to Heart Cinnamon ..... 12 oz.  
Good Friends .....13 oz.  
Vanilla Graham .....13.2 oz.  
Blueberry .....13.4 oz.  
Indigo ..... 10.3 oz.  
Simply Maize .....10.5 oz.  
Fruit Filled ..... 15.6 oz. **\$2.98**  
Blackberry Hills ..... 9.8 oz.

**Quaker**

Cap'n Crunch ..... 14 oz.  
Crunch Berries ..... 13 oz.  
Peanut Butter Crunch ..... 12.5 oz.  
Cap'n Crunch Cinnamon ..... 10.3 oz.  
Life ..... 13 oz.  
Life Cinnamon ..... 13 oz. **2/\$5**  
Life Maple Brown Sugar ..... 13 oz.

Essential Everyday  
**Chewy Granola Bars** ..... 8.4 oz. box ..... **3/\$5**  
Essential Everyday  
**Fruit and Grain Bars** ..... 10.4 oz. box ..... **3/\$5**  
Kellogg's  
**Pop Tarts** .....8 count box ..... **2/\$4**  
Essential Everyday  
**Instant Oatmeal** ..... 10 count box ..... **3/\$5**

Essential Everyday  
**Saltines** .....16 oz. box ..... **98¢**  
Campbell's  
**Chunky Soups** ..... 18.6-19 oz. can ..... **3/\$5**  
Healthy  
**Choice Soups** .....15 oz. .... **5/\$5**  
Bear Creek  
**Dry Soup Mix** ..... 7-12.1 oz. packet ..... **2/\$6**