



80% Lean  
Ground Beef  
Fresh, Family Pack

**4.49** lb



T-Bone  
Steak  
USDA Choice Angus Beef

**13.99** lb



Essential Everyday  
Shredded Cheese  
32 oz pkg,  
Selected Varieties

**7.99**



Simply Juices or Drinks  
or Gold Peak Tea  
52 oz btl,  
Selected Varieties

**2/\$5**



Ore-Ida  
Potatoes or Tater Tots  
19-32 oz pkg,  
Selected Varieties

**3.99**



Breyers  
Ice Cream  
48 oz ctn,  
Selected Varieties

**2/8.88**



Kraft  
Mac & Cheese  
Dinner  
5.5-7.25 oz box,  
Selected Varieties

**5/\$5**



Frito Lay Party Size  
Chips, Lay's or  
Tostitos Dip or Salsa  
6-18 oz bag or 23- 24 oz jar,  
Selected Varieties

**2/\$9**



Heinz  
Ketchup  
20 oz btl

**2.88**



Ice Mountain  
100% Natural  
Spring Water  
24 pk, 16.9 oz btls

**4.99**



**Washington  
Cherries**

**2.88** lb



**Whole  
Seedless  
Watermelon**  
Whole

**3.99**



**Red, Yellow,  
or Orange  
Bell Peppers**  
Sweet, Crunchy

**99¢**



**Bi-Color  
Sweet Corn**  
Fresh

**4/\$2**



**Strawberries**  
2 lb pkg

**5.99**



**Peaches or  
Nectarines**  
Juicy

**2.49** lb

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



BAKED GOODS

ALL ITEMS NOT AVAILABLE AT ALL LOCATIONS.

DELI FRESH



French Bread

Bakery Fresh

2.49<sub>ea</sub>



Whole Roasted Rotisserie Chicken

Original, Hot From the Deli

8.99<sub>ea</sub>



Margherita Hard Salami or Pepperoni

Deli Fresh

7.99<sub>lb</sub>



Cyrus O'Leary's Cream or Meringue Pies

8 inch, Selected Varieties

8.99



Resers Seafood or Tuna Salad

12 oz pkg, Selected Varieties

4.99



Hormel Gatherings Party Tray

28 oz pkg, Selected Varieties

15.99



Clyde's Apple Fritters

6 ct pkg

4.99



Parfait or Cheesecake Cups

4.5-5 oz pkg, Selected Varieties

2.49



Sartori Parmesan Cheese Wedge

5 oz pkg

3.49

FROZEN & DAIRY



Smart Ones Entrées

6.49-10.25 oz pkg, Selected Varieties

2/\$5



Essential Everyday Pizza

14.73-16.51 oz pkg, Selected Varieties

3/\$10



Kraft Philadelphia Cream Cheese

8 oz brick, Selected Varieties

3.29



Rana Pasta or Sauce

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

6.49



Brew Pub Lotzza Motzza Pizza

10.3-13.71 oz pkg, Selected Varieties

2/\$10



Ore-Ida Bagel Bites Pizza Snacks!

7 oz pkg, Selected Varieties

2/\$5



Dannon Greek or Remix Mix-Ins Yogurt

4.5-5.3 oz cup, Selected Varieties

3/\$4



Chobani Creations or Flip Greek Yogurt

4.5-5.3 oz cup, Selected Varieties

2/\$3



TGI Fridays Frozen Appetizers

8-11 oz box, Selected Varieties

4.99



Stone Ridge Creamery Ice Cream Cups

12 ct pkg, Selected Varieties

4.99



Sargento Balanced Breaks

4-4.5 oz pkg, Selected Varieties

3/\$10



Stone Ridge Creamery Fudge or Orange Cream Bars

12 ct pkg, Selected Varieties

3.99

HOUSEHOLD GOODS



Essential Everyday Bleach

81 oz btl, Selected Varieties

4.99



Essential Everyday Basic Cutlery

18-24 ct box, Selected Varieties

2/\$3



Essential Everyday Foam Plates

50 ct pkg

2.49



Essential Everyday Party Cups

50 ct pkg, Selected Varieties

4.99



Essential Everyday Aluminum Foil

75 sq ft roll

4.29



Essential Everyday Slider Storage or Freezer Bags

30-35 ct box, Selected Varieties

3.99



Glad Tall Kitchen or Trash Bags

25-68 ct box, Selected Varieties

9.99



Ziploc Sandwich Bags

105 ct pkg

4.79

HEALTH & BEAUTY

PET



Think! Protein Bars

1.2-2.1 oz pkg, Selected Varieties

2/\$4



Centrum Vitamins

100-160 ct pkg, Selected Varieties

11.99



Equaline Calcium Antacid

60-150 ct pkg, Selected Varieties

3.99



Milk Bone Trail Mix or Dog Biscuits

9 oz Trail Mix or 24 oz Biscuits, Selected Varieties

4.99



Colgate Toothpaste

4 oz pkg, Selected Varieties

2/\$3



OGX Shampoo or Conditioner

13 oz btl, Selected Varieties

6.99



Speed Stick Deodorant

2.7-3 oz pkg, Selected Varieties

2.49



Milk-Bone Dipped Biscuits or Soft & Chewy Treats

4.5-12 oz pkg, Selected Varieties

3.99



GROCERY SPECIALS



Maruchan  
Ramen or Yakisoba  
Noodle Bowl  
3.3-4.11 oz pkg,  
Selected Varieties

99¢



Betty Crocker  
Suddenly Salad  
6.2-8.3 oz box,  
Selected Varieties

2/\$5



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

2/\$7



Old Dutch  
Dutch Crunch or  
Ripples Potato Chips  
9 oz Dutch Crunch or 8-8.5 oz Ripples,  
Selected Varieties

2/\$8



Famous Amos or  
Keebler Cookies  
9 oz Famous Amos or 8.5-13.4 oz  
Keebler, Selected Varieties

2/\$6



Cheez-It Puff'd,  
Snap'd, or  
Town House Crackers  
5.75-7.5 oz Cheez-It or  
9.2-13.8 oz Town House, Selected Varieties

3.99



General Mills Cereal  
13.9 oz Trix, 14.9 oz Lucky Charms,  
15.1 oz Cookie Crisp, 16.7 oz Reeses Puffs or  
Golden Grahams or 16.8 oz Cinnamon  
Toast Crunch, Selected Varieties

2/8.88



Kellogg's Cereal  
8.8 oz Corn Pops,  
8.9 oz Apple Jacks or Froot Loops,  
12 oz Frosted Flakes or  
11.6-12.2 oz Flavored Frosted Flakes,  
Selected Varieties

3.88



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

2/\$6



Capri Sun  
Juice Drink  
10 ct pkg,  
Selected Varieties

2.99



Essential Everyday  
Almonds or Cashews  
9-11 oz pkg,  
Selected Varieties

5.99



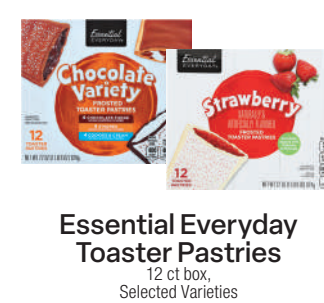
Essential Everyday  
Cashew Halves & Pieces  
8 oz can,  
Selected Varieties

4.99



Pompeian  
Olive Oil  
16 oz btl,  
Selected Varieties

8.99



Essential Everyday  
Toaster Pastries  
12 ct box,  
Selected Varieties

2.88



Cascadian Farm  
Organic  
Cereal or Granola  
9.2-12 oz Cereal or 11 oz Granola,  
Selected Varieties

4.99



Post  
Family Size Cereal  
18 oz Honey Bunches of Oats Honey Roasted or  
With Almonds, 19.5 oz Fruity or Cocoa Pebbles,  
25 oz Raisin Bran or 29 oz Grape Nuts

4.49



Essential Everyday  
Vanilla Wafers  
11 oz box

2.99



Pop-Secret  
Popcorn  
12 ct pkg,  
Selected Varieties

7.99



Just Born  
Mike & Ike Candy  
4.25 oz box,  
Selected Varieties

99¢



Essential Everyday  
Honey Bear  
24 oz btl,  
Selected Varieties

5.99



Country Time  
Lemonade  
10 pk, 6 oz pouches,  
Selected Varieties

3.49



Wild Harvest  
100% Coconut Water  
33.8 oz ctn

3.99

X550

STORE COUPON



Hormel  
Always Tender  
Pork Tenderloin  
18.4 oz pkg,  
Selected Varieties

6.99



005500

Limit one with this coupon.  
Limit one coupon per family.  
Prices effective Sun., July 20  
thru Sat., July 26, 2025.  
Valid only at stores listed on the front page.

X551

STORE COUPON



Land O Frost  
Bistro Favorites  
Lunchmeat  
6-8 oz pkg,  
Selected Varieties

2/\$7



005510

Customer must purchase two.  
Limit two with this coupon.  
Limit one coupon per family.  
Prices effective Sun., July 20  
thru Sat., July 26, 2025.  
Valid only at stores listed on the front page.

X552

STORE COUPON



Kraft  
Natural  
Sliced Cheese  
7-8 oz pkg,  
Selected Varieties

2/\$5



005520

Customer must purchase two.  
Limit two with this coupon.  
Limit one coupon per family.  
Prices effective Sun., July 20  
thru Sat., July 26, 2025.  
Valid only at stores listed on the front page.

X553

STORE COUPON



Sargento  
String Cheese  
8.4-12 oz pkg,  
Selected Varieties

2/8.88



005530

Customer must purchase two.  
Limit two with this coupon.  
Limit one coupon per family.  
Prices effective Sun., July 20  
thru Sat., July 26, 2025.  
Valid only at stores listed on the front page.

X554

STORE COUPON



Häagen-Dazs  
Ice Cream  
14 oz pkg,  
Selected Varieties

2/8.88



005540

Customer must purchase two.  
Limit two with this coupon.  
Limit one coupon per family.  
Prices effective Sun., July 20  
thru Sat., July 26, 2025.  
Valid only at stores listed on the front page.

X555

STORE COUPON



Essential  
Everyday  
Graham Crackers  
14.4 oz pkg,  
Selected Varieties

2.99



005550

Limit one with this coupon.  
Limit one coupon per family.  
Prices effective Sun., July 20  
thru Sat., July 26, 2025.  
Valid only at stores listed on the front page.

X556

STORE COUPON



Essential  
Everyday  
Snack Pudding  
4 ct pkg,  
Selected Varieties

3/\$3



005560

Customer must purchase three.  
Limit three with this coupon.  
Limit one coupon per family.  
Prices effective Sun., July 20  
thru Sat., July 26, 2025.  
Valid only at stores listed on the front page.

X557 REDEEMABLE COUPON RV0200



Kool-Aid,  
Crystal Light or  
MiO Water  
Enhancer  
1.62 oz pkg, Selected Varieties

4/\$10

RETAILER: Return to UNFI COUPON SERVICES  
via UNFI Redemption Form

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

Customer must purchase four.  
Limit four with this coupon.  
Limit one coupon per family.  
Prices effective Sun., July 20  
thru Sat., July 26, 2025.  
Valid only at stores listed on the front page.



005570



# FRESH MEAT & SEAFOOD



Boneless  
Top Round  
Steak  
USDA Choice Angus Beef  
**7.49**lb



Boneless  
Top Round  
Roast  
USDA Choice Angus Beef  
**6.99**lb



Gold'n Plump  
Chicken Wings  
Fresh  
**3.99**lb



Assorted  
Pork Chops  
Fresh, Bone In, Family Pack  
**2.29**lb



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



Oscar Mayer  
Sliced Bacon  
12-16 oz pkg,  
Selected Varieties  
**5.99**



Holten Meats  
Restaurant Quality  
Beef Patties  
2 lb pkg

**8.99**



Schweigert  
Natural Casing Wieners  
12 oz pkg,  
Selected Varieties

**5.99**



Smithfield  
Breakfast Links, Patties  
or Roll Sausage  
12-16 oz pkg,  
Selected Varieties

**3.99**



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

**5.49**



Sugardale  
Sliced Pepperoni  
8 oz pkg

**2.99**



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

**6.49**



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

**5.99**



Impossible  
Burger Bricks  
or Hot Dogs  
10-12 oz pkg,  
Selected Varieties

**6.99**



No Name  
Salmon Fillets  
10 oz pkg,  
Selected Varieties

**11.99**



Arctic Shores  
Pollock Fillets  
16 oz pkg, Wild Caught

**3.99**

# FARM FRESH PRODUCE



Dole  
Salad Kits  
10-13.25 oz bag,  
Selected Varieties  
**3.49**



Dole  
Cauliflower  
**2.99**



Bolthouse  
Baby Carrots  
1 lb pkg  
**1.29**



Yellow  
Onions  
3 lb bag  
**1.99**



Honeydew  
Melons  
Sweet  
**2.99**ea



English  
Cucumbers  
Seedless  
**99¢**

## FLORAL

All items not available  
at all locations.



Mum  
Plant  
4.5 Inch Pot,  
In Assorted Colors  
**5.99**



Summer Salad  
Bouquet  
**12.99**

PLU 18121

SUPER COUPON



Pepsi  
Products  
12 pk-12 oz cans,  
Selected Varieties

**2/\$12**

Customer must purchase two.  
Limit two with this coupon. Limit one coupon per family.  
Prices effective Sun., July 20 thru Sat., July 26, 2025.  
Valid only at Pequot Lakes SuperValu.

**Pequot Lakes**  
**SUPERVALU**  
Quality • Service • Freshness • Count on us!



Pepsi  
Products  
6 pk-16.9 oz btl,  
Selected Varieties

**2/\$10**



Pure Leaf  
Tea  
6 pk-16.9 oz btl,  
Selected Varieties

**2/\$12**



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

**8.99**



Bubly  
Sparkling Water  
8 pk-12 oz cans,  
Selected Varieties

**3/\$10**



7-Up, A&W,  
RC, Squirt or  
Canada Dry  
Products  
6 pk-16.9 oz btl,  
Selected Varieties

**3/\$12**





## YOUR SUPPORT EMPOWERS FAMILIES

During Aisles of Smiles,  
join MDA's mission to empower  
the people we serve to live longer,  
more independent lives.

**OFFERS VALID 7/20 THROUGH 7/26**



### Noosa Finest Yoghurt

24 oz tub or 4 ct pkg,  
Selected Varieties

**3.99**



### SunnyD Citrus Punch

128 oz btl,  
Selected Varieties

**3.49**



### Pepperidge Farm Texas Toast or Garlic Bread

9.5-11.25 oz pkg,  
Selected Varieties

**3.49**



### Chicken of the Sea Tuna, Infusions or Pink Salmon

2.5-5 oz pkg Tuna, 2.8 oz cntr Infusions  
or 2.5-5 oz pkg Pink Salmon,

Selected Varieties

**2/\$3**



### Barilla Gluten Free, Legume or Protein+ Pasta

8.8-14.5 oz pkg,  
Selected Varieties

**2/\$5**



### Prego Pasta Sauce

14.5-24 oz jar,  
Selected Varieties

**2/\$6**



### Hostess Donettes Mini Donuts

9.5-10.75 oz bag,  
Selected Varieties

**1.99**



### V8 Splash Juice Drink

64 oz btl,  
Selected Varieties

**2/\$5**



### Starbucks Coffee

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

**9.99**



### Sparkle Paper Towel

4 Double Rolls

**6.99**



### Angel Soft Bath Tissue

8 Mega Rolls

**6.99**



# Sweet Savings!



**Ben & Jerry's  
Ice Cream**

16 oz pkg,  
Selected Varieties

**2/\$9**



**Magnum  
Ice Cream Bars**

3-6 ct box,  
Selected Varieties

**4.99**



**Talenti Gelato,  
Gelato Layers or Mini  
Sorbetto Bars**

10.6-16 oz Gelato or 6 ct Mini Bars,  
Selected Varieties

**4.99**



**Klondike  
Ice Cream Cones**

8 ct pkg,  
Selected Varieties

**7.99**



**Klondike  
Ice Cream Bars or  
Sandwiches**

6 ct pkg,  
Selected Varieties

**2/\$9**



**Popsicle Brand  
Ice Pops or  
Fudge Pops**

18 ct pkg,  
Selected Varieties

**4.99**



**Smucker's  
Spoonables**

11.75-12.25 oz jar,  
Selected Varieties

**2.99**



**Essential Everyday  
Jumbo Cups**

12 ct box

**1.99**



**Hershey's  
Giant Candy Bars**

7.13-7.56 oz pkg,  
Selected Varieties

**3.49**



**Jet Puffed  
Marshmallows**

12 oz pkg

**1.99**



**Voortman  
Wafers or Cookies**

5-11.3 oz pkg,  
Selected Varieties

**2.99**



**Essential Everyday  
Maraschino Cherries**

10 oz jar,  
Selected Varieties

**2.69**