



PAULBECK'S  
M A R K E T

EXPRESS GAS  
& CAR WASH



Home of Wildcraft Meats



80% Lean  
Ground Beef  
Fresh, Family Pack

4.99 lb



Boneless Sirloin  
Ball Tip Steaks  
USDA Choice Angus Beef

7.99 lb



Assorted  
Pork Chops  
Fresh, Family Pack, Bone-In

1.99 lb



Colorado  
Peaches  
Large & Juicy

1.99 lb



Blueberries  
Pint

2/\$6



Frito Lay  
Doritos,  
Salsa or Dip  
9-10.75 oz bag or 10-15.75 oz jar,  
Selected Varieties

2/\$7



Kraft  
Chunk or  
Shredded Cheese  
7-8 oz pkg,  
Selected Varieties

2/\$5



Culinary Circle  
Pizza  
13.95-28.9 oz pkg,  
Selected Varieties

2/\$9



Prego  
Pasta Sauce  
14.5-24 oz jar,  
Selected Varieties

2/\$5



The Greek Gods  
Yogurt  
24 oz tub,  
Selected Varieties

3.99



Minute Maid  
Lemonade or Punch  
59 oz ctn,  
Selected Varieties

2/\$4



Blue Bunny  
Frozen Dairy Dessert  
46-48 oz pkg,  
Selected Varieties

2/\$7



Highway 169 S., Aitkin

EXPRESS GAS & CAR WASH

Visit Us on the Web  
[www.paulbecks.com](http://www.paulbecks.com)

(218) 927-6919  
• OPEN 6AM - 9PM •  
7 DAYS A WEEK

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PRICES EFFECTIVE JULY

| SUN | MON | TUES | WED | THUR | FRI | SAT |
|-----|-----|------|-----|------|-----|-----|
| 12  | 13  | 14   | 15  | 16   | 17  | 18  |

BAKED GOODS

ALL ITEMS NOT AVAILABLE  
AT ALL LOCATIONS.

DELI FRESH



**Twin Pack Baguettes**  
12-14 oz pkg,  
Take and Bake

3.99



**Kretschmar Chicken Breast**  
Deli Fresh,  
Selected Varieties

7.99<sub>lb</sub>



**Kretschmar Colby or Colby Jack Cheese**  
Sliced Fresh in our Deli

7.99<sub>lb</sub>



**The Father's Table Two Slice Cheesecake**  
6 oz pkg,  
Selected Varieties

2.99



**Panera Mac & Cheese**  
12 oz pkg,  
Selected Varieties

5.99



**Cheese Tortellini Salad**  
Deli Fresh

5.99<sub>lb</sub>



**Bakery Fresh Strudel Bites**  
12 ct pkg,  
Selected Varieties

3.99



**Otis Spunkmeyer Muffins**  
3 ct pkg,  
Selected Varieties

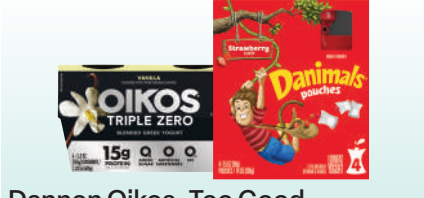
4.99



**Jongquist Family Kitchen Dips**  
11.5-12 oz pkg,  
Selected Varieties

3.99

FROZEN & DAIRY



**Dannon Oikos, Too Good or Light + Fit Greek Yogurt or Danimals Pouches**  
4 ct pkg,  
Selected Varieties

2/\$8



**ratio Protein or Trio Yogurt**  
5.3 oz cup,  
Selected Varieties

2/\$3



**Essential Everyday Vegetables**  
12 oz pkg,  
Selected Varieties

3/\$4



**Delimex Crispy Quesadillas or Taquitos**  
7-8 oz Quesadillas or 19.2-20 oz Taquitos,  
Selected Varieties

4.99



**Tropicana Juice**  
46 oz btl,  
Selected Varieties

3.99



**Silk Almond Milk**  
64 oz ctn,  
Selected Varieties

3.99



**Essential Everyday Singles**  
12 oz pkg,  
Selected Varieties

2.79



**Essential Everyday Jumbo Biscuits**  
16 oz pkg,  
Selected Varieties

2/\$4



**Kemps Cottage Cheese Singles or Sour Cream or Dip**  
5.3-5.64 oz Cottage Cheese or 8 oz Sour Cream or Dip,  
Selected Varieties

2/\$3



**Smart Balance Buttery Spread**  
13-15 oz tub,  
Selected Varieties

3.49



**Essential Everyday Grated Parmesan Cheese**  
8 oz cnstr,  
Selected Varieties

3.49



**Essential Everyday Whole Strawberries**  
40 oz pkg

7.99



**Oreo, Kit Kat or Toll House Ice Cream Cones, Bars or Sandwiches**  
4-6 ct pkg, Selected Varieties

4.49

HOUSEHOLD GOODS



**Tide Laundry Detergent**  
92-105 oz btl Liquid or 32-57 ct Pods,  
Selected Varieties

15.99



**Gain Laundry Detergent**  
132-144 oz btl Liquid or 60 ct Flngst, Selected Varieties

15.99



**Gain Fireworks In-Wash Scent Boosters**  
24 oz pkg

15.99



**Downy Unstopables In-Wash Scent Boosters**  
24 oz pkg,  
Selected Varieties

15.99



**Cascade Dishwashing Detergent Actionpacs**  
9-16 ct pkg,  
Selected Varieties

4.99



**Dawn Dishwashing Liquid**  
17.4-30.8 oz btl,  
Selected Varieties

4.99



**Charmin Essentials Bath Tissue**  
6 ct Mega Rolls,  
Selected Varieties

5.49



**Bounty Essentials Paper Towels**  
4 ct Double Rolls

6.99



**Dixie Plates or Bowls**  
34-90 ct pkg,  
Selected Varieties

5.99



**Essential Everyday Premium Paper Plates**  
40-85 ct pkg,  
Selected Varieties

4.99



**Vanity Fair Napkins**  
160-200 ct pkg,  
Selected Varieties

5.99



**Essential Everyday Aluminum Foil**  
75 sq ft pkg

3.99

HEALTH & BEAUTY

PET



**Crest Premium Toothpaste**  
3.5 oz pkg,  
Selected Varieties

3.99



**Equaline Mouthwash**  
1 ltr btl,  
Selected Varieties

3.49



**Arm & Hammer Ultra Max Deodorant**  
2.6 oz pkg,  
Selected Varieties

2/\$5



**Pup-Peroni Dog Treats**  
5.6 oz pkg,  
Selected Varieties

3.99



**Skintimate or Schick Disposable Razors**  
3-4 ct pkg,  
Selected Varieties

6.99



**Edge or Skintimate Shave Gel**  
7 oz pkg,  
Selected Varieties

3.89



**Oilly Gummy Vitamins**  
30-90 ct pkg,  
Selected Varieties

9.99

GROCERY SPECIALS



Old Dutch Ripples Potato Chips, Kettle Corn or Popcorn  
5-8.5 oz bag, Selected Varieties

2/\$6



General Mills Cereal  
11.2-18.2 oz Cheerios, 13.9 oz Trix, 14.9 oz Lucky Charms, 15.1 oz Cookie Crisp, 15.4 oz Honey Nut Cheerios, 16.7 oz Golden Grahams or Reese's Puffs or 16.8 oz Cinnamon Toast Crunch, Selected Varieties

2/\$7



Essential Everyday Pickle Chips, Dills, Spears or Sweet Gherkins  
16-24 oz jar, Selected Varieties

2/\$5



Essential Everyday Ketchup  
24 oz btl

1.49



Kraft Miracle Whip  
15 oz jar, Selected Varieties

3.49



Kellogg's Family Size Cheez-It, Club, Town House, Toasteds Party Pack Crackers or On-The-Go Snacks  
12-21 oz Cheez-It, 18.8 oz Club, 15-20.7 oz Town House, 12 oz Toasteds, 12 ct On-The-Go, Selected Varieties

5.99



Kellogg's Protein Pop-Tarts  
8 ct pkg, Selected Varieties

3.89



Kellogg's Nutri Grain Bars  
8 ct box, Selected Varieties

3.49



Skinny Pop Popcorn  
4.4-8.4 oz pkg, Selected Varieties

3.79



Barilla Gluten Free or Protein+ Pasta  
8.8-14.5 oz pkg, Selected Varieties

2/\$4



Kraft Real Mayo  
15 oz jar

2.99



Starkist Chunk Light Tuna, Tuna Salad Kit or Tuna Smart Bowls  
2.6-4.5 oz pkg, Selected Varieties

4/\$5



Hershey's Family Size Candy  
13.9-16.1 oz pkg, Selected Varieties

9.99



Jolly Rancher Candy  
11.2-14 oz pkg, Selected Varieties

4.99



Ocean Spray Craisins  
5-6 oz pkg, Selected Varieties

2/\$5



Ice Mountain 100% Natural Spring Water  
6 pk/23.7 oz btls

3.49



Splash Blast Water  
6 pk/5 ltr btls, Selected Varieties

2.99



Lipton Tea Bags  
22-50 ct pkg, Selected Varieties

3.49

SAVE BIG EVERYDAY

Essential EVERYDAY®

Wild Harvest



Essential Everyday Whole Cashews  
8.5 oz can

6.99



Essential Everyday Mac & Cheese Microwave Cups  
4 ct pkg

4.49



Essential Everyday Yellow Mustard  
8 oz btl

1.29



Essential Everyday Soup & Oyster Crackers  
9 oz bag

1.99

X500 STORE COUPON



Essential Everyday Boneless Skinless Chicken Thighs  
2.5 lb pkg, Individually Quick Frozen

8.99



Limit one with this coupon. Limit one coupon per family. Prices effective Sun., July 12 thru Sat., July 18, 2026. Valid only at stores listed on the front page.

X501 STORE COUPON



Hormel Natural Choice Lunchmeat  
6-8 oz pkg, Selected Varieties

3.99



Limit one with this coupon. Limit one coupon per family. Prices effective Sun., July 12 thru Sat., July 18, 2026. Valid only at stores listed on the front page.

X502 REDEEMABLE COUPON RV0400

Kellogg's Mini Wheats or Raisin Bran  
13.3-16 oz Mini Wheats or 11.6-16.1 oz Raisin Bran, Selected Varieties

3/\$8

RETAILER: Return to UNFI COUPON SERVICES via UNFI Redemption Form

VOID IF COPIED, TRANSFERRED, PURCHASED OR SOLD, ONE COUPON PER PURCHASE. GOOD ONLY AT UNFI SUPPLIED STORES



Customer must purchase three. Limit three with this coupon. Limit one coupon per family. Prices effective Sun., July 12 thru Sat., July 18, 2026. Valid only at stores listed on the front page.

X503 STORE COUPON



Jimmy Dean Breakfast Sandwiches, Stuffed Hash Browns or Biscuit Roll-Ups  
12.8-18.8 oz pkg, Selected Varieties

5.99



Limit one with this coupon. Limit one coupon per family. Prices effective Sun., July 12 thru Sat., July 18, 2026. Valid only at stores listed on the front page.

FRESH MEAT & SEAFOOD

  
**Boneless Chuck Steak**  
USDA Choice Angus Beef  
**8.49** lb

  
**Boneless Chuck Roast**  
USDA Choice Angus Beef  
**7.99** lb

  
**Gold'n Plump Whole Chicken**  
Fresh  
**1.49** lb

  
**Center Cut Pork Chops**  
Fresh, Bone-In  
**2.79** lb

  
**Pork Spareribs**  
Fresh  
**3.49** lb

  
**Hormel Pork Tenderloins**  
18.4 oz pkg, Selected Varieties  
**7.99**

  
**Essential Everyday Breaded Chicken**  
24-28 oz pkg, Selected Varieties  
**6.49**

  
**Ambassador Natural Casing Wieners**  
19.5-24oz pkg, Selected Varieties  
**11.99**

  
**Simply Potatoes Mashed Potatoes**  
24 oz pkg, Selected Varieties  
**3.99**

  
**Bar S Corn Dogs**  
16 ct box  
**8.99**

  
**Cloverdale Smoked Bacon**  
12 oz pkg, Selected Varieties  
**4.99**

  
**Kingsford BBQ Entrées**  
16 oz pkg, Selected Varieties  
**7.99**

  
**Schweigert Fun Dogs**  
12 oz pkg, Skinless Wieners  
**1.99**

  
**Buddig Mega Pack Lunchmeat**  
22 oz pkg, Selected Varieties  
**7.99**

  
**Arctic Shores Cod Fillets**  
16 oz pkg, Wild Caught  
**9.99**

  
**Arctic Shores Extra Jumbo Cooked Shrimp**  
16 oz pkg, 16-20, Tail-On  
**12.99**

FARM FRESH PRODUCE

  
**Fresh Express Garden Salad**  
12 oz bag  
**1.49**

  
**Taylor Farms Chopped Kit**  
9.25-20 oz bag, Selected Varieties  
**3.99**

  
**Mighties Kiwi**  
1 lb pkg  
**3.99**

  
**Mangoes**  
Sweet, Juicy  
**2/\$3**

  
**Cosmic Crisp Apples**  
Fresh  
**1.99** lb

  
**Beefsteak Tomatoes**  
Fresh  
**1.99** lb

  
**Giorgio White Mushrooms**  
8 oz pkg, Whole or Sliced  
**2/\$4**

  
**Farmer's Promise Russet Potatoes**  
5 lb bag  
**1.99**

**FLORAL**  
All items not available at all locations.

  
**Tropical Sunset Bouquet**  
**9.99**

  
**Garden Picnic Basket Arrangement**  
**14.99**

**HEALTHY SIPS**

  
**Brew Dr. Kombucha**  
8-14 oz btl, Selected Varieties  
**2/\$4**

  
**Coke Products**  
24 pk-12 oz cans, Selected Varieties  
**10.99**

12 pk-12 oz cans **6.99**  
6 pk-16.9 oz btls **3/\$10**

  
**Country Hearth English Muffin Bread**  
16 oz loaf  
**2.99**

  
**Country Hearth Cinnamon Raisin Bread**  
24 oz loaf  
**3.49**

  
**Monster Energy Drinks**  
12 pk-12 oz cans, Selected Varieties  
**19.99**

  
**A&W, Sunkist, 7-Up, Squirt, RC or Canada Dry**  
12 pk-12 oz cans, Selected Varieties  
**6.99**

6 pk-16.9 oz btls **3/\$12**  
2 ltr btl **2/\$5**



## Quaker Cereal

10.3-12.6 oz Cap'n Crunch  
or 13 oz Life,  
Selected Varieties

2/\$7



## Quaker Oatmeal Squares

14.5 oz box,  
Selected Varieties

4.49



## Quaker Chewy Granola Bars

18 ct box,  
Selected Varieties

4.49



## Quaker Rice Crisps

2.6-4 oz bag,  
Selected Varieties

1.99



## Rice-A-Roni or Pasta-Roni

1.97-7.2 oz pkg,  
Selected Varieties

3/\$4



Muscular  
Dystrophy  
Association

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[mda.org/aisles-of-smiles](http://mda.org/aisles-of-smiles)



**Chicken of the Sea  
Albacore Tuna,  
Salmon or Sardines**  
4-5 oz Tuna, 2.5 oz Salmon or  
3.75 oz Sardines,  
Selected Varieties

**3/\$4**



**Betty Crocker  
Suddenly Salad**  
7.25-8.3 oz box,  
Selected Varieties

**2/\$5**



**Bush's Best  
Baked Beans**  
15.8-16 oz can,  
Selected Varieties

**2/\$4**



**Hostess Donettes  
Mini Donuts**  
9.5-10.75 oz pkg,  
Selected Varieties

**2/\$5**



**Dole  
Pineapple**  
20 oz can,  
Selected Varieties

**2/\$4**



**Rana  
Pasta or Sauce**  
20 oz Pasta or 12.5-15 oz Sauce,  
Selected Varieties

**6.99**



**Pompeian  
Olive Oil**  
16 oz btl,  
Selected Varieties

**8.99**



**Starbucks  
Coffee**  
11-12 oz bag, 10-12 ct K-Cups  
or 32 oz btl, Selected Varieties

**10.99**



**Juicy Juice  
100% Juice**  
64 oz btl or 8 pk/6.75 oz boxes,  
Selected Varieties

**3.99**



**V8 Splash  
Juice Drink**  
64 oz btl,  
Selected Varieties

**2/\$5**



**SunnyD  
Citrus Punch**  
128 oz btl,  
Selected Varieties

**3.99**