



Gold’N Plump
Chicken Leg
Quarters
Fresh

1.29lb



Boneless
Country Style
Pork Ribs
Fresh

1.99lb



Boneless
Ribeye Steak
USDA Choice Angus Beef

13.99lb



Peaches or
Nectarines
Large, Juicy

1.99lb



Oscar Mayer
Lunchables
2.25-4.4 oz pkg,
Selected Varieties

5/\$5



Blueberries
Pint

2/\$5



The Greek Gods
Yogurt
24 oz tub,
Selected Varieties

3.99



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

3/\$8



Stouffer’s
Signature Classics
Frozen Entrées or
Simple Dishes
8.375-12.75 oz pkg,
Selected Varieties

3/\$8



Kemps
Frozen Dairy
Dessert
46-48 oz pkg,
Selected Varieties

2/\$7



Frito Lay
Tostitos Dip, Salsa
SunChips or Doritos
10-15.75 oz jar or 6-10.75 oz bag,
Selected Varieties

2/\$7



Jif
Peanut Butter
15.5-16 oz jar,
Selected Varieties

2/\$5

PRICES EFFECTIVE AUGUST						
SUN	MON	TUES	WED	THUR	FRI	SAT
3	4	5	6	7	8	9

BAKED GOODS

ALL ITEMS NOT AVAILABLE AT ALL LOCATIONS.

DELI FRESH



White or Wheat Bread
16 oz pkg
1.99



Reser's Potato, Coleslaw or Macaroni Salad
15-16 oz pkg
2.99



Kretschmar Turkey Off the Bone
Deli Fresh, Selected Varieties
8.99lb



Gregory's Homestyle Cookies
12 ct pkg, Selected Varieties
3.99



Two-Bite Brownies
10.5 oz pkg
4.49



Cheese Tortellini Salad
Deli Fresh
5.99lb



Clyde's Cake Donuts
6 ct pkg, Selected Varieties
3.99



Sabra Hummus
17 oz pkg, Selected Varieties
5.99



Great Midwest Cheddar
7 oz pkg, Selected Varieties
4.99

FROZEN & DAIRY



Healthy Choice Frozen Dinners or Steamer
9.5-10.7 oz pkg, Selected Varieties
2/\$6



Essential Everyday Fries, Tots, or Hashbrowns
19.05-32 oz pkg, Selected Varieties
2/\$6



Crystal Farms String Cheese
10 oz pkg, Selected Varieties
4.29



Pillsbury Grands, Crescent or Cinnamon Rolls
4-10.2 oz pkg, Selected Varieties
2/\$3



Bellatoria Personal Size or Roma Pizza
5.67-11.05 oz pkg, Selected Varieties
3/\$9



Essential Everyday Frozen Vegetables
32 oz pkg, Selected Varieties
3.99



SToK Cold Brew Iced Coffee
48 oz btl, Selected Varieties
4.99



Chobani Oat Drink or Creamer
24-52 oz ctn, Selected Varieties
4.88



Yellowstone Frozen Meals
10.75-14 oz pkg, Selected Varieties
5.99



Essential Everyday Frozen Fruit
12-16 oz pkg, Selected Varieties
3.99



Just Crack an Egg Scramble Kits
2.25-3 oz pkg, Selected Varieties
2/\$5



Essential Everyday Cottage Cheese
24 oz pkg, Selected Varieties
3.49



Essential Everyday Grated Parmesan
8 oz cnsr, Selected Varieties
3.49



Stone Ridge Creamery Ice Cream Sandwiches
12-16 ct pkg, Selected Varieties
4.49



Tillamook Ice Cream
48 fl. pkg, Selected Varieties
5.99



Essential Everyday American Cheese Singles
12-16 oz pkg, Selected Varieties
2.89



Kemps Sour Cream
12-16 oz ctn
2/\$5



Outshine Bars
6 ct box, Selected Varieties
4.49




Dove Ice Cream Bars
3 ct box, Selected Varieties
4.99




Snickers Ice Cream Bars
6 ct pkg, Selected Varieties
4.99

HOUSEHOLD GOODS


PET




Arm & Hammer Laundry Detergent or Power Paks
100.5-105 or 42 ct pkg, Selected Varieties
8.99




Oxi Clean Stain Remover
3 lb box, Selected Varieties
8.99




Finish Dishwasher Tablets
11 ct pkg
4.99




Lysol All Purpose Cleaner
32 oz btl
3.99




Essential Everyday Dog Food
22.5 lb, Selected Varieties
1.99




Dawn Dish Spray or Ez Squeeze
16-22 oz btl, Selected Varieties
3.99




Quilted Northern Bath Tissue
9 Mega Roll pkg, Selected Varieties
13.99



Brawny Paper Towels
8 Double Roll pkg
17.99



Essential Everyday Lawn and Leaf Bags
20-36 ct pkg, Selected Varieties
8.99



Essential Everyday Dry Dog Food
4 lb bag, Selected Varieties
4.99

HEALTH & BEAUTY



Boost High Protein Nutritional Drink
6 pk/8oz btl or 4 pk/8oz btl, Selected Varieties
11.99



ZzzQuil Nighttime Sleep-Aid or Ultra DOX Tablets
12 oz btl or 24 ct pkg, Selected Varieties
8.99



Crest 3D White Toothpaste
Selected Varieties
4.99



Suave Essentials Shampoo or Conditioner
22.5 fl. oz, Selected Varieties
2.29



BIC Mens and Womens Razors
1-6 ct pkg, Selected Varieties
6.99



Depends or Poise Underwear, Briefs, Bed Protect, Liners or Pads
Selected Varieties
16.99



<div>X550 STORE COUPON</div> <div></div> <div>Bar S Franks or Sliced Bologna 12 oz Bologna or 16 oz Franks, Selected Varieties</div> <div>2/\$4</div> <div> 005500</div> <div>Customer must purchase two. Limit two with this coupon. Limit one coupon per family. Prices effective Sun., August 3 thru Sat., August 9, 2025. Valid only at stores listed on the front page.</div>	<div>X551 STORE COUPON</div> <div></div> <div>Oscar Mayer Family Pack Deli Fresh Lunchmeat 15-16 oz pkg, Selected Varieties</div> <div>6.49</div> <div> 005510</div> <div>Limit one with this coupon. Limit one coupon per family. Prices effective Sun., August 3 thru Sat., August 9, 2025. Valid only at stores listed on the front page.</div>	<div>X552 STORE COUPON</div> <div></div> <div>Carl Buddig Mega Pack Lunchmeat 22 oz pkg, Selected Varieties</div> <div>5.99</div> <div> 005520</div> <div>Limit one with this coupon. Limit one coupon per family. Prices effective Sun., August 3 thru Sat., August 9, 2025. Valid only at stores listed on the front page.</div>	<div>X553 STORE COUPON</div> <div></div> <div>Jimmy Dean Simple Scrambles, Loaded Bites, or Hillshire Bistro Snacks 2.76-5.35 oz pkg, Selected Varieties</div> <div>2/\$6</div> <div> 005530</div> <div>Customer must purchase two. Limit two with this coupon. Limit one coupon per family. Prices effective Sun., August 3 thru Sat., August 9, 2025. Valid only at stores listed on the front page.</div>
<div>X554 STORE COUPON</div> <div></div> <div>Essential Everyday Natural Sliced Cheese 6-8 oz pkg, Selected Varieties</div> <div>2/4.44</div> <div> 005540</div> <div>Customer must purchase two. Limit two with this coupon. Limit one coupon per family. Prices effective Sun., August 3 thru Sat., August 9, 2025. Valid only at stores listed on the front page.</div>	<div>X555 STORE COUPON</div> <div></div> <div>Chobani Greek, Less or Zero Sugar Yogurt 4 ct pkg, Selected Varieties</div> <div>2/\$8</div> <div> 005550</div> <div>Customer must purchase two. Limit two with this coupon. Limit one coupon per family. Prices effective Sun., August 3 thru Sat., August 9, 2025. Valid only at stores listed on the front page.</div>	<div>X556 STORE COUPON</div> <div></div> <div>Banquet Boneless Chicken 24-32 oz pkg, Selected Varieties</div> <div>4.88</div> <div> 005560</div> <div>Limit one with this coupon. Limit one coupon per family. Prices effective Sun., August 3 thru Sat., August 9, 2025. Valid only at stores listed on the front page.</div>	<div>X557 STORE COUPON</div> <div></div> <div>Birds Eye Voila! Frozen Meals 21 oz pkg, Selected Varieties</div> <div>4.99</div> <div> 005570</div> <div>Limit one with this coupon. Limit one coupon per family. Prices effective Sun., August 3 thru Sat., August 9, 2025. Valid only at stores listed on the front page.</div>
<div>X558 STORE COUPON</div> <div></div> <div>Mr. Dell's Frozen Potatoes 24-32 oz pkg, Selected Varieties</div> <div>3.49</div> <div> 005580</div> <div>Limit one with this coupon. Limit one coupon per family. Prices effective Sun., August 3 thru Sat., August 9, 2025. Valid only at stores listed on the front page.</div>	<div>X559 STORE COUPON</div> <div></div> <div>Kodiak Cakes Thick and Fluffy Waffles 10 -14.82 oz pkg, Selected Varieties</div> <div>5.99</div> <div> 005590</div> <div>Limit one with this coupon. Limit one coupon per family. Prices effective Sun., August 3 thru Sat., August 9, 2025. Valid only at stores listed on the front page.</div>	<div>X560 STORE COUPON</div> <div></div> <div>Essential Everyday Frozen Blueberries 40 oz pkg</div> <div>7.99</div> <div> 005600</div> <div>Limit one with this coupon. Limit one coupon per family. Prices effective Sun., August 3 thru Sat., August 9, 2025. Valid only at stores listed on the front page.</div>	<div>X561 STORE COUPON</div> <div></div> <div>General Mills Cereals 15 oz Protein Cookies & Creme, 18 oz Multi Grain Cheerios or Cheerios, 18.1 oz Cocoa Puffs, 18.6 oz Lucky Charms, 18.8 oz Honey Nut Cheerios or Cinnamon Toast Crunch, 18.9 oz Golden Grahams, 19.7 oz Reese's Puffs or 19.8 oz Puff's Mini</div> <div>2/\$8</div> <div> 005610</div> <div>Customer must purchase two. Limit two with this coupon. Limit one coupon per family. Prices effective Sun., August 3 thru Sat., August 9, 2025. Valid only at stores listed on the front page.</div>
<div>X562 STORE COUPON</div> <div></div> <div>Kraft Mayonnaise 30 oz jar, Selected Varieties</div> <div>3.99</div> <div> 005620</div> <div>Limit one with this coupon. Limit one coupon per family. Prices effective Sun., August 3 thru Sat., August 9, 2025. Valid only at stores listed on the front page.</div>	<div>X563 STORE COUPON</div> <div></div> <div>Essential Everyday White Vinegar 128 oz btl, Selected Varieties</div> <div>2.99</div> <div> 005630</div> <div>Limit one with this coupon. Limit one coupon per family. Prices effective Sun., August 3 thru Sat., August 9, 2025. Valid only at stores listed on the front page.</div>	<div>X564 STORE COUPON</div> <div></div> <div>Eight O' Clock Coffee or k-cup 10-12 ct K-Cups or 11-12 oz bag, Selected Varieties (Excludes brew over ice K-Cups)</div> <div>5.99</div> <div> 005640</div> <div>Limit one with this coupon. Limit one coupon per family. Prices effective Sun., August 3 thru Sat., August 9, 2025. Valid only at stores listed on the front page.</div>	<div>X565 STORE COUPON</div> <div></div> <div>Old Orchard Apple Juice Blends 12 oz pkg, Selected Varieties</div> <div>3/\$5</div> <div> 005650</div> <div>Customer must purchase three. Limit three with this coupon. Limit one coupon per family. Prices effective Sun., August 3 thru Sat., August 9, 2025. Valid only at stores listed on the front page.</div>
<div>X566 STORE COUPON</div> <div></div> <div>Ice Mountain Spring Water 6 ct/23.7 oz or 12 ct/8 oz pkg</div> <div>2/\$5</div> <div> 005660</div> <div>Customer must purchase two. Limit two with this coupon. Limit one coupon per family. Prices effective Sun., August 3 thru Sat., August 9, 2025. Valid only at stores listed on the front page.</div>	<div>X567 STORE COUPON</div> <div></div> <div>Softsoap Liquid Hand Soap 7.5 oz btl</div> <div>3/\$4</div> <div> 005670</div> <div>Customer must purchase three. Limit three with this coupon. Limit one coupon per family. Prices effective Sun., August 3 thru Sat., August 9, 2025. Valid only at stores listed on the front page.</div>	<div>X568 STORE COUPON</div> <div></div> <div>Charmin Essentials Bath Tissue or Bounty Essentials Paper Towels 6 Mega Rolls Charmin or 4 Double Rolls Bounty, Selected Varieties</div> <div>5.99</div> <div> 005680</div> <div>Limit one with this coupon. Limit one coupon per family. Prices effective Sun., August 3 thru Sat., August 9, 2025. Valid only at stores listed on the front page.</div>	<div>X569 STORE COUPON</div> <div></div> <div>Essential Everyday Saltines 16 oz pkg, Selected Varieties</div> <div>1.99</div> <div> 005690</div> <div>Limit one with this coupon. Limit one coupon per family. Prices effective Sun., August 3 thru Sat., August 9, 2025. Valid only at stores listed on the front page.</div>

SAVE BIG WITH THESE COUPONS!

QUAKER BREAKFAST DEALS!



X570 REDEEMABLE COUPON RV0300

Save \$3.00

When You Purchase Any 5
*Participating Quaker® Products.

*Participating Products include: Life 13 oz, Quaker Oats Squares 14.5 oz, Instant Quaker Oats Core, Instant Quaker Oats Premium, Standard Quaker Oats 42 oz or Chewy Bars 5-8 ct, Pearl Milling Company Syrup 24 oz or Pancake Mix 32 oz

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 five.
Limit five with this coupon.
Limit one coupon per family.
Prices effective Sun., August 3 thru Sat., August 9, 2025.
Valid only at stores listed on the front page.



**Quaker Oats
Oatmeal**
18-42 oz cnstr,
Selected Varieties

4.49



**Quaker
Instant Oatmeal**
8.4-13.1 oz box,
Selected Varieties

2/\$6



**Pearl Milling Company
Pancake Mix or Syrup**
32 oz box Mix or 24 oz btl Syrup,
Selected Varieties

3.49



**Quaker Premium
Instant Oatmeal**
8.4-13.1 oz pkg,
Selected Varieties

4.99



**Quaker
Cereal**
13 oz Life or 14.5 oz Oatmeal Squares,
Selected Varieties

2/\$5



**Quaker
Chewy Granola Bars**
6-8 ct box,
Selected Varieties

2/\$6

BACK to SCHOOL Savings
ON EVERYTHING FROM A TO Z



**Essential Everyday
Macaroni and Cheese**
5.5-7.3 oz box,
Selected Varieties

5/\$4



**Hostess
Single Serve**
2.55-4.5 oz pkg,
Selected Varieties

4/\$5



**Kellogg's
Rice Krispies Treats**
8 ct box,
Selected Varieties

2/\$6



**Essential Everyday
Microwave Popcorn**
3 ct pkg,
Selected Varieties

3/\$4



**Mott's
Apple Sauce**
6 ct pkg,
Selected Varieties

3.29



**Welch's
Fruit and Yogurt
Fruit Snacks**
6-10 ct pkg,
Selected Varieties

2/\$5



**Yoplait
GoGurt or
Yogurt Fridge Pack**
20 ct GoGurt or 8 ct Fridge Pack,
Selected Varieties

5.99



**Kool-Aid
Jammers**
10 ct pkg,
Selected Varieties

2.99



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

2/\$3



**Lysol
Disinfecting Wipes**
35 ct pkg,
Selected Varieties

3.99

BACK to SCHOOL Savings

GROCERY SPECIALS



StarKist
Chunk Light Tuna
5 oz can,
Selected Varieties

99¢



Essential Everyday
Canned Vegetables
14.5-15.25 oz can,
Selected Varieties

5/\$4



Essential Everyday
Beans
15 oz can,
Selected Varieties

99¢



Essential Everyday
Tomatoes
14.5-15 oz can,
Selected Varieties

99¢



Ortega Taco Shells,
Sauce, Seasoning or
Refried Beans
10-12 ct Shells, 7.5-8 oz Sauce, 3 ct
Seasoning or 16 oz Beans, Selected Varieties

2/\$4



Rao's
Pasta Sauce
15-24 oz jar,
Selected Varieties

6.99



Essential Everyday
Ketchup
38 oz btl

2.49



Essential Everyday
Crackers
7.5-13.7 oz pkg,
Selected Varieties

2/\$5



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

2/\$7



Pringles
Potato Crisps
4.9-5.57 oz can,
Selected Varieties

2/\$5



Smucker's
Natural Grape
Spread or Jelly
25-32 oz jar

2.69



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

2/\$3



Wild Harvest
Almond Butter
12 oz jar,
Selected Varieties

5.99



McCormick
Taco Seasoning
1 oz envelope,
Selected Varieties

5/\$5



Essential Everyday
Barbecue Sauce
18 oz btl,
Selected Varieties

1.79



Essential Everyday
Cider Vinegar
16 oz btl

1.69



Kellogg's
Special K Bars
8 ct pkg,
Selected Varieties

2/\$6

FRESH MEAT & SEAFOOD



80% Lean Ground Beef
Fresh, Family Pack

4.99lb



Boneless Sirloin Tip Steak
USDA Choice Angus Beef

7.99lb



Boneless Sirloin Tip Roast
USDA Choice Angus Beef

7.49lb



Boneless Pork Sirloin Chops
Fresh

2.49lb



Boneless Pork Sirloin Roast
Fresh

2.29lb



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

5.99



Smithfield Marinated Pork Loin Fillets, Roasts or Tenderloins
19.2-23 oz pkg, Selected Varieties

6.99



Hormel Ground Pork Chub
1 lb pkg, Fresh

3.49



State Fair Classic or Mini Corn Dogs
30.36-42.72 oz Pkg, Selected Varieties

9.99



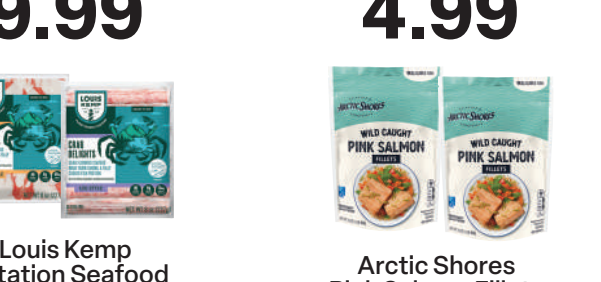
Jennie-O Turkey Bacon
12 oz pkg

3.49



Schweigert Breaded Chicken
48 oz pkg, Selected Varieties

10.99



Louis Kemp Imitation Seafood
7.5-8 oz pkg, Selected Varieties

2/\$4



Oscar Mayer Bologna or Cotto Salami
16 oz pkg, Selected Varieties

3.99



Arctic Shores Pink Salmon Fillets
16 oz pkg, Wild Caught

7.99



Hillshire Farm Deli Thin Lunchmeat
7-9 oz pkg, Selected Varieties

4.99

FARM FRESH PRODUCE



Watermelon Whole

4.44ea



Dole Chopped Kits
9.1-12.3 oz pkg

3.49



Vidalia Onion Sweet

99¢lb



Bolthouse Baby Cut Carrots
1 lb bag

1.29



Steak Cut Mushroom
8 oz pkg

2.99



Beefsteak Tomatoes

1.69lb



Bartlett Pears Juicy

1.99lb



Dole Celery Crisp

1.79ea

FLORAL

All items not available at all locations.



Sorbet Bouquet
4.5 inch

5.99



Future is Bright

7.99

PLU 18121 SUPER COUPON



Pepsi Products
12 pk-12 oz cans, Selected Varieties

2/\$13

Customer must purchase two. Limit two with this coupon. Limit one coupon per family. Prices effective Sun., August 3 thru Sat., August 9, 2025. Valid only at Pequot Lakes SuperValu.



Pepsi Products
6 pk-16.9 oz btl, Selected Varieties

2/\$10



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

5.99



Gatorade Thirst Quencher
12 pk-12 oz btl, Selected Varieties

7.99



Deja Blue Water
24 pk-16.9 oz btl, Selected Varieties

5.99



Bloom Energy Drink
12 oz cans, Selected Varieties

2/\$5