



Boneless Top Sirloin Steak
USDA Choice Angus Beef
8.99 lb



Country Style Pork Ribs
Fresh, Bone-In
1.99 lb



Red or Green Grapes
Seedless
1.99 lb



Strawberries
1 lb pkg
or Blueberries
pint
2/\$6



Essential Everyday Shredded Cheese
32 oz pkg,
Selected Varieties
7.99



Chobani Greek, Less Sugar or Zero Sugar Yogurt
5.3 oz cup,
Selected Varieties
8/8.88



Chicken of the Sea Chunk or Premium Light Tuna or Sardines
5 oz can, 2.5 oz pouch Tuna or 3.75 oz can Sardines,
Selected Varieties
3/\$3



Kraft Flavored Mac & Cheese
5.5-7.25 oz box,
Selected Varieties
5/\$5



Frito Lay Doritos, Sun Chips, Tostitos or Lay's Dip or Salsa
9.25-10.75 oz Doritos, 6.25-7 oz Sun Chips, 10-15.75 oz Dip or 15.5 oz Salsa,
Selected Varieties
2/\$7

X550

REDEEMABLE COUPON

RV0100



Kraft Mayonnaise
22 oz btl or 30 oz jar,
Selected Varieties
2.99

RETAILER: Return to UNFI COUPON SERVICES via UNFI Redemption Form

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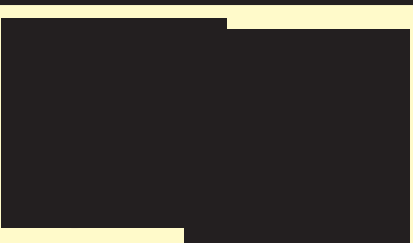
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Limit one with this coupon. Limit one coupon per family. Prices effective Sun., August 31 thru Sat., September 6, 2025. Valid only at Pequot Lakes SuperValu.

X551

REDEEMABLE COUPON

RV0100



Kemps Classics Frozen Dairy Dessert
128 oz pail,
Selected Varieties
4.99

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005510

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Quality • Service • Freshness • Count on us!

Pequot Lakes SUPERVALU
30581 Patriot Avenue
Pequot Lakes, MN 56472
Crow Wing
(218)568-5001
www.pequotlakessupervalu.com
Like us on Facebook 

All items may not be available at all stores. We reserve the right to limit quantities.

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PRICES EFFECTIVE AUGUST-SEPTEMBER

SUN	MON	TUES	WED	THUR	FRI	SAT
31	1	2	3	4	5	6

BAKED GOODS

ALL ITEMS NOT AVAILABLE
AT ALL LOCATIONS.

DELI FRESH



Hamburger or Hot Dog Buns
8 ct pkg, Bakery Fresh
2.99



Cheddar Broccoli Pasta Salad
Deli Fresh
5.99 lb



Kretschmar Honey or Virginia Ham
Deli Fresh
6.99 lb



Brownies
4-6 ct pkg, Selected Varieties
5.99



Better Butter
3-3.7 oz pkg, Selected Varieties
2.99



Hormel Gatherings Party Tray
28 oz pkg, Selected Varieties
15.99



Pretzilla Pretzel Bites
12.3 oz pkg, Selected Varieties
5.99



BelGioioso Fresh Mozzarella
8 oz pkg, Selected Varieties
2.99



Sabra Hummus
10 oz pkg, Selected Varieties
3.99

FROZEN & DAIRY



Brew Pub Lotzza Motzza Pizza Singles
10.3-13.71 oz pkg, Selected Varieties
2/\$10



Stouffers Party Size Entrées
57-96 oz box, Selected Varieties
15.99



Crystal Farms Singles
12 oz pkg, Selected Varieties
3.29



Florida's Natural Juice
52 oz ctn, Selected Varieties
4.88



Mr. Dee's Hash Brown Potato Patties
31.5 oz pkg
4.49



Nestlé Drumstick Dessert Cones
5-20 ct box, Selected Varieties
8.99



The Greek Gods Greek Yogurt
24 oz tub, Selected Varieties
3.99



Dannon Danimal or Greek Yogurt Multipacks
4 ct pkg, Selected Varieties
2/8.88



Essential Everyday Cream Cheese
8 oz tub, Selected Varieties
2/\$6



Essential Everyday Cheese Cups
5-6 oz pkg, Selected Varieties
2/\$5



Essential Everyday Vegetables
10-12 oz pkg, Selected Varieties
2/4.44



Califia Farms Almond or Oatmilk
48 oz btl, Selected Varieties
3.99



Kellogg's Eggo Thick & Fluffy Waffles
6 ct box, Selected Varieties
3.49



McCain Potatoes or Onion Rings
14-26 oz pkg, Selected Varieties
2/\$7



Häagen-Dazs Waffle Cone or Mini Ice Cream Bars
4-6 ct pkg, Selected Varieties
5.99



Outshine Fruit Bars
6-12 ct pkg, Selected Varieties
4.99

HOUSEHOLD GOODS



Tide Laundry Detergent
115 oz btl Liquid or 43-57 ct Pods, Selected Varieties
15.99



Downy Unstopables or Gain Fireworks In-Wash Scent Boosters
24 oz pkg, Selected Varieties
15.99



Dawn Ultra Dish Soap or Powerwash Dish Spray
17.4-30.8 oz btl Dish Soap or 16 oz Spray, Selected Varieties
4.99



Charmin Ultra Bath Tissue
16 ct Super Mega Rolls or 24 ct Mega Rolls, Selected Varieties
28.99



Bounty Paper Towels
4 Double Roll, Selected Varieties
8.99



Puffs Family Pack Facial Tissue
3 ct pkg, Selected Varieties
5.99



Essential Everyday Paper Plates
100 ct pkg, Selected Varieties
4.49



Essential Everyday Party Cups
50 ct pkg, Selected Varieties
4.99



Essential Everyday Click 'n Lock Storage or Freezer Bags
10-20 ct box, Selected Varieties
2/\$5



Essential Everyday Trash Bags
15-26 ct box, Selected Varieties
2.49

HEALTH & BEAUTY



Atkins Ready to Drink Shakes or Snack Bars
4 pk/11 oz btl Shakes or 5 ct box Bars, Selected Varieties
6.99



Clif Bars
2.4 oz pkg, Selected Varieties
2/\$3



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



Advil Pain Reliever
100 ct pkg, Selected Varieties
11.99



Equaline Mouthwash
1.5 ltr btl, Selected Varieties
3.99



Tampax Pearl Tampons
32-36 ct box, Selected Varieties
9.99



OFF! Deep Woods Insect Repellent
6 oz can, Selected Varieties
6.99

PET



9 Lives Cat Food
4 pk, 5.5 oz cans, Selected Varieties
2.99



9 Lives Dry Cat Food
3.15 lb bag, Selected Varieties
5.99

48 HOUR SALE

WEDNESDAY, SEPTEMBER 3 THRU
THURSDAY, SEPTEMBER 4, 2025

X552 STORE COUPON



No Name
Bistro Steak,
Meatballs or Burgers
11 oz Steak, 20 oz Meatballs or
21.32-24 oz Burgers, Selected Varieties

7.99



Limit one with this coupon.
Limit one coupon per family.
Prices effective Wed., September 3
thru Thurs., September 4, 2025.
Valid only at stores listed on the front page.

X553 STORE COUPON



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

3.99



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thru Thurs., September 4, 2025.
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X554 STORE COUPON



Ambassador
Natural Casing Wieners
19.5-24 oz pkg,
Selected Varieties

9.99



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Limit one coupon per family.
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thru Thurs., September 4, 2025.
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X555 STORE COUPON



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

5.99



Limit one with this coupon.
Limit one coupon per family.
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thru Thurs., September 4, 2025.
Valid only at stores listed on the front page.

X556 STORE COUPON



Just Bare
Breaded Chicken
24 oz pkg,
Selected Varieties

8.99



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thru Thurs., September 4, 2025.
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X557 STORE COUPON



Arctic Shores
Pollock Fillets
16 oz pkg, Wild Caught

3.99



Limit one with this coupon.
Limit one coupon per family.
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X558 STORE COUPON



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

3.99



Limit one with this coupon.
Limit one coupon per family.
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thru Thurs., September 4, 2025.
Valid only at stores listed on the front page.

X559 STORE COUPON



Crystal Farms
Sliced Cheese
6-8 oz pkg,
Selected Varieties

2/\$6



Customer must purchase two.
Limit two with this coupon.
Limit one coupon per family.
Prices effective Wed., September 3
thru Thurs., September 4, 2025.
Valid only at stores listed on the front page.

X560 STORE COUPON



Häagen-Dazs
Ice Cream or Bars
14 oz Ice Cream or 3 ct Bars,
Selected Varieties

2/\$8



Customer must purchase two.
Limit two with this coupon.
Limit one coupon per family.
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thru Thurs., September 4, 2025.
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X561 STORE COUPON



Essential Everyday
Condensed Soup
10.5-11.25 oz can,
Selected Varieties

4/\$5



Customer must purchase four.
Limit four with this coupon.
Limit one coupon per family.
Prices effective Wed., September 3
thru Thurs., September 4, 2025.
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X562 STORE COUPON



Maruchan
Ramen Noodle Soup
3 oz pkg,
Selected Varieties

6/\$2



Customer must purchase six.
Limit six with this coupon.
Limit one coupon per family.
Prices effective Wed., September 3
thru Thurs., September 4, 2025.
Valid only at stores listed on the front page.

X563 STORE COUPON



Essential Everyday
Ketchup
24 oz btl

99¢



Limit one with this coupon.
Limit one coupon per family.
Prices effective Wed., September 3
thru Thurs., September 4, 2025.
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X564 STORE COUPON



Essential Everyday
Pasta Sauce
23-24 oz jar,
Selected Varieties

2/\$4



Customer must purchase two.
Limit two with this coupon.
Limit one coupon per family.
Prices effective Wed., September 3
thru Thurs., September 4, 2025.
Valid only at stores listed on the front page.

X565 STORE COUPON



Blue Diamond
Almonds
14-16 oz bag,
Selected Varieties

8.99



Limit one with this coupon.
Limit one coupon per family.
Prices effective Wed., September 3
thru Thurs., September 4, 2025.
Valid only at stores listed on the front page.

X566 STORE COUPON



Essential Everyday
Oatmeal
18 oz cnstr,
Selected Varieties

2.49



Limit one with this coupon.
Limit one coupon per family.
Prices effective Wed., September 3
thru Thurs., September 4, 2025.
Valid only at stores listed on the front page.

X567 STORE COUPON



Musselman's
Apple Sauce
23-24 oz jar or 4-6 ct pkg,
Selected Varieties

2/\$5



Customer must purchase two.
Limit two with this coupon.
Limit one coupon per family.
Prices effective Wed., September 3
thru Thurs., September 4, 2025.
Valid only at stores listed on the front page.

48 HR SALE • 48 HR SALE • 48 HR SALE • 48 HR SALE

04-VER # COMMON

**WEDNESDAY, SEPTEMBER 3 THRU
THURSDAY, SEPTEMBER 4, 2025**



**99¢
lb**



1.99_{lb}



8.99



1.69lb



2.89_{lb}



2.99



1.99_{ea}



2/\$5



1.48



1.98



1.68



3.88

GROCERY SPECIALS



Essential Everyday
Blended, Vegetable
or Canola Oil
40 oz btl

4.49



Barilla
Pasta or
Ready Pasta
7-16 oz pkg, Selected Varieties

2/\$3



Essential
Everyday
100% Juice
Tomato Juice
64 oz btl

3.29



Essential
Everyday
Marinades
12.25 oz btl, Selected Varieties

2/\$5



Essential Everyday
Diced Tomatoes
With Green Chilies
10 oz can, Selected Varieties

99¢



Essential
Everyday
Cranberry Juice
64 oz btl, Selected Varieties

2/\$5



Famous Dave's
Barbecue Sauce
19-20 oz btl,
Selected Varieties

2.99



Frank's RedHot
Hot, Wings or
Squeeze Sauce
12 oz btl, Selected Varieties

3.99



Kellogg's
Family Size
Cereal
18-24 oz box,
Selected Varieties

4.88



Old Dutch Popcorn, Specialty Pretzels,
Party Pack or Super Size Potato Chips
or Restaurante Tortilla Chips
12 oz Popcorn, 13-14 oz Pretzels, 14-15 oz Party Pack Chips,
15 oz Super Size Potato Chips or 17-20 oz Tortilla Chips, Selected Varieties

2/\$10



Essential
Everyday
Cereal
11.2-18.2 oz box,
Selected Varieties

2/\$7



Quaker
Cereal
15.6-18 oz Cap'n Crunch
or 18 oz Life,
Selected Varieties

2/\$9



Essential
Everyday
Marshmallows
10-10.5 oz bag,
Selected Varieties

1.49



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

2/\$6



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

2/\$6

Kraft



Kraft
Miracle Whip
Dressing
30 oz jar, Selected Varieties

3.99



Kraft Deluxe,
Velveeta, or
Cracker Barrel
Macaroni & Cheese
9.4-14 oz pkg, Selected Varieties

2/\$7



Lunchables
Grilled Cheesies
5.71-6.2 oz pkg,
Selected Varieties

2/\$8



Crystal Light
MiO Drink Mix
8-12 ct pkg,
Selected Varieties

3.29



MiO Water
Enhancer
3.24 oz btl,
Selected Varieties

5.99



Country Time,
Kool-Aid or
Tang Drink Mix
18-20 oz pkg,
Selected Varieties

3.99



Wild Harvest
Canned Beans
15 oz can,
Selected Varieties

2/\$3



Essential Everyday
Taco Seasoning
Mix
1.25 oz pkg,
Selected Varieties

5/\$5



Essential Everyday
Steak Sauce
10 oz btl,
Selected Varieties

2.99



Essential Everyday
Yellow Mustard
14 oz btl

1.49



Koops
Mustard
12 oz btl,
Selected Varieties

2.49



Chick-Fil-A
Sauce
16 oz btl

3.99



Planters
Dry Roasted or
Cocktail Peanuts
16 oz jar or can,
Selected Varieties

2/\$6



Nature Valley
or Fiber One
Protein Bars
4.8-8.85 oz box,
Selected Varieties

3.99



Essential Everyday
Chewy Granola
Bars
10 ct box,
Selected Varieties

2.88



Kellogg's
Rice Krispies
Treats
16 ct box,
Selected Varieties

4.99



Hungry Jack
Pancake Mix
28-32 oz box,
Selected Varieties

2.99



Keebler
Ready Pie Crust
4-6 oz pkg,
Selected Varieties

2.88



Hershey's
Family Size
Candy
15.6-17.9 oz pkg,
Selected Varieties

8.99



Pearson's
Nut Roll
Bite Size
11 oz pkg

4.99



Orville Redenbacher's
Microwave Popcorn
or Popcorn Seasoning
2-3 ct box Popcorn or
2.4-2.8 oz Seasoning,
Selected Varieties

2/\$5



Celestial
Seasonings
Tea Bags
12-20 ct box,
Selected Varieties

3.99

X568 REDEEMABLE COUPON RV0100



Hershey's
Baking Chips
8.5-12 oz pkg,
Selected Varieties

2/\$6

005680

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FRESH MEAT & SEAFOOD



Boneless
Arm Cut Steak
USDA Choice Angus Beef

7.49 lb



Boneless
Arm Cut Roast
USDA Choice Angus Beef

6.99 lb



Just Bare
Whole Chicken
Fresh, All Natural, 4 lb pkg

8.99



Pork
Shoulder Steak
Fresh, Bone-In

2.49 lb



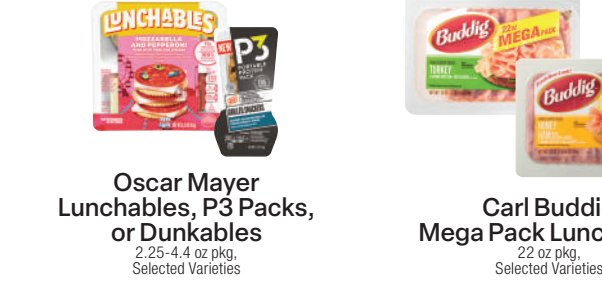
Hormel
Pork Tenderloin
18.4 oz pkg,
Selected Varieties

7.99



Atlantic
Salmon Fillets
Fresh

9.99 lb



Oscar Mayer
Lunchables, P3 Packs,
or Dunkables
2.25-4.4 oz pkg,
Selected Varieties

2/\$4



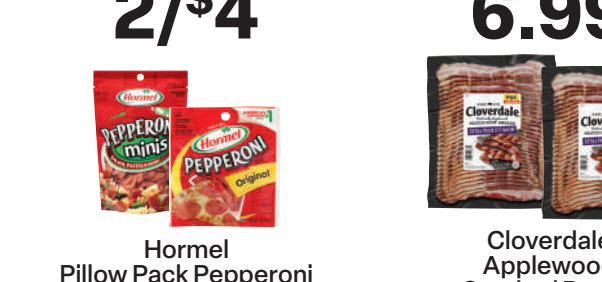
Curly's
BBQ Entrées
12-16 oz pkg,
Selected Varieties

5.49



El Monterey
Burritos or Chimichangas
30.4-32 oz pkg,
Selected Varieties

5.99



Hormel
Pillow Pack Pepperoni
4-6 oz pkg,
Selected Varieties

3.99



Kingsford BBQ Ribs
or Combo Platters
24-26 oz pkg,
Selected Varieties

12.99



Tyson
Breaded or Grilled
& Ready Chicken
19-26.05 oz pkg,
Selected Varieties

7.99



Cloverdale
Applewood
Smoked Bacon
3 lb pkg

18.99



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

5.99



Sheboygan
Bratwurst
16 oz pkg,
Selected Varieties

4.99

FARM FRESH PRODUCE



Cosmic Crisp
Apples

1.69 lb



Dole
Salad Blends
5-12 oz bag,
Selected Varieties

2.99



Mighties
Kiwi Clamshell
1 lb pkg

3.99



Dole
Romaine
Hearts
3 ct pkg

3.49



Broccoli
Fresh

2.99 ea



Mangoes
Sweet, Juicy

2/\$3

FLORAL

All items not available
at all locations.



Copper Leaves
Bouquet

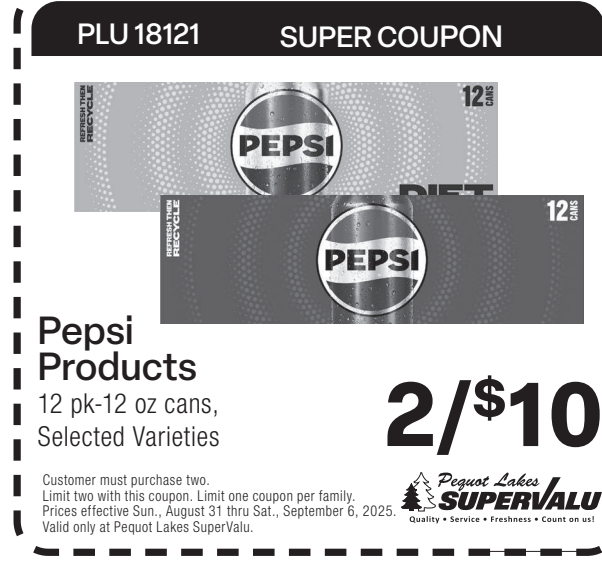
7.99



Fall Mum
Bouquet
4.5 inch

5.99

PLU 18121 SUPER COUPON



Pepsi
Products
12 pk-12 oz cans,
Selected Varieties

2/\$10

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



Pepsi
Products
6 pk-16.9 oz btl,
Selected Varieties

4/\$12



Pepsi
Products
2 ltr btl,
Selected Varieties

2/\$4



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

7.49



Bloom
Energy Drink
12 oz cans,
Selected Varieties

2/\$5



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

3/\$12