

bargains in bloom

3.99 lb 80/20 Lean Ground Beef USDA Inspected, Family Pack

2.49 lb Boneless Country Style Ribs USDA Inspected, Tender & Juicy

2.99 lb Gold'n Plump Boneless Skinless Chicken Breast Fillets Fresh, Small Pack

4.99 lb Boneless Beef Rump Roast USDA Choice Angus Beef

5.99 Whole Seedless Watermelon Fresh

4 for \$5 Avocadoes Fresh

2 for \$5 Taylor Farms Vegetables 10-12 oz pkg, Selected Varieties

2 for \$5 Stouffer's Signature Classics or Simple Dishes Entrees 8.375-12.75 oz pkg, Selected Varieties NO LIMIT EFFECTIVE MAY 12 THRU MAY 18, 2025 GOOD ONLY AT UNFI SUPPLIED STORES.

5 for \$5 Kraft Mac & Cheese Dinner 5.5-7.3 oz box, Selected Varieties NO LIMIT EFFECTIVE MAY 12 THRU MAY 18, 2025 GOOD ONLY AT UNFI SUPPLIED STORES.

2 for \$6 IGA Purified Drinking Water 24 pk/.5 ltr btl NO LIMIT EFFECTIVE MAY 12 THRU MAY 18, 2025 GOOD ONLY AT UNFI SUPPLIED STORES.

2 for \$4 Essential Everyday Natural Sliced Cheese 6-8 oz pkg, Selected Varieties

4.49 Breyers Ice Cream 48 oz ctn, Selected Varieties

3 for \$9 Lean Cuisine Entrees 5.25-11.5 oz pkg, Selected Varieties

2 for \$3 Super Chill Soda 2 ltr btl, Selected Varieties

2 for \$6 Cheez-It Baked Crackers or Kellogg's Club Crackers 9-12.4 oz Cheez-It or 11-13.7 oz Club, Selected Varieties

2.29 7-Up, Dr Pepper, Squirt, A&W or RC Products 2 ltr btl, Selected Varieties

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PRICES EFFECTIVE MAY 12 THRU MAY 18, 2025.

grocery savings down every aisle



2 \$7
for

Kellogg's Cereal

7.8 oz Rainbow Sherbet Froot Loops Scoops,
8.8 oz Corn Pops, 8.9 oz Apple Jacks or Froot Loops,
9.3 oz Marshmallow Froot Loops, 11.6 oz Cinnamon
French Toast or Strawberry Milkshake Frosted Flakes,
12 oz Frosted Flakes or
12.2 oz Chocolate Frosted Flakes



2 \$5
for

V8 Splash Juice Drink

64 oz btl,
Selected Varieties



2.99

IGA Bleached All Purpose Flour

5 lb bag



5.99

Hellmann's Mayonnaise

20 oz squeeze btl or 15-30 oz jar,
Selected Varieties



2.49

Essential Everyday Ketchup

38 oz btl



5.99

Scott Comfort Plus Bath Tissue

12 ct Double Rolls



1.29

Essential Everyday Mustard

12 oz btl, Selected Varieties

IGA *save with our brands* **Essential EVERYDAY**



2.99

Essential Everyday Steak Sauce

15 oz btl



99¢

IGA Tomatoes

14.5-15 oz can,
Selected Varieties



2.29

Essential Everyday Deluxe Macaroni & Cheese or Shells & Cheese

12-14 oz box



2 \$3
for

IGA Soup & Oyster Crackers

9 oz bag



2 \$4
for

Essential Everyday Toaster Pastries

8 ct box,
Selected Varieties



1.69

IGA Ice Cream Sugar Cones

12 ct box



99¢

Essential Everyday Dailyware Basic Cutlery

18-24 ct box,
Selected Varieties



1.79

Essential Everyday Storage or Freezer Bags

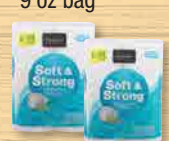
14-24 ct box,
Selected Varieties



1.79

Essential Everyday Soft & Strong Facial Tissue

160 ct box



6.99

Essential Everyday Soft & Strong Bath Tissue

6 ct Mega Rolls



2 \$5
for

Creamette Pasta

32 oz box,
Selected Varieties



2.99

Newman's Own Pasta Sauce

24 oz jar,
Selected Varieties



4.99

Kraft Salad Dressing

24 oz btl,
Selected Varieties



1.69

Kraft Barbecue Sauce

17.5-18 oz btl,
Selected Varieties



2 \$4
for

Knorr Rice Cup

2.6 oz pkg,
Selected Varieties



4 \$5
for

Starkist Chunk Light Tuna, Creations, Tuna Salad Kit or Tuna Smart Bowls

2.6-3 oz pouch Tuna, 3.28
oz Tuna Kit or 4.5 oz Bowl,
Selected Varieties



2 \$3
for

Starkist Premium White Chicken, Chicken Creations or Solid White Tuna

2.6 oz pouch Chicken
or 5 oz can Tuna,
Selected Varieties



2 \$4
for

Starkist Beef Creations

2.6 oz pouch,
Selected Varieties



2 \$5
for

Pringles Mega Stack Potato Crisps or Mingles Puffed Snacks

6.8-7.1 oz can or
5.5 oz bag,
Selected Varieties



7.99

Pop Secret Microwave Popcorn

12 ct box,
Selected Varieties



3.49

Carr's Crackers

4.25-5.3 oz box,
Selected Varieties



3.49

Kellogg's Toasted Crackers

8-8.7 oz box,
Selected Varieties



3.49

Kellogg's Original Grahams Crackers

15 oz box



10.49

Kellogg's Rice Krispies Treats

40 ct box



4.49

Keebler Family Size Cookies

14.6-17.3 oz pkg,
Selected Varieties



2 \$7
for

Nabisco BelVita Breakfast Biscuits, Fudge Covered or Oreo Cookies

8.8-8.81 oz BelVita,
7.9-9.9 oz Fudge Covered or
7.5-14.03 oz Oreo,
Selected Varieties



5.49

Hershey's Minis or Drops Chocolate Candy

7.6-9.9 oz bag,
Selected Varieties



3.49

Betty Crocker Premium Brownie or Bar Mix

14.7-19.1 oz box,
Selected Varieties



2 \$6
for

Better Oats Instant Oatmeal

9.8-15.1 oz box,
Selected Varieties



4.49

Lipton Tea Bags

40-100 ct box,
Selected Varieties



2 \$6
for

Splash Blast Flavored Water

6 pk/16.9 oz btls,
Selected Varieties



3.99

Tide Simply Laundry Detergent

31-32 oz btl,
Selected Varieties



19.99

Tide Laundry Detergent

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



4.99

Arm & Hammer Laundry Detergent or In-Wash Scent Boosters

45.5-50 oz btl Detergent or
24 oz pkg Scent Booster,
Selected Varieties



4.99

Bounce Fabric Softener Sheets

80 ct box,
Selected Varieties

Natural & Organic



3.49

Annie's Gluten Free Rice Pasta & Cheddar

6 oz box



2 \$7
for

Terra Real Vegetable Chips or Sensible Portions Garden Veggie Straws, Chips or Tortilla Chips

5 oz Terra or 6-7 oz Sensible
Portions, Selected Varieties



4.99

Kind Granola

11 oz pkg,
Selected Varieties



2.99

Voortman Wafers or Cookies

5-11.3 oz pkg,
Selected Varieties



4.49

Wild Harvest Organic Cereal

14-17 oz box,
Selected Varieties



5 \$5
for

Wild Harvest 100% Coconut Water

8 oz can



2.49

Wild Harvest Organic Ketchup

20 oz btl



4.99

Wild Harvest Organic Mayonnaise

15 oz jar

frozen



**Popsicle Brand
Ice Pops or Fudge Pops**
18 ct box,
Selected Varieties

4.49



**Dole
Frozen Fruit**
12-16 oz pkg,
Selected Varieties

3.99



**Essential Everyday
Waffles**
10 ct box,
Selected Varieties

2 \$4



2 \$7
**Hungry Man
Dinners**
13.1-16 oz pkg,
Selected Varieties



3.99
**Birds Eye Voila!
Skillet Meals**
21 oz bag,
Selected Varieties



4.99
**Yellowstone
Meals**
10.75-14 oz pkg,
Selected Varieties



3.99
**La Choy
Entrées**
18 oz bag,
Selected Varieties



2.39
**Wild Harvest
Organic
Vegetables**
12 oz pkg,
Selected Varieties



3.99
**Grown in Idaho
Potatoes**
24-28 oz pkg,
Selected Varieties



6.99
**Farm Rich
Appetizers**
13-26 oz pkg,
Selected Varieties



3.99
**Blue Bunny
Ice Cream Sandwiches,
Cones or Bars**
6-9 ct box,
Selected Varieties



7.99
**Klondike
Cones**
8 ct pkg,
Selected Varieties



4.49
**Klondike
Ice Cream Bars or
Sandwiches**
6 ct pkg,
Selected Varieties



4.49
**Magnum
Ice Cream Bars**
3-6 ct box,
Selected Varieties



4.49
**Talent Gelato,
Gelato Layers or
Mini Sorbetto Bars**
10.3-16 oz Gelato or 6 ct Mini
Bars, Selected Varieties

dairy



**Essential Everyday
Cottage Cheese**
24 oz tub,
Selected Varieties

2 \$7



**Chobani
Greek Yogurt**
4 ct pkg,
Selected Varieties

2 \$8



**Starbucks
Coffee Creamer**
28 oz btl,
Selected Varieties

4.49



8.49
**Velveeta
Loaf**
32 oz box,
Selected Varieties



3.49
**IGA
American
Singles**
16 oz pkg



6.99
**Philadelphia
Cream Cheese
Spread**
2 ct pkg,
Selected Varieties



4.99
**Dannon Activia Yogurt,
Activia or Danactive
Probiotic Dailies or Danimals
Smoothie Drinks**
12 ct Activia, 8 ct Dailies or
12 ct Danimals, Selected Varieties



4.99
**Yoplait
Fridge Pack Yogurt**
8 ct pkg,
Selected Varieties



4.49
**Nestle Coffeemate
Natural Bliss
Coffee Creamer**
32 oz btl, Selected Varieties



4.99
**Califia Farms
Iced Coffee**
48 oz btl,
Selected Varieties



2.99
**SunnyD
Citrus Punch**
128 oz btl or 6 pk/11.3 oz btls,
Selected Varieties

PLU 11915 REDEEMABLE COUPON
VALID: 5/12/25-5/18/25 RV0075

SAVE 75¢
**When You
Buy One
Velveeta
2 Lb Cheese**

**RETAILER: Return to UNFI COUPON SERVICES
via UNFI Redemption Form**

VOID IF COPIED, TRANSFERRED,
PURCHASED OR SOLD, ONE COUPON
PER PURCHASE.

GOOD ONLY AT
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bakery

ITEMS MAY NOT BE
AVAILABLE IN ALL STORES



3.49
**Pretzel
Hamburger Buns**
12 oz pkg



**Message
Cookie**
12 inch,
Bakery Fresh

9.99

**St. Pierre
Mini Butter
Croissants**
7.4 oz pkg

5.99



**Bakery Fresh
Iced Cupcakes**
6 ct pkg,
Selected Varieties

4.99

**Lofthouse
Homestyle Cookies**
12.5-15 oz pkg,
Selected Varieties

4.99

fresh deli

ITEMS MAY NOT BE
AVAILABLE IN ALL STORES



8.99 lb
**Kretschmar
Seasoned
Turkey Breast**
Deli Fresh,
Selected Varieties



**Summer Fresh
Pasta Salad**
Deli Fresh

4.49 lb



**Reser's
Coleslaw, Potato
or Macaroni Salad**
15-16 oz pkg,
Selected Varieties

2.99



**Oh Snap!
Pickles**
3-3.5 oz pkg,
Selected Varieties

1.49



**Snack Factory
Pretzel Crisps**
7.2 oz pkg,
Selected Varieties

3.49

health & beauty



1.29
**Aim or
Pepsodent
Toothpaste**
5.5 oz pkg,
Selected Varieties



4.99
**Crest
3D White
Toothpaste**
3.8 oz pkg,
Selected Varieties



19.99
**Allegra 24 Hour,
Nasacort or Xyzal
Allergy Relief**
24-40 ct or 8 oz Allegra,
.57 oz Nasacort or 35 ct or
10 oz Xyzal, Selected Varieties



15.99
**MiraLAX
Laxative**
8.3 oz btl or 10 ct pkg,
Selected Varieties



4.49
**Old Spice
High Endurance
Deodorant**
3.3-3.4 oz pkg,
Selected Varieties



7.99
**OGX
Shampoo or
Conditioner**
13 oz btl,
Selected Varieties



8.99
**Atkins
High Protein Shakes
or Meal Bars**
4 pk/11 oz btls Shakes or
5 ct box Bars, Selected Varieties



3.99
**Carefree
Daily Liners**
36-54 ct pkg,
Selected Varieties



fresh meat



New York Strip Steak
USDA Select

9.99 lb

Boneless Bottom Round Steak
USDA Choice Angus Beef

5.99 lb



Pork Sirloin Roast
USDA Inspected, Tender & Juicy

2.69 lb



Pork Sirloin Chops
USDA Inspected, Tender & Juicy

2.69 lb



5.99
Oscar Mayer Deli Fresh Lunchmeats
16 oz pkg, Selected Varieties



5.99
Hormel Black Label Sliced Bacon
12-16 oz pkg, Selected Varieties



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



7.99
Tyson Breaded or Grilled & Ready Chicken
19-25 oz pkg, Selected Varieties



2 \$7 for
Ball Park Franks
15 oz pkg, Selected Varieties



5.99
Nathan's Famous Beef Franks
10-12 oz pkg, Selected Varieties



3.99
Eckrich Smoked Sausage, Polska Kielbasa, Grillers, Lil' Smokies or Smok-Y Breakfast Sausage
8.3-14 oz pkg, Selected Varieties



2 \$6 for
Jennie-O Turkey Bacon
12 oz pkg



7.99
Foster Farms Corn Dogs
16-40 ct pkg, Selected Varieties



9.99
Essential Everyday Boneless Skinless Chicken Breasts
3 lb bag, Individually Quick Frozen



2 \$7 for
Oscar Mayer Bologna or Cotto Salami
16 oz pkg, Selected Varieties



2 \$6 for
Oscar Mayer Bites, Natural Plates or Fun Pack Lunchables
3.3-10.7 oz pkg, Selected Varieties



6.99
Impossible Burger or Hot Dog
10-12 oz pkg

seafood



6.99
Nature's Best Catfish Nuggets
32 oz pkg



19.99
Nature's Best Sea Scallops
16 oz pkg, 20-30 ct



10.99
Nature's Best Cooked Shrimp
16 oz pkg, 16-20 ct



6.99
Nature's Best Raw Easy To Peel Shrimp
16 oz pkg, 21-30 ct

produce fresh from the fields



2 \$5 for
Dole Salad Blend
6-12 oz pkg, Selected Varieties



1.69 lb
Tomatoes On The Vine
Fresh



2.49
Farmer's Promise Russet Potatoes
5 lb pkg



1.69 lb
Green Beans
Fresh



5 \$5 for
Seedless Cucumbers
Fresh



2.99
Giorgio Sliced Mushrooms
8 oz pkg



1.29 lb
Cosmic Crisp, Fuji, Red Delicious or Evercrisp Apples
Washington, Fresh



1.99 lb
Broccoli Crowns
Fresh



2.49
Calbee Snapea Crisps
3-3.3 oz pkg, Selected Varieties



3.99
Marzetti Vegetable Dip
12 oz pkg, Selected Varieties



2 \$6 for
Coca-Cola Products
2 ltr btl, Selected Varieties



2 \$8 for
Frito-Lay Doritos or Lay's
9.25 oz Doritos or 7.5-8 oz Lay's, Selected Varieties



2 \$8 for
Frito-Lay Kettle Cooked
8 oz pkg, Selected Varieties