



PAULBECK'S
M A R K E T

EXPRESS GAS
& CAR WASH



Home of Wildcraft Meats



Cosmic
Crisp
Apples
Fresh

1.99 lb



Fresh Express
Garden Salad
12 oz pkg

99¢ ea



Essential Everyday
Shredded or Chunk
Cheese
6-8 oz pkg,
Selected Varieties

2/\$4



Birds Eye
Steamfresh
Vegetables
10-10.8 oz pkg,
Selected Varieties

4/\$5

HOG
WILD



Pork
Shoulder Roast
Fresh, Bone-In

1.99 lb



Boneless Center Cut
Pork Loin Chops
Fresh

2.49 lb



Pork Loin
Back Ribs
Previously Frozen

3.49 lb



Hormel Black Label
Sliced Bacon

12-16 oz pkg, Selected Varieties

4.99



Smithfield Marinated
Pork Loin Filets or
Tenderloins

19.2-23 oz pkg, Selected Varieties

5.99



Essential Everyday
Butter Quarters
16 oz pkg,
Selected Varieties

2/\$5



Coffee mate Coffee or
Cold Foam Creamer
32 oz btl or 14 oz can,
Selected Varieties

3.49



Kemps Ice Cream
or Frozen Yogurt
48 oz ctn,
Selected Varieties

3.99



Essential Everyday
Potato Chips
7-10 oz bag,
Selected Varieties

2/\$4



Essential Everyday
Kidney or
Chili Beans
15 oz can,
Selected Varieties

5/\$4



Essential Everyday
Tomatoes
14.5-15 oz can,
Selected Varieties

5/\$4



Ragu
Pasta Sauce
16-24 oz jar,
Selected Varieties

2/\$5



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 OCTOBER

SUN	MON	TUES	WED	THUR	FRI	SAT
4	5	6	7	8	9	10

Highway 169 S., Aitkin

EXPRESS GAS & CAR WASH

BAKED GOODS

ALL ITEMS NOT AVAILABLE
AT ALL LOCATIONS.

DELI FRESH



Anthony & Sons Bakery
7 Grain Avocado Bread
24 oz pkg

5.49



Kretschmar
Turkey Off the Bone
Deli Fresh,
Selected Varieties

8.99lb



Kretschmar Cherrywood
Smoked Ham
Deli Fresh

6.99lb



Fruit
Pie
8 inch,
Selected Varieties

6.99



Kretschmar
Colby Cheese
Sliced Fresh in our Deli

6.99lb



Taco Pasta
Salad
Deli Fresh

4.49lb



The Father's Table
Cheesecake
12 oz pkg,
Selected Varieties

5.49



Otis Spunkmeyer
Muffins
3 ct pkg,
Selected Varieties

4.49



Sabra
Hummus
8 oz pkg,
Selected Varieties

2.99

FROZEN & DAIRY



Stone Ridge Creamery
Ice Cream Sandwiches
12 ct pkg,
Selected Varieties

3.99



Dannon
Greek Yogurt
4.5-5.3 oz cup,
Selected Varieties

4/\$5



Kraft
Shredded Cheese
24 oz pkg,
Selected Varieties

6.99



Essential Everyday
Sour Cream
16 oz tub,
Selected Varieties

2/\$4



Simply Potatoes
Hash Browns or
Cut Potatoes
20 oz bag, Selected Varieties

2.99



Essential Everyday
Cinnamon or
Crescent Rolls
8-12.4 oz can, Selected Varieties

2/4.44



Essential Everyday
Sliced
Strawberries
23 ct tub

5.49



Wild Harvest
Organic Fruit
10 oz pkg,
Selected Varieties

3.99



Eggo
Waffles
24 ct pkg,
Selected Varieties

5.99



Dannon
Greek Yogurt or
Danimals Yogurt
4 ct pkg, Selected Varieties

2/\$9



Yoplait
Go-Gurt
Yogurt
8 ct pkg,
Selected Varieties

2.99



BOCA
Plant-Based
Protein
10-12 oz pkg,
Selected Varieties

3.99



Alexia Family Size
Onion Rings or
Potatoes
13.5-28 oz pkg,
Selected Varieties

4.99



Essential Everyday
Breakfast
Bowl
7 oz pkg,
Selected Varieties

2.49



Lactaid Lactose Free
or Protein Milk
or Creamer
32 oz btl or 52-64 oz ctn,
Selected Varieties

4.49

HOUSEHOLD GOODS



Charmin
Bath Tissue
6 ct Mega XL or 9 ct Mega Rolls,
Selected Varieties

13.99



Tide Liquid or Pods
Laundry Detergent
117-132 oz jug or 45-76 ct pkg,
Selected Varieties

19.99



Cascade Actionpacs
Dishwasher Detergent
47-78 ct pkg,
Selected Varieties

19.99



Essential Everyday
Sandwich or Snack Bags
30-50 ct pkg,
Selected Varieties

1.69

HEALTH & BEAUTY

PET



Colgate
Toothpaste
4 oz pkg,
Selected Varieties

2/\$3



DayQuil or
NyQuil Cold & Flu
Relief
12 oz btl or 24 ct pkg,
Selected Varieties

12.99



Dove Shampoo
or Conditioner
12 oz btl,
Selected Varieties

4.99



Essential Everyday
Cat Food
5.5 oz can,
Selected Varieties

5/\$4



Gold Bond
Lotion
13-14 oz btl,
Selected Varieties

9.99



Edge or
Skintimate
Shave Gel
7 oz can,
Selected Varieties

3.89



Schick Xtreme,
Venus or
Skintimate
Disposable
Razors
3-12 ct pkg, Selected Varieties

6.99



Wild Harvest
Organic
Dog Food
3.5-4 lb bag,
Selected Varieties

9.99

GROCERY SPECIALS



Frito Lay Ruffles,
Simply Snacks,
Tostitos Tortilla
Chips, Dip or Salsa
5.25-14.42 oz bag or
10-15.75 oz jar,
Selected Varieties

2/\$7



Old Dutch
Traditional
or Twin Pack
Potato Chips
or Popcorn
5-10 oz pkg,
Selected Varieties

2/\$7



Kellogg's
Cheez-It Snap'd,
Crunch or Town
House Crackers
6.5-13.8 oz pkg,
Selected Varieties

3.99



Chex Mix, Bugles
or Gardetto's
Family Size
Snacks
9-14.5 oz bag,
Selected Varieties

2/\$7



Campbell's
Condensed
Soup
10.5-11.5 oz can,
Selected Varieties

3/\$5



Kraft
Family Size
Mac & Cheese
11 oz box

2/\$3



General Mills
Family Size Cereal
15-18.8 oz Cheerios,
18.1 oz Cocoa Puffs,
18.8 oz Cinnamon Toast Crunch,
18.9 oz Golden Grahams or
19.7 oz Reese's Puffs,
Selected Varieties

2/\$8



Ocean Spray
Cranberry or
Grapefruit Juice
60-64 oz btl,
Selected Varieties

3.99



Post Kids Cereal
10 oz Honey Combs or Oreo Puffs,
11 oz Fruity, Cocoa, Cinnamon
or Marshmallow Fruity Pebbles,
11.5 Waffle Crisp, 12.25 oz Honeydew,
14 oz Honey Oh's, 14.75 oz Golden Crisp
or 16.6 oz Raisin Bran, Selected Varieties

2/\$6



Pop-Tarts
Super Stuffed
Toaster Pastries
5 ct box,
Selected Varieties

2/\$6



Kellogg's
Special K
Pastry Crisps
6 ct pkg,
Selected Varieties

3.29



SkinnyPop
Popcorn
6 ct pkg,
Selected Varieties

4.99



Orville Redenbacher's
Microwave
Popcorn
3 ct box, Selected Varieties

2/\$5



Pringles
Potato Crisps
4.9-5.57 oz can,
Selected Varieties

2/\$5



Blue Diamond
Almonds
14-16 oz bag,
Selected Varieties

9.99



Voortman
Sugar Free
Wafers or Cookies
5-11.3 oz pkg, Selected Varieties

2.99



Hunt's Super Snack Pack
Pudding or
Juicy Gels
6 ct pkg, Selected Varieties

2/\$6



Log Cabin or
Mrs. Butterworth's
Syrup
22-24 oz btl,
Selected Varieties

3.99



Starkist
Chunk Light Tuna
5 oz can,
Selected Varieties

99¢



Maruchan Ramen
Noodle Soup
6 ct pkg,
Selected Varieties

1.88



Vlasic
Relish
9-10 oz jar,
Selected Varieties

2/\$4



Ice Mountain
Spring Water
12 pk/8 oz btls

2/\$6

SAVE BIG EVERYDAY

Essential
EVERYDAY®

Wild
Harvest



Essential Everyday
Skillet Dinners
5.6-6.4 oz pkg, Selected Varieties

3/\$5



Essential Everyday
Saltine Crackers
16 oz pkg, Selected Varieties

2.49



Essential Everyday
Flour
5 lb bag, Selected Varieties

2.88



Essential Everyday
Mushrooms
4 oz can,
Selected Varieties

4/\$5



Essential Everyday
Ripe Olives
2.25-4.25 oz jar,
Selected Varieties

3/\$4



Wild Harvest
Organic Olives
6.25-6.7 oz jar,
Selected Varieties

3.99



Essential Everyday
Pickle Chips
16 oz jar,
Selected Varieties

2/\$4



Essential Everyday
Tomato Sauce
8 oz can,
Selected Varieties

3/\$2



Essential Everyday
Whipped Dressing
30 oz jar

4.99



Essential Everyday
Bread Crumbs
15 oz can,
Selected Varieties

2/\$4



Essential Everyday
Coffee
10.3-11.3 oz can,
Selected Varieties

6.49

X500

STORE COUPON



No Name
Salmon Fillets
10 oz pkg,
Selected Varieties

9.99



Limit one with this coupon.
Limit one coupon per family.
Prices effective Sun., October 4 thru Sat., October 10, 2026.
Valid only at stores listed on the front page.

X501

STORE COUPON



Armour
Meatballs
14 oz pkg,
Selected Varieties

2.99



Limit one with this coupon.
Limit one coupon per family.
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Valid only at stores listed on the front page.

X502

REDEEMABLE COUPON RV0300



Bear Naked
Granola
11-12 oz pkg,
Selected Varieties

2/\$7

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



Limit two with this coupon.
Limit one coupon per family.
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X503

STORE COUPON



Bellatoria
Personal Size
or Roma Pizza
5.67-11.05 oz pkg,
Selected Varieties

4/\$10



Limit four with this coupon.
Limit one coupon per family.
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X504

STORE COUPON



New York Bakery
Cheese
Texas Toast,
Cheese Sticks,
Garlic Knots or
Ciabatta Rolls
7.3-13.5 oz pkg,
Selected Varieties

3.49



Limit one with this coupon.
Limit one coupon per family.
Prices effective Sun., October 4 thru Sat., October 10, 2026.
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X505

STORE COUPON



Crystal Farms
String Cheese or
Cheese Sticks
9-10 oz pkg,
Selected Varieties

3.99



Limit one with this coupon.
Limit one coupon per family.
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Valid only at stores listed on the front page.

X506

STORE COUPON



Kemps
Cottage Cheese
or Mid-America
Farms Top
The Tater
12-16 oz ctn,
Selected Varieties

2/\$5



Limit two with this coupon.
Limit one coupon per family.
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X507

STORE COUPON



Super Ch!!!
Products
2 ltr btl,
Selected Varieties

2/\$3



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FRESH MEAT & SEAFOOD

HOG WILD



Boneless Center Cut Pork Loin Roast
Fresh

2.49 lb



Pork Shoulder Steak
Fresh, Bone-In

2.79 lb



Boneless Sirloin Ball Tip Steak
USDA Choice Angus Beef

7.99 lb



Gold'n Plump Chicken Drumsticks or Thighs
Fresh, Family Pack

1.49 lb



Boneless Top Round Roast
USDA Choice Angus Beef

7.49 lb



Boneless Top Round Steak
USDA Choice Angus Beef

7.99 lb

HOG WILD



Smithfield Anytime Favorites Boneless Ham
1.5 lb pkg, Selected Varieties

8.99



Johnsonville Bratwurst or Italian Sausage
19 oz pkg, Selected Varieties

5.99



Hormel Ground Pork Chub
1 lb pkg, Fresh Pork

3.49



Bob Evans Side Dish
12-24 oz pkg, Selected Varieties

4.49



Cloverdale Extra Thick Applewood Smoked Bacon
3 lb pkg

18.99



Hillshire Farms Ultra Thin Lunchmeat
7-9 oz pkg, Selected Varieties

4.99



Nathan's Pretzel or Bagel Dogs
16 oz pkg

7.99



Cloverdale Tangy Summer Sausage
28 oz stick, Selected Varieties

11.99



Pilgrim's Chicken Nuggets or Popcorn Chicken
24 oz pkg

5.99

FARM FRESH PRODUCE



Fresh Express Spinach
8 oz pkg

1.99



Dole Romaine Hearts
3 ct pkg

3.49



Taylor Farms Cut Vegetables
10-12 oz pkg, Selected Varieties

2/\$5



Grape Tomatoes
1 pint pkg

2.49



Red, Yellow or Orange Bell Peppers
Sweet, Crunchy

3/\$4



Giorgio Portabella Mushroom Caps
6 oz pkg, Whole or Sliced

2.99



Jack-O-Lantern Pumpkins

5.99



Fresh Cranberries
12 oz bag

1.99

FLORAL

All items not available at all locations.



Croton in Bella Ceramics
4.5"

8.99



Powerful Pink Bouquet

7.99

HEALTHY SIPS



Woodstock Organic Banana Water
11.2-16.9 oz can, Selected Varieties

2/\$5



Pepsi Products
12 pk-12 oz cans, Selected Varieties

5.88

6 pk-16.9 oz btls 4.98



Village Hearth Old Fashioned Buns
8 ct pkg, Selected Varieties

2.99



New England Brown Bread
24 oz loaf

3.99



Gatorade Thirst Quencher
28 oz btl, Selected Varieties

2/4.44



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

5.88



Kickstart Singles
16 oz can, Selected Varieties

4/\$5



Thomas Original English Muffins
6 ct pkg

3.49



Propel Water

12 pk-16.9 oz btls, Selected Varieties

9.88

SCHOOL NIGHTS MADE SIMPLE



**Zatarain's
Rice Dish**
7-8 oz pkg,
Selected Varieties

2/\$4



**French's
Yellow Mustard**
14 oz btl

1.99



**Lawry's
Marinade**
12 oz btl,
Selected Varieties

2.99



**Franks RedHot
or Wings Sauce**
12 oz btl,
Selected Varieties

2.99



**Cholula
Hot Sauce**
5 oz btl,
Selected Varieties

3.49



**Cholula Cremosa
or Cooking Sauce**
8-12 oz btl,
Selected Varieties

2/\$5



**Mission
BBQ Sauce**
14.5-16 oz btl,
Selected Varieties

2.49



**McCormick Bag 'N
Season, Slow Cooker
or Homestyle Classics
Seasoning Mix**
.81-2.11 oz env, Selected Varieties

2/\$4



**McCormick
Chili Seasoning
Mix**
1.25 oz env,
Selected Varieties

4/\$5



**McCormick
Brown Gravy**
.87 oz env,
Selected Varieties

99¢



**McCormick
Gravy or Country
Gravy Mix**
.75-2.64 oz env,
Selected Varieties

4/\$5

Essential
EVERYDAY®

BEST PRICES OF THE SEASON



**Essential Everyday
Instant Oatmeal**
8-10 ct box,
Selected Varieties

2.99



**Essential Everyday
Fruit**
14.5-15.25 oz can,
Selected Varieties

2/\$4



**Essential Everyday
Fruit Bowls**
4 ct pkg,
Selected Varieties

2/\$5



**Essential Everyday
Apple Sauce**
6 ct pkg,
Selected Varieties

2/\$4



**Essential Everyday
Salad Dressing**
16 oz btl,
Selected Varieties

2.29



**Essential Everyday
Barbecue Sauce**
18 oz btl,
Selected Varieties

2/\$4



**Essential Everyday
Mayonnaise or
Whipped Dressing**
20 oz btl,
Selected Varieties

3.99



**Essential Everyday
Hot Cocoa Mix**
20 oz can

4.99



**Essential Everyday
Designer Plates
or Bowls**
24-54 ct pkg,
Selected Varieties

2.99



**Essential Everyday
Awesome Strength
Paper Towels**
8 ct rolls

7.99