



PAULBECK'S
M A R K E T

EXPRESS GAS
& CAR WASH



Home of Wildcraft Meats



Boneless
Arm Cut Roast
USDA Choice Angus Beef

5.99lb



Assorted
Pork Chops
Fresh, Family Pack, Bone-In

1.99lb



First
of the
Season

Minnesota Grown
Honeycrisp Apples
Fresh

1.99lb



Clementines
3 lb bag

4.99



Florida's Natural
Juice
52 oz ctn,
Selected Varieties

3.99



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

2/\$4



Lean Cuisine
Signature or
Classic Entree
6-11.5 oz pkg,
Selected Varieties

4/\$11



Essential Everyday
Waffles
10 ct pkg,
Selected Varieties

1.88



Stone Ridge Creamery
Ice Cream or
Sherbet
48 oz pkg,
Selected Varieties

2/\$7



Essential Everyday
Pasta
12-16 oz box,
Selected Varieties

99¢



Frito Lay Lay's Potato or
Kettle Cooked Chips
or Natural Snacks
5-9.26 oz bag,
Selected Varieties

2/\$6



Angel Soft
Bath Tissue or
Sparkle Paper Towels
12 ct Mega Rolls Angel Soft or
6 ct Double Rolls Sparkle,
Selected Varieties

7.99



PAULBECK'S
M A R K E T

Visit Us on the Web
www.paulbecks.com

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

QUANTITY RIGHTS RESERVED. NOT RESPONSIBLE
FOR TYPOGRAPHICAL OR PICTORIAL ERRORS.

PRICES EFFECTIVE SEPTEMBER						
SUN	MON	TUES	WED	THUR	FRI	SAT
20	21	22	23	24	25	26

Highway 169 S., Aitkin

EXPRESS GAS & CAR WASH

BAKED GOODS

ALL ITEMS NOT AVAILABLE
AT ALL LOCATIONS.

DELI FRESH



Artisan French Loaf
Bakery Fresh

3.99^{ea}



Kretschmar Seasoned Turkey Breast
Deli Fresh, Selected Varieties

8.99^{lb}



Kretschmar Pepper Jack Cheese
Sliced Fresh in our Deli

6.99^{lb}



Telera or Bolillo Rolls
4 ct pkg, Bakery Fresh

2.49



Chicken Tenders
Deli Fresh

5.99^{lb}



Three Bean Salad
Deli Fresh

5.49^{lb}



Bakery Fresh Cookies
10-12 ct pkg, Selected Varieties

4.99



Parfait or Cheesecake Cup
4.5-5 oz pkg, Selected Varieties

2.99



Panera Soup
16 oz pkg, Selected Varieties

5.99

FROZEN & DAIRY



Culinary Circle Pizza
13.95-28.9 oz box, Selected Varieties

2/\$10



Talent Gelato or Sorbetto
16 oz pkg, Selected Varieties

2/8.88



Nestlé Drumstick Sundae Cones, Toll House Ice Cream Sandwiches or Oreo Bars, Cones or Sandwiches
4-6 ct pkg, Selected Varieties

4.99



Dannon Oikos Pro 20g Yogurt
5.3 oz cup, Selected Varieties

2/\$3



Essential Everyday Sour Cream
8 oz tub

99¢



Essential Everyday Almond Beverage
64 oz ctn, Selected Varieties

2.99



Nestlé Coffee mate Natural Bliss or Starbucks Coffee Creamer
28-32 oz btl, Selected Varieties

4.88



Noosa Yoghurt
4 ct pkg, Selected Varieties

3.99



SuperPretzel Soft Pretzels or SoftStix
9-13 oz box, Selected Varieties

2/\$7



Essential Everyday Asian Appetizers
5-12.2 oz pkg, Selected Varieties

3.99



Essential Everyday Pasta
19-25 oz pkg, Selected Varieties

3.99



Essential Everyday Jumbo Biscuits
16 oz pkg, Selected Varieties

2/4.44



Essential Everyday Country Style Spread
45 oz tub

5.49

HOUSEHOLD GOODS



Tide Laundry Detergent or Fabric Rinse or Downy Rinse & Refresh or Unstopables In-Wash Scent Booster
25-42 ct Pods, 73-84 oz Liquid, 48 oz Rinse or 18.2 oz Unstopables, Selected Varieties

12.99



Downy Ultra Fabric Conditioner or Gain Fabric Softener
140 oz btl

12.99



Xtra Laundry Detergent or Oxi Clean Laundry Stain Remover
56-57.6 oz Xtra or 6.2-21.5 oz Oxi Clean, Selected Varieties

3.49



Cascade Actionpacs Dishwashing Detergent
19-33 ct pkg, Selected Varieties

9.99



Essential Everyday Clear Plastic Party Cups
18-20 ct pkg, Selected Varieties

1.99



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

4.99



Essential Everyday Large Heavy Duty Trash Bags
10 ct box

3.99



Essential Everyday Facial Tissue
60-70 ct box, Selected Varieties

2/\$3

HEALTH & BEAUTY



Crest Complete Toothpaste
5.4 oz pkg, Selected Varieties

3.99



Listerine Premium Mouthwash
33.8 oz btl, Selected Varieties

8.99



Head & Shoulders Shampoo or Conditioner
10.6-12.5 oz btl, Selected Varieties

6.99



EQUALINE Extra Strength Pain Relief
100 ct pkg

3.99



Atkins Protein Shakes or Snack Bars
4-5 ct pkg, Selected Varieties

7.49



Playtex Sport Tampons
18 ct pkg, Selected Varieties

5.49

PET



Essential Everyday Dog Biscuits or Bacon & Cheese Flavored Strips
6-24 oz pkg, Selected Varieties

2/\$7



Temptations Cat Treats
2.1-3 oz pkg, Selected Varieties

2/\$4

GROCERY SPECIALS



Essential
Everyday
Condensed
Soup

10.5-11.25 oz can,
Selected Varieties

3/\$5



Essential
Everyday
Beans

15 oz can,
Selected Varieties

99¢



Kraft
Mac & Cheese
or Velveeta
Shells & Cheese

2.05-2.39 oz cup,
Selected Varieties

5/\$5



Capri Sun
Juice Drink

10 ct box,
Selected Varieties

3.99



Country Time
Lemonade

10 ct box,
Selected Varieties

3.99



Nabisco
Chips Ahoy!
Cookies

9.5-13 oz pkg,
Selected Varieties

2/\$7



Libby's
100% Pure
Pumpkin

15 oz can

2/\$5



Old Dutch Triple
Pack or Party Pack
Potato Chips,
Restaurante Style
Tortilla Chips,
Popcorn or Pretzels

12-20 oz pkg,
Selected Varieties

2/\$10



Pringles
Mingles

5.5 oz bag,
Selected Varieties

2.99



Heinz
Yellow
Mustard

14 oz btl

1.49



Betty Crocker
Specialty
Potatoes

4 oz pkg,
Selected Varieties

2/\$4



Pompeian
Olive Oil

25.4-32 oz btl,
Selected Varieties

14.99



Kraft
Caramels

11 oz pkg

2.99



Mott's
Applesauce

12 ct pkg,
Selected Varieties

6.99



Hostess
Donettes
Mini Donuts

9.5-10.75 oz pkg,
Selected Varieties

2/\$5

X500

STORE COUPON



Cloverdale
Bacon

12 oz pkg,
Selected varieties

4.49



Limit one with this coupon.
Limit one coupon per family.
Prices effective Sun., September 20 thru
Sat., September 26, 2026.
Valid only at stores listed on the front page.

X501

STORE COUPON



Ambassador
Natural Casing
Wieners

19.5-24 oz pkg,
Selected Varieties

9.99



Limit one with this coupon.
Limit one coupon per family.
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X502

REDEEMABLE COUPON RV0150



Hershey's
XL Candy
Bars

3.5-4.4 oz pkg,
Selected Varieties

2/\$5

RETAILER: Return to UNFI COUPON SERVICES via UNFI Redemption Form

VOID IF COPIED, TRANSFERRED, PURCHASED
OR SOLD, ONE COUPON PER PURCHASE.



Customer must purchase two. Limit two with this coupon.
Limit one coupon per family.
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X503

STORE COUPON



Kellogg's
Cheez It
Crackers

7 oz box,
Selected Varieties

2/\$4



Customer must purchase two. Limit two with this coupon.
Limit one coupon per family.
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X504

STORE COUPON



Dot's
Homestyle
Pretzels

14-16 oz pkg,
Selected Varieties

4.99



Limit one with this coupon.
Limit one coupon per family.
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X505

STORE COUPON



Sargento
String Cheese or
Cheese Sticks

8.4-12 oz pkg,
Selected Varieties

3.99



Limit one with this coupon.
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X506

STORE COUPON



Ben & Jerry's
Ice Cream

14.4-16 oz pkg,
Selected Varieties

2/8.88



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X507

STORE COUPON



FiORA Essentials
Bath Tissue or
Paper Towels

12 ct Double Plus Rolls Bath Tissue
or 6 ct Giant Rolls Paper Towels

2/8.88



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FRESH MEAT & SEAFOOD



T-Bone
Steak
USDA Choice Angus Beef

13.99 lb



Boneless
Arm Cut Steak
USDA Choice Angus Beef

6.99 lb



Just Bare
Whole Chicken
4 lb pkg, Family Pack

7.99



Center Cut
Pork Chops
Fresh, Bone-In

2.79 lb



St. Louis Style
Pork Ribs
Previously Frozen

3.49 lb



Hormel Always Tender
Pork Tenderloin
18.4 oz pkg,
Selected Varieties

7.99



Essential Everyday
Chicken Wings
3 lb pkg,
Individually Quick Frozen

6.99



No Name
Steakhouse
Burgers
21.32-24 oz pkg,
Selected Varieties

10.99



Lloyd's
BBQ Ribs
24 oz pkg

13.99



Hormel
Fully Cooked
Bacon
2.52 oz pkg,
Selected Varieties

4.99



Nathan's
Beef Franks
10-14 oz pkg,
Selected Varieties

5.99



Bob Evans
Family Size Side
28-32 oz pkg,
Selected Varieties

5.49



Land o Frost
Premium Deli
Lunchmeat
10-16 oz pkg,
Selected Varieties

5.99



El Monterey
Taquitos
18-20.7 oz pkg,
Selected Varieties

7.99



Jennie O 93% Lean
Ground Turkey
or Patties
16 oz pkg,
Selected Varieties

5.99



Arctic Shores
Extra Large
Raw Shrimp
16 oz pkg, 26-30, EZ-Peel

8.99

FARM FRESH PRODUCE



Fresh Express
Salad Blend
5-11 oz bag,
Selected Varieties

2.99



Tomatoes on
the Vine
Fresh

1.99 lb



Giorgio
Baby Bella
Mushrooms
8 oz pkg, Whole or Sliced

2/\$4



Jumbo Sweet
Onions
Fresh

99¢ lb



Peaches
Juicy

2.99 lb



DelMonte
Pineapple
Sweet

3.99 ea



Cantaloupe
Vine Rip

3.49 ea



Farmer's
Promise Red
Potatoes
5 lb bag

2.99

FLORAL

All items not available
at all locations.



Pumpkin
Bloom
Bouquet

9.99



Blooming
Assorted
Mums
6 inch

11.99

HEALTHY SIPS



Bolthouse
Farms
Drinks
15.2 oz btl,
Selected Varieties

2.99



Pepsi
Products
12 pk-12 oz cans,
Selected Varieties

5.99

6 pk/16.9 oz btls

4.99



Country Hearth
Dakota Style
12 Grain Bread
24 oz loaf

3.69



Village Hearth
Cottage Bread
24 oz loaf

3.69



Gatorade
Thirst
Quencher
8 pk/12 oz btls,
Selected Varieties

7.44



Bubbl'r
Sparkling
Water
6 pk-12 oz cans,
Selected Varieties

5.88



Kickstart
Energy Drink
16 oz can,
Selected Varieties

4/\$5



Sara Lee
Honey Wheat
or Whole Grain
White Bread
20 oz loaf

3.49



Propel
Fitness Water
12 pk-16.9 oz btls,
Selected Varieties

9.88

≡ BACK TO ≡ BREAKFAST.

MORNINGS MADE EASY.

Post CONSUMER BRANDS

SAVE \$2 INSTANTLY

when you buy any four (4) participating
Post Consumer Brands grocery or
pet products with coupon



**Post
Honey Bunches
of Oats**

11-12 oz box,
Selected Varieties

2/\$6



**Malt O Meal
Family Size
Cereal**

22-30 oz bag,
Selected Varieties

4.49



**Mom's Best
Oats**

16 oz pkg,
Selected Varieties

1.79



**Peter Pan
Peanut Butter**

16.3 oz jar

2/\$5

X508 REDEEMABLE COUPON RV0200

SAVE \$2 INSTANTLY

when you buy any four (4) participating
Post Consumer Brands grocery or
pet products with coupon



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Redemption Form. VOID IF COPIED, TRANSFERRED,
PURCHASED OR SOLD. ONE COUPON PER PURCHASE.
DO NOT DOUBLE. GOOD ONLY AT STORE NAME HERE.



Customer must purchase four. Limit four with this coupon.
Limit one coupon per family.

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Valid only at stores listed on the front page.

Essential
EVERYDAY®

BEST PRICES OF THE SEASON



Essential Everyday Natural Sliced Cheese or Cheese Singles

6-12 oz pkg,
Selected Varieties

2/\$5



Essential Everyday Snack Crackers

7.5-13.7 oz pkg,
Selected Varieties

2.99



Essential Everyday Tortilla Chips

10-12 oz bag,
Selected Varieties

2/\$5



Essential Everyday Salsa or Picante Sauce

16 oz jar,
Selected Varieties

2/\$5



Essential Everyday Taco Sauce

16 oz jar

2.99



Essential Everyday Refried Beans

16 oz can,
Selected Varieties

2/\$3



Essential Everyday Ketchup

24 oz btl

1.49



Essential Everyday Purified Water

24 pk/5 ltr btl or
24 pk/10 oz btl

3.49