

Your only  
Locally-owned  
Supermarket for  
over 50 years.



**PRICES IN EFFECT NOON**  
Sun., October 6 - Sat., October 12

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: 10/06/13-10/12/13 | RV0100 | 1010

Hershey's  
**Baking Chips** 2/\$2.50  
8-12 oz. pkg.

Limit 2 per family with coupon at Super One thru October 12, 2013

MANUFACTURER'S COUPON | VALID: 10/06/13-10/12/13 | RV0100 | 1020

Hershey's  
**Snack Size Candy** 2/\$4.50  
10.5-11.6 oz. bag

Limit 2 Free per family with coupon at Super One thru October 12, 2013

GOOD ONLY AT SUPERONE | VALID: 10/06/13-10/12/13 | RV0200 | 1030

General Mills  
**Cheerios** 4/\$7.50  
10.9 oz.  
**Wheaties** 4/\$7.50  
10.9 oz.  
**Cinnamon Toast Crunch** 4/\$7.50  
12.2 oz.  
**Golden Grahams** 4/\$7.50  
12 oz.  
**Cocoa Puffs** 4/\$7.50  
11.8 oz.  
**Trix** 4/\$7.50  
10.7 oz.

Must Buy 4

Limit 4 per family with coupon at Super One thru October 12, 2013

GOOD ONLY AT SUPERONE | VALID: 10/06/13-10/12/13 | RV0200 | 1040

General Mills  
**Cheerios** 4/\$7.50  
10.9 oz.  
**Wheaties** 4/\$7.50  
10.9 oz.  
**Cinnamon Toast Crunch** 4/\$7.50  
12.2 oz.  
**Golden Grahams** 4/\$7.50  
12 oz.  
**Cocoa Puffs** 4/\$7.50  
11.8 oz.  
**Trix** 4/\$7.50  
10.7 oz.

Must Buy 4

Limit 4 per family with coupon at Super One thru October 12, 2013

GOOD ONLY AT SUPERONE | VALID: 10/06/13-10/12/13 | RV0200 | 1050

General Mills  
**Fruit Snacks** 4/\$5  
4.5-8 oz. box

Must Buy 4

Limit 4 per family with coupon at Super One thru October 12, 2013

GOOD ONLY AT SUPERONE | VALID: 10/06/13-10/12/13 | RV0200 | 1060

General Mills  
**Fruit Snacks** 4/\$5  
4.5-8 oz. box

Must Buy 4

Limit 4 per family with coupon at Super One thru October 12, 2013

MANUFACTURER'S COUPON | VALID: 10/06/13-10/12/13 | RV0500 | 1070

Velveta  
**Skillet Dinners** 5/\$6.50  
9 oz. pkg.

Must Buy 5

Limit 5 per family with coupon at Super One thru October 12, 2013

MANUFACTURER'S COUPON | VALID: 10/06/13-10/12/13 | RV0500 | 1080

Velveta  
**Shells and Cheese Cups** 5/\$6.50  
4 pack  
**Shells and Cheese Dinner** 5/\$6.50  
9.4-12 oz. pkg.

Must Buy 5

Limit 5 per family with coupon at Super One thru October 12, 2013

MANUFACTURER'S COUPON | VALID: 10/06/13-10/12/13 | RV0500 | 1090

Velveta  
**Cheesy Potatoes** 5/\$4  
9.01-11.75 oz. box

Must Buy 5

Limit 5 per family with coupon at Super One thru October 12, 2013

MANUFACTURER'S COUPON | VALID: 10/06/13-10/12/13 | RV0500 | 1100

Velveta  
**Shredded Cheese** 5/\$5  
8 oz. pkg.

Must Buy 5

Limit 5 per family with coupon at Super One thru October 12, 2013

MANUFACTURER'S COUPON | VALID: 10/06/13-10/12/13 | RV0500 | 1110

Velveta  
**Cheese Slices** 5/\$5  
12 oz. pkg.

Must Buy 5

Limit 5 per family with coupon at Super One thru October 12, 2013

GOOD ONLY AT SUPERONE | VALID: 10/06/13-10/12/13 | RV0100 | 1120

Progresso Rich and Hearty Soups 18-19 oz. can  
**Buy Any 4 Progresso Soups and Save \$1.00 on Any Saltines**

Limit 1 per family with coupon at Super One thru October 12, 2013

GOOD ONLY AT SUPERONE | VALID: 10/06/13-10/12/13 | RV0200 | 1130

Buy 4 Pillsbury Toaster Strudel or Scrambles or Yoplait Adult Multipacks 4 Packs/Parfait and Save \$2.00 on Any Orange Juice

Limit 1 per family with coupon at Super One thru October 12, 2013

NO CLIPPING NECESSARY | 1140

Essential Everyday  
**All Purpose Flour** \$1.50  
5 lb. bag

Limit 1 per family with coupon at Super One thru October 12, 2013

NO CLIPPING NECESSARY | 1150

Crystal  
**Sugar** \$1.75  
4 lb. bag

Limit 1 per family with coupon at Super One thru October 12, 2013

NO CLIPPING NECESSARY | 1160

Essential Everyday  
**Cream Cheese** \$1.00  
8 oz. block

Limit 2 per family with coupon at Super One thru October 12, 2013

NO CLIPPING NECESSARY | 1170

Act II  
**Microwave Popcorn** 75¢  
3 pack box

Limit 2 per family with coupon at Super One thru October 12, 2013

NO CLIPPING NECESSARY | 1180

Ragu  
**Spaghetti Sauce** \$1.50  
24 oz. jar

Limit 2 per family with coupon at Super One thru October 12, 2013

NO CLIPPING NECESSARY | 1190

Betty Crocker  
**Fudge Brownie Mix** \$1.00  
18.3 oz. box

Limit 2 per family with coupon at Super One thru October 12, 2013

MANUFACTURER'S COUPON | DO NOT DOUBLE | VALID: 10/06/13-10/12/13 | RV0200 | 1200

Del Monte  
**Vegetables** 10/\$7  
14.5-16 oz. can

Must Buy 10

Limit 10 per family with coupon at Super One thru October 12, 2013

MANUFACTURER'S COUPON | DO NOT DOUBLE | VALID: 10/06/13-10/12/13 | RV0200 | 1210

Del Monte  
**Stewed or Diced Tomatoes** 10/\$7  
14.5 oz. can

Must Buy 10

Limit 10 per family with coupon at Super One thru October 12, 2013

MANUFACTURER'S COUPON | DO NOT DOUBLE | VALID: 10/06/13-10/12/13 | RV0200 | 1220

Del Monte  
**Fruit** 10/\$10  
14.25-15.25 oz. can

Must Buy 10

Limit 10 per family with coupon at Super One thru October 12, 2013

VALUABLE COUPON | 1015

Shoppers Value  
**Original Supreme or Pepperoni Pizza** 75¢  
5.25 oz.

Limit 10 per family with coupon at Super One thru October 12, 2013

VALUABLE COUPON | 1025

Shoppers Value  
**Scallops, Tilapia, Salmon or Pollock Fillets** 99¢  
4 oz.

Limit 10 per family with coupon at Super One thru October 12, 2013

**Coke & Coke Products** 3/\$10  
12 pack

**Coke & Coke Products** 2/\$3  
2 liters

**Dasani Water** 24 pack..... \$3.99

Sara Lee  
**Classic Wheat Bread** 20 oz..... \$1.99

Sara Lee  
**Classic White Bread** 20 oz..... \$1.99

Essential Everyday  
**Split Top Wheat Bread** 24 oz..... 2/\$3

Dutch Country  
**Butter Top White Bread** 24 oz..... \$2.19

Dutch Country  
**Whole Wheat Bread** 24 oz..... \$2.19

Keebler  
**Club Crackers** .....11-16 oz. box \$2.25

Keebler  
**Resealable Mini Cookies** .....8 oz. pkg. 2/\$4

Nabisco  
**Teddy Grahams** .....10 oz. pkg. 2/\$5

Nabisco  
**Premium Saltines**.....9-16 oz. box \$2.25

**DAIRY**

Sunny Delight.....64 oz. bottle 88¢

Minute Maid  
**Orange Juice**.....59 oz. bottle \$2.25

**Tostitos, Salsas & Dips** 15-15.75 oz. .... 2/\$6

Frito Lay  
**Munchies** 8 oz. .... 2/\$5

Old Dutch  
**Kettle Corn** 7 oz. .... \$1.88

Old Dutch  
**Twin Pack Box Chips** 10 oz. .... 2/\$5

Essential Everyday  
**Almond Bark** 24 oz. pkg. .... \$2.25

Krusteaz  
**Muffin Mixes** 17-18.25 oz. box..... 2/\$5

Krusteaz  
**Bars** 19-21 oz. box..... 2/\$5

Argo  
**Corn Starch** 16 oz. .... 2/\$3

Argo  
**Baking Powder** 12 oz. .... 2/\$3

Fleischmann's  
**Yeast** 4 oz. jar ..... \$4.99

Fleischmann's  
**Yeast** 3 count pkg. .... 2/\$3

Hershey's  
**Snack Size Candy** 10.35-11.6 oz. bag ..... 2/\$5

Hunt's  
**Ketchup** 24 oz. bottle..... 88¢

Gulden's  
**Spicy Brown Mustard** 12 oz. bottle ..... 98¢

Bulls Eye  
**BBQ Sauce** 18 oz. .... 98¢

Hawaiian  
**Punch** 32 oz. bottle..... 5/\$5

V-8  
**Fusion** 36-46 oz. bottle..... 2/\$5

V-8  
**Vegetable Juice** 46 oz. bottle ..... 2/\$5

Ronzoni  
**Garden Delight Pasta** 12 oz. box..... 3/\$3

Ronzoni  
**Healthy Harvest Pasta** 12 oz. box..... 3/\$3

Ronzoni  
**Smart Taste Pasta** 12 oz. box..... 3/\$3

NO CLIPPING NECESSARY | 1230

**FROZEN**

Red Baron  
**Pizza** 4/\$10  
14.76-23.45 oz.

Limit 4 per family with coupon at Super One thru October 12, 2013

Lay's  
**Potato Chips** .....10-10.5 oz. 3/\$9

Rold Gold  
**Pretzels** .....10-16 oz. 2/\$5

Cantinas .....9-12 oz. 2/\$5

Old Dutch  
**Flavored Potato Chips**.....8-9 oz. Buy One Get One FREE

Old Dutch  
**Crunch Chips** .....8-9 oz. Buy One Get One FREE

Barrel O Fun  
**Assorted Potato Chips** .....10 oz. 2/\$4.88

**FROZEN**

Totinos  
**Pizza Rolls** .....19.8 oz. bag \$2.25

Essential Everyday  
**Garlic Bread** .....16 oz. loaf \$1.50

Banquet  
**Dinners** .....4.73-10.25 oz. pkg. 5/\$5

Essential Everyday  
**Sweetened Condensed Milk** 14 oz. can.... 2/\$3

Vlasic  
**Bread and Butter Chips** 24 oz. jar

Zesty Bread and Butter Chips 24 oz. jar

Dill Spears 24 oz. jar

Kosher Dill Spears 24 oz. jar ..... 2/\$4

Carlita  
**Flour Tortillas** 10 count/6 inch pkg. .... 75¢

Chex Mix 4.44-8.75 oz. pouch..... 2/\$4

Gardetto's Snack Mix 8-8.6 oz. pouch.... 2/\$4

Bugles 6-7.5 oz. pouch ..... 2/\$4

Essential Everyday  
**Cashew Halves and Pieces** 8 oz. can \$3.29

Mixed Nuts 10 oz. can..... 2/\$5

Shore Lunch  
**Soup Mix** 9-12 oz. pkg. .... 2/\$5

Swanson  
**Chicken Broth** 32 oz. carton ..... 2/\$4

Swanson  
**Beef Broth** 32 oz. carton. .... 2/\$4

Essential Everyday  
**Light Corn Syrup** 32 oz. bottle. .... \$2.99

Lipton  
**Tea Bags** 100 count box..... \$2.99

Essential Everyday  
**Mushrooms** 7.3 oz. jar..... 2/\$3

Canoe  
**White and Wild Rice** 12 oz. bag..... \$2.99

Wild Rice 12 oz. bag..... \$3.99

Cooked Wild Rice 15 oz. can..... 2/\$5

Act II  
**Microwave Popcorn** 3 pack..... 99¢

Glad  
**Tall Kitchen Bags** 20-35 count box..... \$4.49

Trash Bags 21 count..... \$4.49

Gain  
**Liquid Laundry Detergent** 50 oz. bottle..... \$4.99

VALUABLE COUPON | 1035

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

Limit 10 per family with coupon at Super One thru October 12, 2013

Hershey's  
**Baking Chips** .....8-12 oz. pkg. \$1.75

Betty Crocker  
**Super Moist Cake Mixes**.....15.25-16.25 oz. box 4/\$5

Betty Crocker  
**Ready To Spread Frosting**.....12-16 oz. tub \$1.75

Betty Crocker  
**Fudge Brownie Mix** .....18.3 oz. box 4/\$5

Crisco  
**Vegetable Oil** .....48 oz. bottle \$2.75

Crisco  
**Canola Oil** .....48 oz. bottle \$2.95

Wilderness  
**Cherry Pie Filling** .....20-21 oz. can \$2.50

Wilderness  
**Apple Pie Filling** .....21 oz. can \$2.00

Essential Everyday  
**Graham Cracker Crust**....6 oz. pkg. \$1.00

Crystal  
**Brown Sugar** .....2 lb. bag \$1.50

Crystal  
**Powdered Sugar** .....2 lb. bag \$1.50

Langers  
**Apple Juice** .....64 oz. bottle \$1.88

Gatorade .....8 pack/20 oz. bottle \$4.89

Essential Everyday  
**Mandarin Oranges** .....11 oz. can 75¢

Cottonelle  
**Bathroom Tissue** .....12 double roll pkg. \$5.88

Essential Everyday  
**Bathroom Tissue** .....4 double roll pkg. \$1.88

Essential Everyday  
**Paper Towels** .....3 roll pkg. \$1.88

Shoppers Value  
**Saltines** .....16 oz. box \$1.00

Progresso  
**Rich and Hearty Soups** .....18.5-19 oz. can 4/\$5

Progresso  
**Traditional Soup**.....19 oz. can 4/\$5

Bush's  
**Baked Beans** .....28 oz. can 3/\$5

Bush's  
**Grillin Beans** .....22 oz. can 3/\$5

Red Gold  
**Diced Tomatoes** .....14.5 oz. can 75¢

Chicken Of The Sea  
**Chunk Light Tuna** .....5 oz. can 85¢

Joan Of Arc  
**Kidney Beans** .....15.5 oz. can 75¢

Joan Of Arc  
**Chili Beans**.....15 oz. can 75¢

Western  
**Dressings** .....16 oz. bottle \$1.88

Wishbone  
**Dressings** .....16 oz. bottle 2/\$4

Ragu  
**Spaghetti Sauce** .....24 oz. jar \$1.68

Essential Everyday  
**Mayonnaise** .....30 oz. jar \$2.25

Essential Everyday  
**Salad Dressing** .....30 oz. jar \$2.25

Essential Everyday  
**Onion Soup Mix** .....2 oz. box 75¢

**CEREAL**

Essential Everyday

Honey Nut Toasted Oats..12.25 oz. box

Crispy Rice .....12 oz. box

Toasted Oats .....14 oz. box

Natural Oat Honey and Raisin...16 oz. box

Natural Oat and Honey.....16 oz. box

Golden Corn Nuggets .....12.5 oz. box

Apple Cinnamon  
Toasted Oats.....12.9 oz. box

Low Fat Granola .....18 oz. box

Low Fat Granola  
with Raisins .....18 oz. box

Bran Flakes .....17.3 oz. box

Corn Flakes .....18 oz. box

Magic Stars.....11.5 oz. box

Frosted Flakes.....15 oz. box 2/\$4

General Mills

Cheerios .....8.9 oz.

Wheaties .....10.9 oz.

Trix .....10.7 oz.

Cocoa Puffs .....11.8 oz.

Golden Grahams .....12 oz.

Cinnamon Toast Crunch ...12.2 oz.

Kellogg's

Special K .....12 oz.

Special K Red Berries .....11.2 oz.

Special K Oat and Honey .....13.1 oz.

Special K Fruit and Yogurt ..12.5 oz.

Special K Chocolate Delight ..13.1 oz.

Special K Chocolate Strawberry ....11 oz.

Special K Blueberry .....11.4 oz.

Special K Vanilla Almond.....12.4 oz.

Special K Multi Grain.....12 oz.

Special K Protein Plus.....12.5 oz.

Special K Cinnamon Pecan ..12.1 oz.

Special K Low Fat Granola .19.5 oz.

Fiber Plus Berry Yogurt .....15.3 oz.

Post

Honey Bunches of  
Oats Honey Roasted .....14.5 oz.

Almond .....14.5 oz.

Peach Raspberry .....14.5 oz.

Banana Blueberry .....14.5 oz.

Vanilla Cluster .....18 oz.

Strawberry .....13 oz.

Raisin Medley.....17 oz.

Just Bunches  
Honey Roasted .....17 oz.

Essential Everyday  
Oatmeal .....18 oz. canister 95¢

Betty Crocker  
Fruit Snacks .....4.5-8 oz. box 4/\$7

General Mills  
Fiber One Bars .....4.1-7 oz. box 2/\$5

Kellogg's  
Rice Krispies Treats .....6.2 oz. box 2/\$4