



Sirloin
Ball Tip Steak
USDA Choice Angus Beef

7.99 lb



Boneless
Center Cut
Pork Loin Chops
Fresh

2.99 lb



Green or Red
Seedless
Grapes

1.99 lb



Blackberries or
Raspberries
6 oz pkg

2/\$6



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

2/\$5



Yoplait Original,
Light, Whips! or
Thick & Creamy or
Protein Yogurt
4-6 oz cup,
Selected Varieties

10/\$6



Minute Maid
Lemonade or Juice
59 oz ctn,
Selected Varieties

2/\$4



Brew Pub MVP or
Lotzza Motzza Pizza
20-26.82 oz pkg,
Selected Varieties

6.99



Häagen-Dazs
Ice Cream or Bars
14 oz Ice Cream or 3 ct Bars

2/8.88



Frito Lay Tostitos,
Ruffles, Lay's or
Tostitos Dip
7.25-15.75 oz Chips, 9 oz Frito Lay Dip
or 10-15.75 Tostitos Dip

2/\$7



Wish-Bone or
Western Dressing
15 oz btl,
Selected Varieties

2/\$5



Capri Sun
Juice Drink
10 ct pkg,
Selected Varieties

2/4.44

PRICES EFFECTIVE AUGUST						
SUN	MON	TUES	WED	THUR	FRI	SAT
10	11	12	13	14	15	16



BAKED GOODS

ALL ITEMS NOT AVAILABLE
AT ALL LOCATIONS.

DELI FRESH



La Brea
Twin Pack
Baguettes
12 oz pkg, Take & Bake

3.99



Kretschmar
Seasoned
Turkey Breast
Deli Fresh,
Selected Varieties

8.99lb



Whole
Roasted
Rotisserie Chicken
Original, Hot From the Deli

8.99ea



Iced Cake
Slices
6-6.5 oz pkg,
Selected Varieties

2.99



JJ's Bakery
Snack Pies
4 oz pkg,
Selected Varieties

99¢



Three Bean
Salad
Deli Fresh

5.99lb



Bakery Fresh
Long Johns
4 ct pkg,
Selected Varieties

3.99



President
Brie
8 oz pkg

6.99



BelGioioso
Fresh Mozzarella
8 oz pkg,
Selected Varieties

2.99

FROZEN & DAIRY



Kemps
Simply Crafted
Ice Cream
48 oz pkg,
Selected Varieties

4.88



Nestlé Drumstick
Frozen Dairy
Dessert Cones
4 ct box,
Selected Varieties

3.99



Rana
Pasta or Sauce
20 oz Pasta or
12-15 oz Sauce

3.99



Sargento
Shredded
Cheese
5-8 oz pkg,
Selected Varieties

2/\$6



Ore-Ida
Fries, Hash
Browns or
Tater Tots
5 lb bag, Selected Varieties

7.99



Essential
Everyday
Steamable
Vegetables
12 oz pkg, Selected Varieties

2/\$4



Mid America Farms
Top The Tater or
Kemps Sour Cream
or Cottage Cheese
22-24 oz ctn, Selected Varieties

3.99



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

2.88



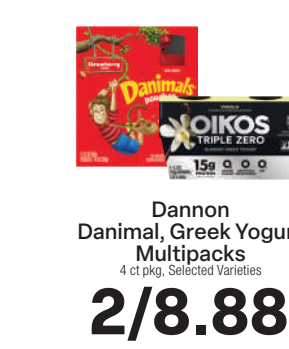
Jonny Pops
Frozen Fruit Bars or
Mini Cream Bars
6-8 ct box,
Selected Varieties

5.99



Essential Everyday
Whipped Topping
8 oz tub,
Selected Varieties

2/\$3



Dannon
Danimal, Greek Yogurt
Multipacks
4 ct pkg, Selected Varieties

2/8.88



Nestlé Coffee mate
Natural Bliss Coffee
Creamer
32 oz btl, Selected Varieties

4.89



Starbucks
Flavored
Coffee Creamer
28 oz btl, Selected Varieties

4.89



Essential Everyday
Frozen Pizza
14.73-16.51 oz pkg,
Selected Varieties

3/\$10

HOME

PET



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

17.99



Essential Everyday
Laundry Detergent
50 oz btl, Selected Varieties

5.99



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

5.49



Essential Everyday
Napkins
120 ct pkg

1.99



Essential Everyday
Awesome Paper
Towels
8 ct rolls

6.99



Angel Soft
Bath Tissue
16 ct Mega Rolls

13.99



Essential Everyday
Kitchen or
Trash Bags
25-80 ct box,
Selected Varieties

7.99



Wild Harvest
Lump Charcoal
8 lb bag

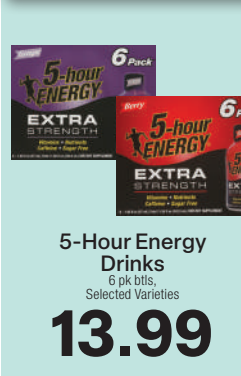
9.99



Wild Harvest
Cat Food
3 lb bag,
Selected Varieties

7.99

HEALTH & BEAUTY



5-Hour Energy
Drinks
6 pk btl,
Selected Varieties

13.99



Zantac
Acid Reducer
25 ct pkg,
Selected Varieties

8.79



Equaline
Mouthwash
1 ltr btl,
Selected Varieties

2.99



Tylenol
Arthritis or
Rapid Release Gels
24 ct pkg,
Selected Varieties

4.99



Pantene
Shampoo or Conditioner
10.4-12 oz btl,
Selected Varieties

4.99



Kotex
Liners or Pads
14-64 ct pkg,
Selected Varieties

3.99



X509

REDEEMABLE COUPON

RV0350

BUY EIGHT (8)
CONAGRA ITEMS GET A
FREE
NESTLE DRUMSTICK
4 CT BOX UP TO \$3.50

Banquet® Basics and Entrées 4.85-8 oz pkg, Chef Boyardee® 15 oz can or 7.5 oz Micro, Crunch N Munch® 3.5-4 oz, Golden's® Spicy Brown Mustard 12 oz btl, Hunt's® Diced Tomatoes 14.5 oz, Hunt's® Manwich 15-16 oz can, Hunt's® Snack Pack Puddings 13 oz pkg, Hunt's® Spaghetti Sauce 24 oz can, Hunt's® Tomato Sauce 14.8-15 oz, Rotel® Tomatoes 10 oz, Act II® Popcorn 3 Pack, Blue Bonnet® Quarters 1 lb, Hunt's® Ketchup 20 oz, Banquet® Classics Meals, Birds Eye® High Tier Vegetables 10-16 oz, Hunt's® Super Snack Pack 19.5-33 oz pkg, Wish-Bone® Salad Dressing 15 oz, Banquet® Mega Meals 11.5-16.95 oz pkg, Duncan Hines® Dolly Brownies 16.7-18 oz pkg, Duncan Hines® Dolly Southern 16 oz pkg, Angie's® Boom Chicka Pop 4.4-7 oz pkg, Reddi-Wip® Topping 6.5 oz can, Healthy Choice® Simply Cafe Steamers, Log Cabin® Syrup 24 oz btl, Mrs. Butterworth's® Syrup 24 oz btl, Orville Redenbacher's® Microwave Popcorn 6-10 ct, Swanson® Hungry Man Bowls, Swanson® Hungry Man Classic HT, Swanson® Hungry Man Dinners, Marie Callender's® Frozen Sides, La Choy® Bi-Packs, Duncan Hines® Epic Baking Mixes, Duncan Hines® Keto Baking Mixes, La Choy® Frozen Meals, La Choy® Frozen Meals, Mrs. Butterworth's® Epic Pancake Mix

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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 eight.
Limit eight with this coupon. Limit one coupon per family.
Prices effective Sun., August 10 thru Sat., August 16, 2025.
Valid only at stores listed on the front page.



Banquet
Pot Pie
7 oz pkg,
Selected Varieties

5/\$5



Banquet
Basics or Entrées
4.85-8 oz pkg,
Selected Varieties

4/\$5



Banquet
Classics Meals
7.4-11.88 oz pkg,
Selected Varieties

3/\$5



Banquet
Mega Meals
11.5-16.95 oz pkg,
Selected Varieties

2/\$6



Birds Eye
Steamfresh
Vegetables
6-16 oz pkg,
Selected Varieties

2/4.44



Healthy Choice
Power Bowls or
Simply Steamers
9-11 oz pkg,
Selected Varieties

2/\$8



Swanson
Hungry Man
Classic or
Dinners
14-16 oz pkg,
Selected Varieties

3.99



Hunt's or Rotel
Tomatoes
10-15 oz can,
Selected Varieties

3/\$4



Chef Boyardee
Pasta
7.5-15 oz pkg,
Selected Varieties

3/\$4



La Choy
Bi-Packs
42-43.5 oz can,
Selected Varieties

4.99



Hunt's Tomato
or Pasta Sauce
15-24 oz can,
Selected Varieties

3/\$4



Manwich
Sloppy Joe
Sauce
15-16 oz can,
Selected Varieties

3/\$4



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

3/\$4



Hunt's Ketchup
or Gulden's
Mustard
20 oz Ketchup or
12 oz Mustard,
Selected Varieties

2/\$3



Blue Bonnet
Spread
Quarters
1 lb pkg

3/\$4



Pam
Cooking Spray
5-6 oz can,
Selected Varieties

3.88



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

3.99



Orville
Redenbacher's
Microwave
Popcorn
6-12 ct box,
Selected Varieties

2/\$7



Crunch 'n Munch
Popcorn
3.5 oz box,
Selected Varieties

4/\$5



ACT II
Microwave
Popcorn
3 ct box,
Selected Varieties

2/\$3



Angie's
Boom Chicka
Pop Popcorn
4.4-7 oz bag,
Selected Varieties

2/\$6



Reddi Wip
Topping
6.5 oz can,
Selected Varieties

2.99

SAVE ON FAMILY FAVORITES FROM CONAGRA

SCHOOL SAVINGS MADE EASY

Countdown to School Year's Eve

04-VER #4.8

SCHOOL SAVINGS

MADE EASY

AMAZING QUALITY. FANTASTIC PRICES.
THAT'S OUR QUALITY PROMISE.

SAVE BIG
EVERYDAY

Essential
EVERYDAY®



Essential Everyday
Instant Oatmeal
8-12 ct box,
Selected Varieties

2/\$6



Essential Everyday
Waffles
10 ct box,
Selected Varieties

2/\$5



Essential Everyday
Honey Bear
12 oz btl

3.79



Essential Everyday
Peanut Butter
40 oz jar,
Selected Varieties

5.69



Essential Everyday
Applesauce
6 ct pkg,
Selected Varieties

2/4.44



Essential Everyday
100% Apple Juice or Cider
64 oz btl,
Selected Varieties

2/\$5



Essential Everyday
Soft & Strong Facial Tissue
160 ct box

2/\$4



Essential Everyday
Disinfecting Wipes
75 ct pkg,
Selected Varieties

3.99



Essential Everyday
Sandwich Bags
30-50 ct Click 'n Lock
or 150 ct Fold & Close

2/\$3



X510

REDEEMABLE COUPON

RV0200



Crystal Light,
MiO, Kool-Aid or
Tang Liquid
Water Enhancer
1.62 oz btl,
Selected Varieties

4/\$10

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UNFI SUPPLIED STORES



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.



Kraft
Mac & Cheese
7.25 oz box

5/\$5



Heinz
Home Style Gravy
12 oz jar, Selected Varieties

2/\$5



Kraft Easy Mac or
Velveeta Shells & Cheese
Microwave Bowls
4 ct pkg, Selected Varieties

4.99



Country Time
Lemonade
10 ct box, Selected Varieties

3.49

X511

STORE COUPON



Kraft
Mayonnaise
30 oz jar,
Selected Varieties

3.99



Limit one with this coupon.
Limit one coupon per family.
Prices effective Sun., August 10 thru Sat., August 16, 2025.
Valid only at stores listed on the front page.

GROCERY SPECIALS



**Van Camp
Pork & Beans**
15 oz can

99¢



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

5/\$4



X501 STORE COUPON



**Tyson
Chicken Nuggets,
Tenders or Patties**
25-32 oz pkg,
Selected Varieties

5.99



Limit one with this coupon.
Limit one coupon per family.
Prices effective Sun., August 10
thru Sat., August 16, 2025.
Valid only at stores listed on the front page.

X502 STORE COUPON



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

8.99



Limit one with this coupon.
Limit one coupon per family.
Prices effective Sun., August 10
thru Sat., August 16, 2025.
Valid only at stores listed on the front page.

X503 STORE COUPON



**Essential Everyday
Cream Cheese**
8 oz brick,
Selected Varieties

2/\$4



Customer must purchase two.
Limit two with this coupon.
Limit one coupon per family.
Prices effective Sun., August 10
thru Sat., August 16, 2025.
Valid only at stores listed on the front page.

X504 STORE COUPON



**Frigo
Combo Pack or
CheeseHeads
String Cheese**
6.3-12 oz pkg,
Selected Varieties

4.49



Limit one with this coupon.
Limit one coupon per family.
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thru Sat., August 16, 2025.
Valid only at stores listed on the front page.



**Green Mountain,
McCafe or
Donut Shop
Coffee**
12 oz bag or 10 ct pkg,
Selected Varieties

5.99



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

10.99



**Knorr
Rice or Pasta Sides**
4-5.8 oz pkg,
Selected Varieties

2/\$3



**Rao's
Pasta**
16 oz pkg,
Selected Varieties

2/\$5

X505 STORE COUPON



**Essential Everyday
Bagels**
5 ct pkg,
Selected Varieties

2/\$3



Customer must purchase two.
Limit two with this coupon.
Limit one coupon per family.
Prices effective Sun., August 10
thru Sat., August 16, 2025.
Valid only at stores listed on the front page.



**Ben's
Original Ready,
Wild, and Flavored Rice**
6-8.8 oz pkg,
Selected Varieties

2.49



**Sensible Portions
Veggie Straws or Chips**
6-7 oz bag,
Selected Varieties

3.49

X506 STORE COUPON



**Malt O Meal
Family Size
Cereal**
22-30 oz bag,
Selected Varieties

3.99



Limit one with this coupon.
Limit one coupon per family.
Prices effective Sun., August 10
thru Sat., August 16, 2025.
Valid only at stores listed on the front page.



**Pringles
Snack Stacks
Potato Crisps**
8-8.8 oz pkg,
Selected Varieties

5.99



**Essential Everyday
Pie Filling or
Topping**
20-21 oz can,
Selected Varieties

3.49

X507 STORE COUPON



**Smuckers
Uncrustables**
4 ct pkg,
Selected Varieties

2/\$7



Customer must purchase two.
Limit two with this coupon.
Limit one coupon per family.
Prices effective Sun., August 10
thru Sat., August 16, 2025.
Valid only at stores listed on the front page.



**Jolly Rancher
Candy**
3.1-14 oz bag,
Selected Varieties

4.49



**Essential Everyday
Ice Cream
Cups**
1.75 oz pkg

2/\$3

X508 STORE COUPON



**Hershey's
Snack Size
Candy**
10.35-11.6 oz pkg,
Selected Varieties

2/\$10



Customer must purchase two.
Limit two with this coupon.
Limit one coupon per family.
Prices effective Sun., August 10
thru Sat., August 16, 2025.
Valid only at stores listed on the front page.



**Super Ch!!!
Mixers**
1 ltr btl,
Selected Varieties

99¢



**Ice Mountain
Sparkling
Spring Water**
8 ct pkg,
Selected Varieties

2/\$7

FRESH MEAT & SEAFOOD


Boneless
Chuck Steak
USDA Choice Angus Beef
7.99lb


Boneless
Chuck Roast
USDA Choice Angus Beef
7.49lb


Gold'n Plump
Whole Chicken
Fresh
1.49lb


Boneless
Center Cut
Pork Loin Roast
Fresh
2.69lb


St. Louis Style
Pork Ribs
Previously Frozen
3.99lb


Hormel
Seasoned Pork
Shoulder Roast
1.5 lb pkg,
Selected Varieties
3.99


Hebrew National
Beef Franks
9.43-12 oz pkg,
Selected Varieties
4.99


Wild Harvest
Grass Fed Ground Beef
16 oz pkg,
Previously Frozen
7.99


Oscar Mayer
Carving Board or
Deli Fresh Lunchmeat
6-9 oz pkg,
Selected Varieties
3.99


Oscar Mayer
Uploaded Lunchables
13.92-15.46 oz pkg,
Selected Varieties
3.99


Cooked Perfect
Meatballs
18-28 oz pkg,
Selected Varieties
6.99


Bar S
Classic Corn Dogs
16 ct box
8.99


Hillshire Farm
Smoked Sausage
Links or Ropes
12-14 oz pkg,
Selected Varieties
5.49


Cloverdale
Sliced Bacon
16 oz pkg,
Selected Varieties
5.99


Simply Potatoes
Mashed Potatoes
24 oz pkg,
Selected Varieties
3.99


Arctic Shores
Extra Large Cooked Shrimp
16 oz pkg,
26-30, Tail-On
8.99

FARM FRESH PRODUCE


Wild Harvest
Salad Mix
5 oz pkg,
Selected Varieties
3.49


Bolthouse Farms
Carrots
12-16 oz pkg,
Selected Varieties
2/\$4


Sweet Corn
Fresh
4/\$2


English
Cucumbers
Seedless
99¢ea


Red, Yellow or
Orange Bell
Peppers
Sweet, Crunchy
2/\$3


Grape
Tomatoes
1 pint
2.49


Yellow
Onions
3 lb bag
1.69


Dole
Cauliflower
White
3.99ea

FLORAL

All items not available
at all locations.



Mums Vyrom
Sunflower
4.5 inch

5.99



Dozen
Roses

9.99

PLU 18120 SUPER COUPON


Coke
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., August 10 thru Sat., August 16, 2025.
Valid only at Pequot Lakes SuperValu.

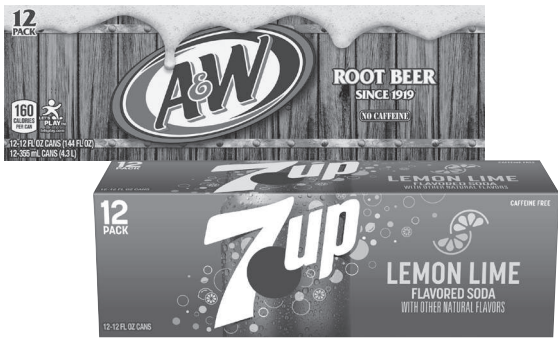
 **Pequot Lakes
SUPERVALU**
Quality • Service • Freshness • Count on us!


Coke
Products
6 pk-16.9 oz btl,
Selected Varieties
3/\$12


Gold Peak
Tea
59 oz btl,
Selected Varieties
2/\$5


Body Armor
Super Drink
16 oz btl or
Powerade
Sports Drink
28 oz btl, Selected Varieties
10/\$10


1919
Root Beer
12 pk-16 oz cans,
Selected Varieties
16.99


7-Up, A&W Root Beer,
RC Cola, Squirt or
Canada Dry
Products
12 pk-12 oz cans, Selected Varieties
2/\$12