

BUDGET RELIEF \$SAVERS!

3.99 lb
85% Lean Ground Beef
 USDA Inspected,
 Family Pack



QUAKER
ESTD 1877

SEE INSIDE FOR ADDITIONAL SAVINGS!

breakfast bargains!



Quaker Cereal
 11.4-12.6 oz Cap'n Crunch or 13 oz Life,
 Selected Varieties **2 \$6**



3.49 lb
Whole Pork Tenderloin
 USDA Inspected,
 Tender & Juicy

2.29 lb
St. Louis Style Pork Ribs
 USDA Inspected,
 Tender & Juicy

4.99
Just Bare Boneless Skinless Chicken Breast Fillets or Tenderloins
 14-18 oz pkg, Fresh, All Natural



Quaker Steel Cut, Quick or Old Fashioned Oats
 18-42 oz cnstr,
 Selected Varieties **4.49**



Honeycrisp Apples
 Washington
99¢ lb

Asparagus
 Fresh
1.88 lb

Sweet Eating Clementines
 3 lb bag
4.99



Quaker Instant Oatmeal
 7.4-14.1 oz box,
 Selected Varieties **2 \$7**



IGA Chunk or Shredded Cheese
 8 oz pkg,
 Selected Varieties **3 \$4.98**

LIMIT 6 PKGS

EFFECTIVE APRIL 15 THRU APRIL 21, 2024
 LIMIT ONE COUPON PER CUSTOMER.
 GOOD ONLY AT UNFI SUPPLIED STORES.



Yoplait Yogurt
 4-6 oz cup,
 Selected Varieties **10 \$5**

LIMIT 10 PKGS

EFFECTIVE APRIL 15 THRU APRIL 21, 2024
 LIMIT ONE COUPON PER CUSTOMER.
 GOOD ONLY AT UNFI SUPPLIED STORES.



Quaker Premium Instant Oatmeal
 8.4-13.1 oz box,
 Selected Varieties **4.99**



Essential Everyday Vegetables
 12 oz bag,
 Selected Varieties **5 \$5**



Healthy Choice Simply Steamers
 9-10 oz pkg,
 Selected Varieties **2 \$7**



Essential Everyday Orange Juice
 64 oz ctn,
 Selected Varieties **2 \$6**



Stone Ridge Creamery Ice Cream or Sherbet
 48 oz ctn,
 Selected Varieties **2 \$7**



Kool-Aid Jammers
 10 ct box,
 Selected Varieties **2 \$5**



Pure Life Drinking Water
 24 pk/5 ltr btls
 or 24 pk/8 oz btls **3.99**



Pearl Milling Company Syrup
 24 oz btl,
 Selected Varieties **2 \$6**

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PRICES EFFECTIVE APRIL 15 THRU APRIL 21, 2024.

We reserve the right to limit quantities and correct printing errors. No Sales to dealers. All items not available in all stores. © UNFI INC.

grocery savings down every aisle



2 \$5
for
Betty Crocker Fruit Snacks
4.5-8 oz pkg,
Selected Varieties



2 \$4
for
Kellogg's Rice Krispies Treats or Special K Pastry Crisps
8 ct Rice Krispies or 6 ct Special K,
Selected Varieties



4.99
Essential Everyday Coffee
10-12 oz bag or 12 ct box K-Cups,
Selected Varieties



3.99
Cheez-It Snack Crackers, Kellogg's Club or Graham Crackers
9-12.4 oz Cheez-It, 11-13.7 oz Club or 15 oz Graham's, Selected Varieties



1.89
IGA Peanut Butter
16 oz jar,
Selected Varieties

IGA save with our brands **Essential EVERYDAY**



2.39
Essential Everyday Egg Noodles
16 oz bag,
Selected Varieties



1.89
Essential Everyday Lasagna Noodles
16 oz box



4.79
IGA Whipped Dressing
30 oz jar



1.49
Essential Everyday Yellow Mustard
14 oz btl



1.79
IGA Chili Sauce
12 oz btl



1.79
Essential Everyday Premium Barbecue Sauce
18 oz btl,
Selected Varieties



2.99
Essential Everyday 100% Juice Tomato Juice
64 oz btl



2.29
Essential Everyday Apple Sauce
6 ct pkg,
Selected Varieties



1.89
IGA Ice Cream Sugar Cones
12 ct box



2.99
Essential Everyday Dry Roasted Peanuts
16 oz jar,
Selected Varieties



2 \$3
for
Essential Everyday Fabric Softener Sheets
40 ct box,
Selected Varieties



2.99
Essential Everyday Bleach
43 oz btl



2 \$7
for
Nature Valley or Fiber One Protein Bars
4.8-7.5 oz box,
Selected Varieties



6.99
IHOP Coffee
11-12 oz bag or 10 ct box K-Cups,
Selected Varieties



5.99
Maxwell House Iced Latte Drink Mix
5.8-5.9 oz pkg,
Selected Varieties



7.99
GoGo Fruit On The Go Applesauce or Fruit & Veggiez
12 ct box,
Selected Varieties



2 \$4
for
Betty Crocker Hamburger Helper
4.7-7.6 oz box,
Selected Varieties



2 \$3
for
Kraft Mac & Cheese Dinner
5.5-7.3 oz box,
Selected Varieties



3.49
Newman's Own Pasta Sauce
24 oz jar,
Selected Varieties



3.99
Newman's Own Dressing
16 oz btl,
Selected Varieties



2 \$4
for
Barilla Al Bronzo Pasta
12-14.1 oz pkg,
Selected Varieties



3.99
Carr's Crackers
4.25-7 oz pkg,
Selected Varieties



2 \$5
for
Orville Redenbacher's Microwave Popcorn or Seasoning
3 ct box Popcorn or 2.4-2.8 oz Seasoning,
Selected Varieties



2 \$6
for
Famous Amos Cookies
7 oz bag,
Selected Varieties



2 \$7
for
Chex Mix, Bugles or Garden of Eatin' Snacks
9-15 oz bag,
Selected Varieties



7.49
Hershey's Family Size Candy
17.3-17.9 oz pkg,
Selected Varieties



6.49
Hershey's Milk Chocolate Candy Bars
6 ct pkg



2 \$6
for
Twizzlers Twizzlers
11-16 oz bag,
Selected Varieties



4.99
M&M's Share Size Chocolate Candies
7.4-10.05 oz pkg,
Selected Varieties



3.49
Nabisco Chips Ahoy! Cookies, Premium Saltine or Soup & Oyster Crackers
7-13 oz Chips Ahoy! or 9-16 oz Crackers,
Selected Varieties



3.49
Country Time Lemonade
10 ct/6 oz pouches,
Selected Varieties



2 \$5
for
Gerber Meal Time for Toddler Entrees, Bowls, Oatmeal or Pick-Ups, Snacks for Toddler or Baby or Wonder Foods
4.5-6.88 oz Mealtime or 1.45 oz Snacks,
Selected Varieties



12.99
Angel Soft Bath Tissue
16 ct Mega Rolls



14.99
Sparkle Paper Towels
12 ct Double Rolls



6.99
Olay Body Wash
22 oz btl,
Selected Varieties



10.99
Glad Tall Kitchen or Trash Bags
25-68 ct box,
Selected Varieties

Natural & Organic



2 \$5
for
Wild Harvest Organic Ketchup
20 oz btl



3.69
Wild Harvest Organic Powdered Sugar
16 oz bag



4.49
Wild Harvest Organic Coconut Oil
14 oz jar



5 \$5
for
Wild Harvest 100% Pure Coconut Water
8 oz ctn

PLU 11915 REDEEMABLE COUPON VALID: 4/15/24-4/21/24 RV0300



*Participating Products include: Pearl Milling Co. Syrup, Cap'n Crunch, Life 13 oz, 14.5 oz, Instant Quaker Oats Core, Instant Quaker Oats Premium, Standard Quaker Oats 42 oz

RETAILER: Return to UNFI COUPON SERVICES, 2611 North Lincoln Avenue, Urbana, IL 61802.

VOID IF COPIED, TRANSFERRED, PURCHASED OR SOLD, ONE COUPON PER PURCHASE. GOOD ONLY AT UNFI SUPPLIED STORES



PLU 11913 REDEEMABLE COUPON VALID: 4/15/24-4/21/24 RV0100



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PLU 11914 REDEEMABLE COUPON VALID: 4/15/24-4/21/24 RV0100



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PLU 11912 REDEEMABLE COUPON VALID: 4/15/24-4/21/24 RV0150



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frozen



4.49

Outshine Fruit Bars
12 ct box,
Selected Varieties



9.99
Totino's Pizza Rolls
100 ct pkg,
Selected Varieties



2.57
New York Garlic Texas Toast, Bread Sticks, Ciabatta Rolls or Garlic Knots
7.3-13.5 oz pkg, Selected Varieties



4.49
Alexia Family Size Potatoes
20-28 oz pkg,
Selected Varieties



10.99
Jimmy Dean Breakfast Sandwiches
8-20 ct box,
Selected Varieties



2.57
Zatarain's Entrées
10.5 oz pkg,
Selected Varieties



2.57

for Hungry-Man Entrées or Dinner Bowls
13.1-16 oz pkg,
Selected Varieties



4.55
Ore-Ida Extra Crispy Tots or Fries
4.25-4.75 oz pkg,
Selected Varieties



4.49
Dove, Snickers or Twix Ice Cream Bars or M&M's Ice Cream Sandwiches
3-6 ct box, Selected Varieties



4.99
Nestle Oreo Ice Cream Novelties
4-5 ct box,
Selected Varieties



4.49
Skinny Cow Ice Cream Novelties
17.2-24 oz pkg,
Selected Varieties



4.49
Häagen-Dazs Mini Ice Cream Bars
6 ct box,
Selected Varieties

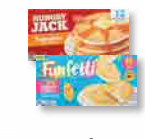


2.55

for Ore-Ida Bagel Bites Pizza Snacks!
9 ct box,
Selected Varieties



7.99
Klondike Ice Cream Cones
8 ct box,
Selected Varieties



2.56
Funfetti or Hungry Jack Pancakes
12-40 ct box,
Selected Varieties



2.57
Blue Bunny Twist Dairy Dessert
16 oz pkg,
Selected Varieties



2.99
North Star Ice Cream Bars
6 ct box,
Selected Varieties



4.99
Prairie Farms Ice Cream
48 oz ctn,
Selected Varieties

dairy



2.56

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



2.99
Essential Everyday American Singles
12 oz pkg



2.56
Cracker Barrel Cheese
6 oz Cubes, 7-8 oz Chunk or Shredded, 7 oz Cracker Cuts, 7.5 oz Sticks or 8 oz Snack Bars,
Selected Varieties



4.99
Frigo CheeseHeads String Cheese, Snacking Cheese or Combo Pack
6.3-12 oz pkg,
Selected Varieties



2.58

for Chobani Greek Yogurt
4 ct pkg,
Selected Varieties



5.99
Buitoni Family Size Pasta
20 oz pkg,
Selected Varieties



4.99
Buitoni Alfredo Sauce
15 oz pkg



2.53
Simply Lemonade, Orange or Fruit Juice Singles
11.5 oz btl,
Selected Varieties



4.49
International Delight Cold Foam Creamer or Nestle Coffee-mate Natural Bliss Coffee Creamer
14 oz can International Delight or 32 oz btl Nestle,
Selected Varieties



2.55

for Essential Everyday Jumbo Biscuits
16 oz pkg,
Selected Varieties



5.99
Siggi's Plain Yogurt
24 oz tub



2.56
for Dole 100% Juice Blends
59 oz ctn,
Selected Varieties



3.99
Califia Farms Almond or Oat Milk
48 oz btl,
Selected Varieties



4.99
Califia Farms Iced Coffee
48 oz btl,
Selected Varieties

bakery

ITEMS MAY NOT BE AVAILABLE IN ALL STORES



2.49

Stonefire Mini Naan Bread
7-7.5 oz pkg,
Selected Varieties

fresh deli

ITEMS MAY NOT BE AVAILABLE IN ALL STORES



6.99 lb

Kretschmar Cherrywood Smoked Ham
Deli Fresh



Tabletalk Strawberry Rhubarb Pie
8 inch

6.99



Double Layer Dessert Cakes
7 inch,
Selected Varieties

13.99



8 Piece Deli Fried Chicken
2 Breasts, 2 Thighs,
2 Legs, 2 Wings

7.99



Kretschmar Colby or Colby Jack Cheese
Sliced Fresh in our Deli

6.99 lb



Specialty Bakers Dessert Cups
4 ct pkg

1.49



Parfait or Cheesecake Cups
4.5-5 oz pkg,
Selected Varieties

2.49



Jalapeno Popper Pasta Salad
Deli Fresh

5.99 lb



BelGioioso Shredded Cheese
5 oz pkg,
Selected Varieties

2.49

health & beauty



5.49
Crest Toothpaste or Oral B Toothbrush
3-7.2 oz Toothpaste or 1 ct Toothbrush,
Selected Varieties



2.55
for Speed Stick or Lady Speed Stick Deodorant
2.1-3 oz pkg,
Selected Varieties



6.99
Schick or Skintimate Disposable Razors
3-12 ct pkg,
Selected Varieties



5.99
Tums Antacid
28-96 ct pkg,
Selected Varieties



19.99
Zyrtec Allergy Relief
25-30 ct pkg,
Selected Varieties



6.99
Kotex Pads or Liners
24-129 ct pkg,
Selected Varieties



15.99
Always Discreet Pads or Underwear
10-66 ct pkg,
Selected Varieties

fresh meat



Boneless Chuck Roast
USDA Choice Angus Beef

5.99 lb



Boneless Chuck Steak
USDA Choice Angus Beef

5.99 lb



Boneless New York Strip Steak
USDA Select Beef

9.99 lb



Boneless Pork Loin Roast
USDA Inspected, Tender & Juicy

3.49 lb



Boneless Center Cut Pork Chops
USDA Inspected, Tender & Juicy

3.69 lb



Hormel Seasoned Pork Shoulder Roast
1.5 lb pkg, Selected Varieties

3.99



Banquet Brown 'N Serve Sausage
6.4 oz pkg, Selected Varieties

2 \$4



Essential Everyday Sliced Bacon
16 oz pkg, Selected Varieties

4.49



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

4.99



Eckrich Smoked Sausage, Grillers, Lil' Smokies or Links
8.3-14 oz pkg, Selected Varieties

2 \$7



Sugardale Diced or Cubed Ham
8 oz pkg

2.29



Land O' Frost Premium Lunchmeat
16 oz pkg, Selected Varieties

4.99



Oscar Mayer Fun Pack Lunchables
3.2-10.7 oz pkg, Selected Varieties

2 \$6



Jennie-O Turkey Bacon
12 oz pkg

2.99

seafood



7.99
Supreme Choice Salmon Fillets
16 oz pkg



9.99
Supreme Choice Catfish Fillets
16 oz pkg



15.99
Nature's Best Swai Fillets
4 lb pkg



6.99
Nature's Best Tail Off Peeled & Deveined Shrimp
16 oz pkg, 51-60 ct

1.99
Fresh Gourmet Croutons
5 oz pkg, Selected Varieties

produce fresh from the fields



2.99
Dole Salad Blends
6-12 oz pkg, Selected Varieties



2 \$4
Farmers Idaho Potatoes, Yellow Onions or B-Size Red Potatoes
3 lb bag



2 \$5
Fresh Blackberries
6 oz pkg



1.69 lb
Washington Anjou Pears



2.99
Green Giant Steak Cut Mushrooms
8 oz pkg



2.49
Hot House Mini Cucumbers
14 oz pkg



1.49 lb
Fresh Green Beans



99¢
Jumbo Green Peppers



2 \$5
Green Giant Sweet Fixin' Carrots
10 oz pkg



2 \$8
for

Fritos or Cheetos Snacks
7.5-9.25 oz bag



3.99

Utz Pretzels
12-16 oz bag



2.79

Bunny Honey Wheat Bread
20 oz loaf