



Assorted
Pork Chops
Fresh, Bone In, Family Pack

1.99 lb



Pork
Spare Ribs
USDA Inspected

2.89 lb



Peaches or
Nectarines
Large, Juicy

2.49 lb



Strawberries
1 lb pkg

2/\$6



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

2/4.44



Dannon
Oikos, Light + Fit
or Remix Yogurt
4.5-5.3 oz cup,
Selected Varieties

5/\$5



Breyers
Ice Cream
48 oz ctn,
Selected Varieties

2/8.88



General Mills Cereal
8.9 oz Cheerios, 10.4 oz Cocoa Puffs,
10.5 oz Lucky Charms, 10.7 oz Trix,
10.8 oz Honey Nut Cheerios, 11.5 oz
Reese's Puffs, 11.6 oz Cinnamon Toast
Waffle Toast Crunch, 11.7 oz Golden
Grahams, 12 oz Cinnamon Toast Crunch
or 15.6 oz Loaded Cereals

2/\$5



Creamette
Pasta
12-16 oz box,
Selected Varieties

99¢



Kellogg's
Pop-Tarts
8 ct box,
Selected Varieties

2/4.44



Essential Everyday
Purified Water
24 pk/5 ltr btl's

2.99



Heinz
Ketchup
20 oz btl

1.99



Limit one with this coupon.
Limit one coupon per family.
Prices effective Sun., August 17
thru Sat., August 23, 2025.
Valid only at Pequot Lakes SuperValu.

PRICES EFFECTIVE AUGUST						
SUN	MON	TUES	WED	THUR	FRI	SAT
17	18	19	20	21	22	23

BAKED GOODS

ALL ITEMS NOT AVAILABLE
AT ALL LOCATIONS.

DELI FRESH

The Father's Table
Two Slice Cheesecake
6 oz pkg,
Selected Varieties

3.49

Cafe Valley
Coffeecake Bites
10 oz pkg,
Selected Varieties

5.49

Kretschmar
Ham off the Bone
Deli Fresh,
Selected Varieties

6.99 lb

Bakery Fresh
Cookies
10-12 ct pkg,
Selected Varieties

4.99

Lofthouse
Frosted
Sugar Cookies
10 ct pkg, Selected Varieties

3.99

Parmesan Bow Tie
Pasta Salad
Deli Fresh

5.99 lb

Stacy's
Pita Chips
16 oz bag,
Selected Varieties

7.99

Rondel 
Spreadable
Cheese
8 oz pkg, Selected Varieties

5.99

Mini Babybel
Semi Soft Cheese
6 ct pkg,
Selected Varieties

3.99

FROZEN & DAIRY

Marie Callender's
Dinner or
Large Pot Pie
11.5-14 oz Dinner or
14-15 oz Pot Pie,
Selected Varieties

3/9.99

Popsicle Brand
Ice Pops or
Fudge Pops
18 ct pkg,
Selected Varieties

4.99

Gold Peak
Tea or Minute Maid
Zero Sugar
52 oz btl,
Selected Varieties

2/\$5

Bays
English Muffins
12 oz pkg,
Selected Varieties

2/\$6

Klondike
Ice Cream Bars
or Sandwiches
6 ct pkg,
Selected Varieties

4.99

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

4.99

Land O Lakes
Butter
1 lb Quarters or
13-15 oz tub Spreadable,
Selected Varieties

4.49

Essential Everyday
Cracker Cut
Cheese Slices
7 oz pkg,
Selected Varieties

2.99

SeaPak
Shrimp or Seafood
9-18 oz pkg,
Selected Varieties

7.99

Tai Pei
Entr es
9-11 oz pkg,
Selected Varieties

2/\$6

Essential Everyday
American
Singles
16 oz pkg

3.69

Sargento
Balanced
Breaks
4-4.5 oz pkg,
Selected Varieties

3/\$10

Green Giant
Vegetables
7-9 oz bag,
Selected Varieties

4/\$5

Essential Everyday
Vegetables
12 oz bag,
Selected Varieties

3/\$4

Silk or Dunkin Creamer
or International Delight
Cold Foam Creamer
32 oz Creamer or 14 oz Cold Foam,
Selected Varieties

4.88

Sunny Delight
Citrus Punch
64 oz btl,
Selected Varieties

1.88

Calia Farms
Organic
Almondmilk
48 oz btl,
Selected Varieties

4.99

BOCA
Veggie
Burgers
10-12 oz pkg,
Selected Varieties

3.99

Pepperidge Farm
Texas Toast or
Garlic Bread
9.5-11.25 oz pkg,
Selected Varieties

2/\$7

Mr. Dee's
Potatoes
21-24 ct pkg,
Selected Varieties

2.99

Magnum
Ice Cream
Bars
3-6 ct box,
Selected Varieties

4.99

Noosa
Finest
Yoghurt
8 oz pkg,
Selected Varieties

2/\$4

Dannon Danimals
Smoothies,
Activia Yogurt or
Activia Probiotic
Dailies
12 ct Danimals or 8-12 ct Activia,
Selected Varieties

2/\$10

Stone Ridge
Creamery
Premium
Ice Cream or
Cones
24 ct pkg or 6-10 ct pkg,
Selected Varieties

6.99

Nestl 
Oreo
Ice Cream
Novelties
4-5 ct box,
Selected Varieties

5.49

HOUSEHOLD GOODS

Gain
Laundry Detergent
31 ct pkg Flings or 88 oz btl Liquid,
Selected Varieties

10.99

Wild Harvest
All Purpose,
Glass Cleaner or
Bathroom Cleaners
24-32 oz btl,
Selected Varieties

3.49

Essential Everyday
Bleach
43 oz btl

3.29

Essential Everyday
Party Cups
20 ct pkg,
Selected Varieties

2.49

Essential Everyday
Plastic Containers
2-6 ct pkg,
Selected Varieties

2.99

Essential Everyday
Click 'n Lock Storage
or Freezer Bags
28-48 ct box,
Selected Varieties

2.99

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

2.99

Kleenex
Facial Tissues
55-70 ct box,
Selected Varieties

2/\$4

Essential Everyday
Soft & Strong
Bath Tissue
12 ct Double Rolls

7.49

Essential Everyday
Aluminum Foil
50 sq ft roll

3.99

Essential Everyday
Party Cups
20 ct pkg,
Selected Varieties

2.49

Essential Everyday
Plastic Containers
2-6 ct pkg,
Selected Varieties

2.99

Essential Everyday
Click 'n Lock Storage
or Freezer Bags
28-48 ct box,
Selected Varieties

2.99

HEALTH & BEAUTY

RXBAR
Protein Bars
1.83-1.9 oz pkg,
Selected Varieties

3/\$5

Colgate
Toothpaste or
Wave Toothbrush
6 oz Toothpaste or 1 ct Toothbrush,
Selected Varieties

2/\$4

Ensure
Nutrition Shakes
6 pk, 8 oz btl,
Selected Varieties

12.99

Always
Pads, Liners or
Tampax Tampons
20-80 ct pkg,
Selected Varieties

6.99

Prilosec OTC
Heartburn Relief
14 ct box,
Selected Varieties

11.49

Gillette
Mach 3, Sensor 3 or Venus
Disposable Razors
2-4 ct pkg,
Selected Varieties

6.99

Late Summer Savings



Hellmann's Mayonnaise
15-30 oz pkg,
Selected Varieties

5.49



Knorr Rice Cups
2.6 oz cup,
Selected Varieties

1.99



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

2/\$3



Dove Bar Soap
2 ct pkg,
Selected Varieties

5.99



Dove Bar Soap
6 ct pkg,
Selected Varieties

10.99



Dove Shampoo or Conditioner
12 oz btl,
Selected Varieties

4.99



TRESemmé Shampoo or Conditioner
28 oz btl,
Selected Varieties

6.99



Dove Body Wash
20 oz btl,
Selected Varieties

8.99



Dove Advanced Care or 0% Aluminum Deodorant
2.6 oz pkg,
Selected Varieties

7.99



Vaseline Hand or Body Lotion
10 oz btl,
Selected Varieties

4.99



Axe Body Spray
4 oz can,
Selected Varieties

6.99

X551 STORE COUPON X552 STORE COUPON X553 STORE COUPON X554 STORE COUPON



Holtens Restaurant Quality Beef Patties
2 lb pkg

8.99

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Ambassador Natural Casing Wieners
9.75-12.8 oz pkg,
Selected Varieties

3.99

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Essential Everyday String Cheese
8-12 oz pkg,
Selected Varieties

3.49

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Essential Everyday Sour Cream
16 oz tub,
Selected Varieties

1.99

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X555 STORE COUPON X556 STORE COUPON X557 STORE COUPON X558 STORE COUPON



Kemps Pops or Pop Jr.'s
12 ct pkg,
Selected Varieties

3.88

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Dole Fruit Bowls
4 ct pkg,
Selected Varieties

2/\$6

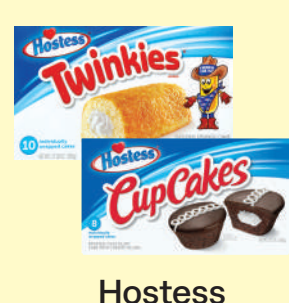
Customer must purchase two. Limit two with this coupon. Limit one coupon per family. Prices effective Sun., August 17 thru Sat., August 23, 2025. Valid only at stores listed on the front page.



Essential Everyday Graham Crackers
14.4 oz pkg,
Selected Varieties

2.99

Limit one with this coupon. Limit one coupon per family. Prices effective Sun., August 17 thru Sat., August 23, 2025. Valid only at stores listed on the front page.



Hostess Snack Cakes or Premium Multipacks
8-16.5 oz pkg,
Selected Varieties

2.99

Limit one with this coupon. Limit one coupon per family. Prices effective Sun., August 17 thru Sat., August 23, 2025. Valid only at stores listed on the front page.

Late Summer Savings From Unilever

SAVINGS ON YOUR FAVORITE BRANDS!

SAVE \$5 instantly when you buy any 5 participating items



Old El Paso
Dinner Kits, Premium
Shells, Taco or
Enchilada Sauce or
Taco Seasoning

8.8-11.4 oz Dinner Kits, 5.4-6.7 oz Shells,
9 oz Taco Sauce, 19 oz Enchilada Sauce,
6.25 oz Seasoning,
Selected Varieties

2/\$7



Old El Paso
Taco Shells or
Enchilada Sauce

8-12 ct Shells or 10 oz Sauce,
Selected Varieties

2/\$4

X559

REDEEMABLE COUPON

RV0500

Buy Any Five General Mills Items

SAVE \$5.00

Participating items include: **General Mills** Flankers 12-13.1 oz, Honey Nut Cheerios 12.25 oz, Cinnamon Toast Crunch Flankers, Trix, Lucky Charms or Reese's Cereal, **Yoplait** Go-Gurt 8 ct, **Betty Crocker** Bisquick Mix 40 oz, **Betty Crocker** Cake or Brownie Mix 13.25-14.25 oz, **Betty Crocker** Brownie Mix or Ready To Spread Frosting, **Old El Paso** Dinner Kits, Premium Shells, Taco or Enchilada Sauce or Taco Seasoning, **Pillsbury** Toaster Strudel or Scrambles 6 ct, **Betty Crocker** Fruit Snacks 4.5-8 oz, **General Mills** Treat Bars, **Nature Valley** or **Fiber One** Bars, **Nature Valley** Muffin Bars, **Nature Valley** Crunchy Dipped Bars, **Chex Mix**, **Bugles** or **Gardetto's** Snacks 4.44-8.75 oz, **Old El Paso** Premium Shells, **Old El Paso** Dinner Kits, **Old El Paso** Tortilla Pockets, **Totino's** Party Pizza, Pizza Rolls 15 ct, **Pillsbury** Meal Breads & Pizza Crust, **Pillsbury** Grands! Biscuits, **Pillsbury** Sweet or Crescent Rolls, **Pillsbury** Cookie Dough, **Betty Crocker** Value or Premium Brownies



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 17 thru Sat., August 23, 2025. Valid only at stores listed on the front page.



Betty Crocker
Bisquick Mix

40 oz box,
Selected Varieties

5.49



Betty Crocker
Cake or Brownie Mix

13.25-14.25 oz pkg,
Selected Varieties

1.79



Betty Crocker
Brownie Mix or
Ready To Spread Frosting

16.3 oz Brownie or 12-16 oz Frosting,
Selected Varieties

2/\$4



Pillsbury Bread,
Pizza Crust, Swirls or
Mini Cinni Stix

11-16.3 oz pkg,
selected varieties

2/\$7



Pillsbury Grands!
Biscuits, Cinnamon or
Crescents Rolls

8-16.3 oz pkg,
Selected Varieties

2.88



Pillsbury
Cookie Dough

16-16.5 oz pkg,
Selected Varieties

2/\$7



Yoplait
Go-Gurt Yogurt

8 ct box,
Selected Varieties

2.99



Totino's
Party Pizza or
Pizza Rolls

9.8-10.9 oz Pizza or 7.5 oz Pizza Rolls,
Selected Varieties

2/\$4



Pillsbury
Toaster Scrambles,
Strudel or Mini Cinnis

7.2 oz Scrambles, 11.7 oz Strudel
or 9.32 oz Mini Cinnis,
Selected Varieties

2/\$6



Chex Mix,
Bugles or
Gardetto's Snacks

7-8.6 oz bag,
Selected Varieties

2/\$5



Nature Valley,
Fiber One or
General Mills Bars

3.28-8.94 oz pkg,
Selected Varieties

2/\$6



Betty Crocker
Fruit Snacks or
Shapes

4.5-8 oz box,
Selected Varieties

2/\$6

GROCERY SPECIALS

Essential Everyday Pickles
16-24 oz jar,
Selected Varieties
2/\$5

Essential Everyday Peanut Butter
16 oz jar,
Selected Varieties
1.88

Old Dutch Family Pack
or Twin Pack
Potato Chips
9.5-10 oz bag or 10 oz box,
Selected Varieties
2/\$8

Ken's Steak House Dressing
16 oz btl, Selected Varieties
2/\$6

New York Texas Toast Croutons
5 oz pkg,
Selected Varieties
3/\$5

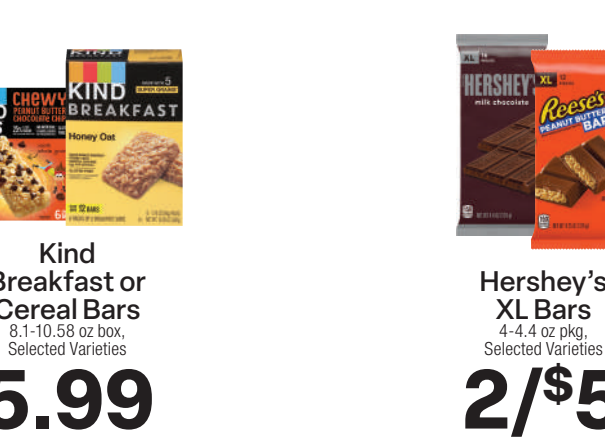
Sweet Baby Ray's Barbecue Sauce
or Marinade
16-28 oz btl,
Selected Varieties
2.99

Frito Lay Party Size Chips,
Party Size Lays or
Tostitos XXL Queso
6-18 oz bag or 23 oz jar,
Selected Varieties
2/\$9

Kellogg's Zesta or Krispy
Saltine Crackers, Rice Krispies
Treats or Cracker Packs
16 oz Saltine 8 ct Treats or
11 oz Packs, Selected Varieties
2/\$6

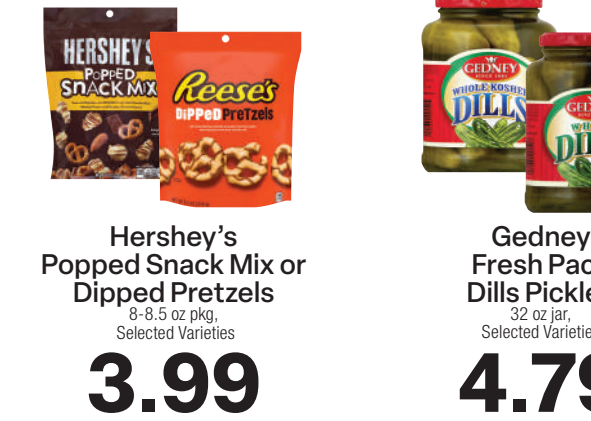
Old Orchard 100% Apple Juice
or Juice Blends
64 oz btl,
Selected Varieties
2.99

Pringles Party Stack
Potato Crisps
6.8-7.1 oz can,
Selected Varieties
2.99

Kind Breakfast or
Cereal Bars
8.1-10.58 oz box,
Selected Varieties
5.99

Hershey's XL Bars
4-4.4 oz pkg,
Selected Varieties
2/\$5

Pop Secret
Microwave
Popcorn
3 ct box,
Selected Varieties
2/\$6

Hershey's Popped Snack Mix or
Dipped Pretzels
8-8.5 oz pkg,
Selected Varieties
3.99

Gedney Fresh Pack
Dills Pickles
32 oz jar,
Selected Varieties
4.79

Bertolli Pasta Sauce
15-24 oz jar,
Selected Varieties
3.29

StarKist Pouch Chicken or
Solid White Tuna
2.6 oz pkg Chicken or 5 oz can Tuna,
Selected Varieties
2/\$3

Annie's Macaroni & Cheese
5.5-6 oz box,
Selected Varieties
2/\$3

Rice-a-Roni or
Pasta-Roni
1.97-7.2 oz pkg,
Selected Varieties
2/\$3

Betty Crocker Mashed Potatoes
13.75 oz box
2/\$5

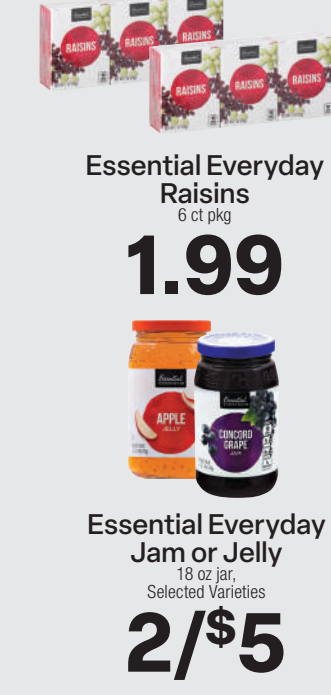
GoGo Squeeze Fruit
On The Go or
Fruit & Veggies
On The Go
10-12 ct box,
Selected Varieties
7.99

Geisha Mandarin Oranges
15 oz can
1.89

Hawaiian Punch
Juice
128 oz btl,
Selected Varieties
3.49

Essential
EVERYDAY
MAKE EVERYDAY
EASY to SAVE™

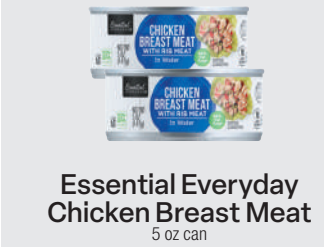
Essential Everyday Sandwich Cookies
14.3-15.35 oz pkg,
Selected Varieties
2/\$6

Essential Everyday Raisins
6 ct pkg
1.99

Essential Everyday Steak Sauce
15 oz btl
2.99

Essential Everyday Mustard
8-12 oz btl,
Selected Varieties
1.49

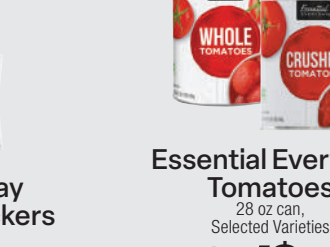
Essential Everyday Cocktail or Chili Sauce
12 oz jar,
Selected Varieties
1.99

Essential Everyday Chicken Breast Meat
5 oz can
1.99

Essential Everyday Jam or Jelly
18 oz jar,
Selected Varieties
2/\$5

Essential Everyday Cooking Spray
5-6 oz can,
Selected Varieties
2.99

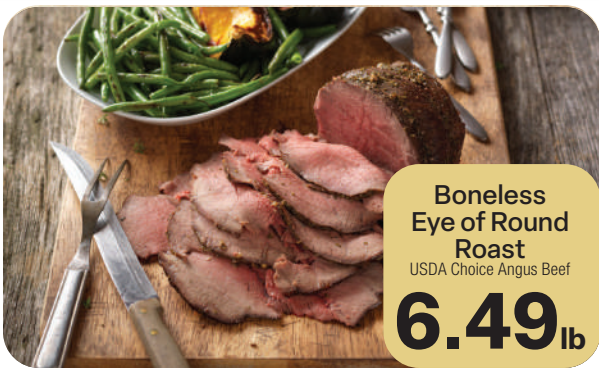
Essential Everyday Soup & Oyster Crackers
9 oz bag
1.99

Essential Everyday Tomatoes
28 oz can,
Selected Varieties
2/\$4

FRESH MEAT & SEAFOOD



Boneless
New York Strip
Steak
USDA Choice Angus Beef
14.99lb



Boneless
Eye of Round
Roast
USDA Choice Angus Beef
6.49lb



Boneless
Eye of Round
Steak
USDA Choice Angus Beef
6.99lb



Center Cut
Pork Chops
Fresh, Bone-In
2.49lb



Gold'n Plump
Chicken Wings
Fresh
3.99lb



Cloverdale
Sliced Bacon
12 ct pkg,
Selected Varieties
4.99



Ball Park
Meat Franks
15 oz pkg,
Selected Varieties

3.99



Hormel
Fully Cooked Entrées
15 oz pkg,
Selected Varieties

6.99



El Monterey
Breakfast Burritos
36 oz pkg,
Selected Varieties

11.99



Lloyd's
BBQ Ribs
24 oz pkg

12.99



Land O Frost
Premium Lunch Meat
10-16 oz pkg,
Selected Varieties

5.99



Lloyd's
BBQ Tubs
15-16 oz tub,
Selected Varieties

5.99



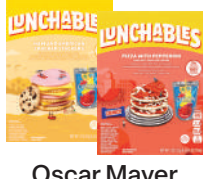
Bob Evans
Family Size Side Dishes
28-32 oz pkg,
Selected Varieties

4.49



Farmland Pork
Sausage Links or Roll
8-12 oz pkg,
Selected Varieties

2/\$5



Oscar Mayer
Fun Pack Lunchables,
Natural Plates or P3 Packs
3.2-10.7 oz pkg,
Selected Varieties

2.99



Arctic Shores
Extra Jumbo
Cooked Shrimp
16 oz pkg, 16-20, Tail-On

10.99

FARM FRESH PRODUCE



Dole
Salad Kits
8.3-13.25 oz bag,
Selected Varieties

3.69



Mini
Sweet
Peppers
1 lb bag

3.49



Giorgio Whole
or Sliced White
Mushrooms
8 oz pkg

1.99



Farmer's
Promise
Yellow Potatoes
5 lb bag

3.99



Avocadoes
Fresh

2/\$3



Whole
Cantaloupe
Ripe, Jumbo

2.99ea



Cosmic
Crisp
Apples
Fresh

1.49lb



Mangoes
Sweet, Juicy

99¢ea

FLORAL

All items not available
at all locations.



Lavender Honey
Bouquet

8.99



Calla
Lily
4.5 inch

10.99

PLU 18121

SUPER COUPON



Pepsi
Products
12 pk-12 oz cans,
Selected Varieties

2/\$12

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Pepsi
Products
6 pk-16.9 oz btl,
Selected Varieties

3/\$12



Pepsi
Products
10 pk-7.5 oz cans,
Selected Varieties

3/\$13



Gatorade
Thirst Quencher
8 pk-20 oz btl,
Selected Varieties

6.99



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

3/\$10



Klarbrunn
Sparkling Water
12 pk-12 oz cans,
Selected Varieties

2/\$8