

Your only
Locally-owned
Supermarket for
over 50 years.



PRICES IN EFFECT NOON
Sun., September 1 - Sat., September 7

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  Francesco Rinaldi Pasta Sauce 24 oz. jar 88¢ each <small>Limit 2 per family with coupon at Super One thru September 7, 2013</small>	VALUABLE COUPON 1020 Nestle Morsels 10-12 oz. bag \$1.68 each <small>Limit 2 per family with coupon at Super One thru September 7, 2013</small>	VALUABLE COUPON 1030 Essential Everyday Sugar 4 lb. bag \$1.68 each <small>Limit 2 per family with coupon at Super One thru September 7, 2013</small>	VALUABLE COUPON 1040 Essential Everyday Flour 5 lb. bag \$1.48 each <small>Limit 2 per family with coupon at Super One thru September 7, 2013</small>
VALUABLE COUPON 1050 Essential Everyday Pancake Mix 32 oz. box \$1.48 each <small>Limit 2 per family with coupon at Super One thru September 7, 2013</small>	VALUABLE COUPON 1060 Essential Everyday Syrup 24 oz. bottle \$1.48 each <small>Limit 2 per family with coupon at Super One thru September 7, 2013</small>	MANUFACTURER COUPON VALID: 09/01/13-09/07/13 RV0200 1070 SAVE \$2.00 on Essential Everyday Butter, 1 lb pkg <small>Limit 2 per family with coupon at Super One thru September 7, 2013</small>	VALUABLE COUPON 1080  Jif Peanut Butter 16 oz. jar \$1.48 each <small>Limit 2 per family with coupon at Super One thru September 7, 2013</small>
MANUFACTURER COUPON VALID: 09/01/13-09/07/13 RV0100 1090 Capri Sun Big Pouch Juice Drinks 11.2 oz. spouted pouch 4/\$2.88 <small>Must Buy 4</small> <small>Limit 4 per family with coupon at Super One thru September 7, 2013</small>	VALUABLE COUPON 1100 Essential Everyday Storage Bags qt. 25 ct. or gl. 20 ct. 88¢ each Freezer Bags qt. 20 ct. or gl. 15 ct. 88¢ each <small>Limit 2 per family with coupon at Super One thru September 7, 2013</small>	VALUABLE COUPON 1110  Scotties Facial Tissue 70-120 count box 88¢ each <small>Limit 2 per family with coupon at Super One thru September 7, 2013</small>	VALUABLE COUPON 1120 Essential Everyday Shredded Cheese 8 oz. pkg. \$1.28 each <small>Limit 2 per family with coupon at Super One thru September 7, 2013</small>
VALUABLE COUPON 1130 Essential Everyday Spread 1 lb. quarters pkg. 48¢ each <small>Limit 2 per family with coupon at Super One thru September 7, 2013</small>	VALUABLE COUPON 1140 DAIRY Essential Everyday Bagels 14.25 oz. pkg. 88¢ each <small>Limit 2 per family with coupon at Super One thru September 7, 2013</small>	VALUABLE COUPON 1150 FROZEN Minute Maid Orange Juice 12 oz. can 98¢ each <small>Limit 4 per family with coupon at Super One thru September 7, 2013</small>	VALUABLE COUPON 1160 FROZEN Essential Everyday French Fries 32 oz. bag \$1.48 each <small>Limit 2 per family with coupon at Super One thru September 7, 2013</small>
VALUABLE COUPON 1170 Essential Everyday Tuna 5 oz. can 68¢ each <small>Limit 2 per family with coupon at Super One thru September 7, 2013</small>	VALUABLE COUPON 1180 Essential Everyday Mayonnaise 30 oz. jar \$1.88 each <small>Limit 1 per family with coupon at Super One thru September 7, 2013</small>	VALUABLE COUPON 1015 John Morrell Skinless Franks 12 oz. \$1.00 each <small>Limit 10 per family with coupon at Super One thru September 7, 2013</small>	VALUABLE COUPON 1025 John Morrell Bologna or Cotto Salami 12 oz. \$1.00 each <small>Limit 10 per family with coupon at Super One thru September 7, 2013</small>
VALUABLE COUPON 1190 Essential Everyday Salad Dressing 30 oz. jar \$1.88 each <small>Limit 1 per family with coupon at Super One thru September 7, 2013</small>	VALUABLE COUPON 1200  Red Baron 12 inch Pizza 14.76-23.45 oz. \$2.48 each <small>Limit 4 per family with coupon at Super One thru September 7, 2013</small>	VALUABLE COUPON 1035 John Morrell Pork Sausage Rolls 12 oz. \$1.00 each <small>Limit 10 per family with coupon at Super One thru September 7, 2013</small>	VALUABLE COUPON 1045 Land-O-Frost Sliced Canadian Bacon 6 oz. \$2.00 each <small>Limit 10 per family with coupon at Super One thru September 7, 2013</small>

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

Fresh From Our Bakery	
7 Grain Bread 1 lb.	\$1.99
White Bread 1.5 lb.	\$1.99

Charmin Bathroom Tissue 6 mega roll pkg.	\$6.98
Bounty Paper Towels 6 big roll pkg.	\$6.98
Tide Liquid Laundry Detergent 150 oz. jug	\$17.98

Frito Lay XXL Chips 2.25 oz.	4/\$5
Frito Lay Canned Dips 8.5-9 oz.	
Fritos 10.25 oz.	2/\$5
Cheetos 8.75-9.5 oz.	
Frito Lay Doritos 10-11 oz.	2/\$6
Ruffles 7.5-9 oz.	
Old Dutch Pretzels 9-15 oz.	\$1.88
Green Mountain K-Cups Coffee 12 count box.....	\$5.99
Essential Everyday Coffee 11.5 oz. can	\$3.49
Ken Davis BBQ Sauce 35 oz. jar	\$3.49
Hoffman House Seafood Sauce 8 oz. jar	2/\$3
Tartar Sauce 8 oz. jar	
Chicken of the Sea Albacore Tuna 5 oz. can	2/\$3
Essential Everyday Chunk Light Tuna 5 oz. can	78¢
Chicken of the Sea Pink Salmon 5 oz. can	2/\$3
Mott's Applesauce 23-24 oz. jar	\$1.78
Smuckers Strawberry Jelly 18 oz.	
Strawberry Preserves 18 oz.	
Peach Preserves 18 oz.	
Seedless Blackberry Jam 18 oz.	
Orange Marmalade 18 oz.	
Apricot Preserves 18 oz.	
Red Plum Jam 18 oz.	2/\$5
Seedless Strawberry Jam 18 oz.	
Dreamfields Low-Carb-Pasta 13.25 oz. pkg.	2/\$4

Keebler Chips Deluxe Cookies .. 10-14.8 oz. pkg.	2/\$5
Keebler Fudge Shop Cookies 6.6-15 oz. pkg.	2/\$5
Keebler Pecan Sandies Cookies ... 12.8-13 oz. pkg.	2/\$5
Keebler Vanilla Wafers 12 oz. box	2/\$5
Keebler Animal Cracker 13 oz. bag	2/\$5
Keebler Cracker Packs 10.1-11 oz. pkg.	2/\$4
Keebler Cheez-It Crackers Family Size 19-21 oz. box	\$3.49
Nabisco Toasted Chips 8.1 oz. bag	\$2.99
Nabisco Nilla Wafers 11 oz. box	\$2.99
Nabisco Go Packs 2.25-3.5 oz. pkg.	5/\$5
Jif Peanut Butter ... 16 oz. jar (original only)	\$1.68

Wolf Chili 15 oz. can	4/\$5
Vlasic Kosher Dill Spears 24 oz. jar	
Bread and Butter Chips 24 oz. jar	
Polish Spears 24 oz. jar	2/\$4
Zesty Dill Spears 24 oz. jar	
Vlasic Kosher Dill Pickles 32 oz. jar	2/\$4
Kraft Velveeta Skillet Dinners 11.3-15.6 oz. pkg.	2/\$5
Kraft Velveeta Casseroles 8.9-11.1 oz. pkg.	2/\$5
Geisha Waterchestnuts 8 oz. can	88¢
Geisha Bamboo Shoots 8 oz. can	88¢
Kuner's Beans 14.5-15.5 oz. can	5/\$5
Essential Everyday Mayonnaise 15 oz. bottle	2/\$3
Planter's Nutrition Nuts 8.75-10.25 oz. can	\$4.99
Essential Everyday Water Enhancers 1.62 oz. bottle	\$2.99
Super Chill Sparkling Water 17 oz. bottle	4/\$3
Red Gold Stewed Tomatoes 14.5 oz. can	5/\$5
Diced Tomatoes 14.5 oz. can	
Essential Everyday Instant Light Charcoal 12.5 lb. bag	\$6.99
Mr. Clean Cleaners 40 oz. bottle	\$2.49
Mr. Clean Magic Eraser 2 count pkg.	\$2.49

DAIRY	
Essential Everyday Shredded Cheese 8 oz. pkg.	\$1.48
Essential Everyday Jumbo Biscuits 16 oz. tube	\$1.48
Essential Everyday Bagels 14.25 oz. pkg.	98¢
Essential Everyday Orange Juice 64 oz. carton	\$2.28

FROZEN	
Essential Everyday Waffles 12.3 oz. box	98¢
Essential Everyday Vegetables (Broccoli Cuts, Cut Green Beans, French Style Green Beans, Peas, Corn, Peas and Carrots, Crinkle Cut Carrots, Mixed Vegetables) ... 16 oz. bag	98¢
Shoppers Value Ice Cream 128 oz. pail	\$3.98

Old Orchard Cocktail Juices 64 oz. bottle	2/\$3
Capri Sun Spouted Drink Pouches 11.2 oz. pouch	5/\$5
Juicy Juice Juice Boxes 8 pack	2/\$5

Nestle Toll House Morsels 10-12 oz. pkg	\$1.88
Kraft Marshmallows 10-10.5 oz. bag	\$1.18
M & M's 9.9-12.6 oz. bag	\$2.98
Diamond Walnuts 16 oz. bag	\$6.48
Essential Everyday Pancake Mix 32 oz. box	\$1.68
Essential Everyday Syrup 24 oz. bottle	\$1.68

Frito Lay Family Size Fritos 19 oz.	\$4.49
Tostitos 14.5-19 oz.	\$4.49
Lay's 13.3-13.8 oz.	\$4.49
Lay's Kettle Cooked Chips ... 8-8.5 oz.	\$3.09
Frito Lay Variety Pack Chips 20 ct.	\$6.99
Old Dutch Twin Pack Box Chips 10 oz.	2/\$5
Family Pack Chips 13.5-14.5 oz.	\$2.99
Barrel O Fun Tortilla Chips 12 oz.	2/\$4.88

CEREAL	
Essential Everyday	
Crispy Rice 12 oz. box	
Golden Corn Nuggets ... 12.5 oz. box	
Low Fat Granola 18 oz. box	
Toasted Oats 14 oz. box	
Honey Nut Toasted Oats .. 14 oz. box	
Bran Flakes 17.3 oz. box	
Corn Flakes 18 oz. box	
Apple Cinnamon Toasted Oats 12.9 oz. box	
Magic Stars 11.5 oz. box	\$1.78
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.	
Trix 14.8 oz.	
Cocoa Puffs 16.5 oz.	3/\$9
Kellogg's	
Rice Krispies 12 oz.	
Gluten Free Rice Krispies 12 oz.	
Frosted Flakes 15 oz.	
Frosted Flakes Chocolate ... 14.7 oz.	
Froot Loops 12.2 oz.	
Krave Chocolate 11.4 oz.	
Krave Double Chocolate 11 oz.	
Apple Jacks 12.2 oz.	
Apple Jacks Cinnamon 10.7 oz.	
Cocoa Krispies 15.5 oz.	
Apple Jacks with Marshmallows 12.6 oz.	
Corn Pops 12.5 oz.	3/\$8
Smacks 15.3 oz.	
Bear River Valley	
Natural Raisin Bran 17 oz. bag	
Honey Nut Rounders 13 oz. bag	
Marshmallow Avalanche ... 12.5 oz. bag	
Frosted Tumble Wheat . 15.5 oz. bag	
Canyon Creek Crunch ... 14.5 oz. bag	4/\$6
Cinnamon Trackers 12.5 oz. bag	
Essential Everyday Instant Oatmeal 10 count box	\$1.88
Betty Crocker Fruit Snacks 4.5-8 oz. box	2/\$4
Essential Everyday Granola Bars 8.4 oz. box	\$1.88
Kellogg's Pop Tarts 12 count box	2/\$5

Francesco Rinaldi Pasta Sauce 24 oz. jar	98¢
Campbell's Chunky Soups 18.4-19 oz. can	3/\$5
Maruchan Ramen Noodles 3 oz. pkg.	5/\$1
Shoppers Value Saltines 16 oz. box	98¢
K.C. Masterpiece Baked Beans 16 oz. can	5/\$5
Essential Everyday Pieces and Stems Mushrooms 4 oz. can	3/\$2