

Spring IS IN THE AIR!



3.99 lb

85% Lean Ground Beef

USDA Inspected,
Family Pack



5.99 lb

Top Sirloin Steak

USDA Select Beef



1.99 lb

Boneless Country Style Pork Ribs

USDA Inspected,
Tender & Juicy



1.29 lb

Tyson Chicken Drumsticks or Thighs



Whole Seedless Watermelons

4.99



Fresh Avocados, Green Peppers,
California Navel Oranges,
Seedless Cucumbers
or Green Giant 1 lb
Mini Peeled Carrots

5 for \$5



Fresh Blueberries
or Raspberries
Sweet, Pint Blueberries
or 6 oz Raspberries

2 for \$6

SHOCKER!

2 for \$4
Kraft Crumbles, Chunk or Shredded Cheese
5 oz Crumbles, 7-8 oz Chunk or Shredded, Selected Varieties
LIMIT 4 PKGS

EFFECTIVE MAY 13 THRU MAY 19, 2024
LIMIT ONE COUPON PER CUSTOMER.
GOOD ONLY AT UNFI SUPPLIED STORES.

SHOCKER!

2 for \$4
Prego Pasta Sauce
14.5-24 oz jar, Selected Varieties
LIMIT 2 PKGS

EFFECTIVE MAY 13 THRU MAY 19, 2024
LIMIT ONE COUPON PER CUSTOMER.
GOOD ONLY AT UNFI SUPPLIED STORES.

SHOCKER!

2 for \$4
V8 Splash Juice Drink
64 oz btl, Selected Varieties
LIMIT 2 PKGS

EFFECTIVE MAY 13 THRU MAY 19, 2024
LIMIT ONE COUPON PER CUSTOMER.
GOOD ONLY AT UNFI SUPPLIED STORES.

SHOCKER!

2 for \$7
IGA Purified Drinking Water
24 pk/5 ltr btl
LIMIT 2 PKGS

EFFECTIVE MAY 13 THRU MAY 19, 2024
LIMIT ONE COUPON PER CUSTOMER.
GOOD ONLY AT UNFI SUPPLIED STORES.

Chobani Greek Yogurt
4 ct pkg, Selected Varieties

2 for \$8

Stouffer's Entrées
8.375-12.75 oz pkg, Selected Varieties

2 for \$5

no artificial flavors, preservatives, or dyes

Kraft Mac & Cheese Dinner
5.5-7.3 oz box, Selected Varieties

4 for \$5

Save With Coupon

Hi-C Fruit Drink
8 pk/6 oz boxes, Selected Varieties

2 for \$4

4.49
7-Up, Dr Pepper, Squirt, RC or A&W Products
6 pk/16.9 oz btl, Selected Varieties

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PRICES EFFECTIVE MAY 13 THRU MAY 19, 2024.

grocery savings down every aisle



3.99

General Mills Family Size Cereal
16.7 oz Cinnamon Toast Crunch Rolls, 18 oz Cheerios or Multigrain Cheerios, 18.1 oz Cocoa Puffs, 18.6 oz Lucky Charms, 18.8 oz Cinnamon Toast Crunch or Honey Nut Cheerios, 18.9 oz Golden Grahams, 19.5 oz Kit Kat or 19.7 oz Reese's Puffs



6.99

Green Mountain or McCafé Coffee
10-12 oz bag or 10-12 ct box K-Cups, Selected Varieties



2 for \$7

Cheez-It Snack Crackers, Kellogg's Toasteds, Club or Grahams Crackers
9-12.4 oz Cheez-It, 8-8.7 oz Toasteds, 11-13.7 oz Club or 15 oz Grahams, Selected Varieties



1.29

Essential Everyday Marshmallows
10 oz bag, Selected Varieties



4 for \$5

StarKist Chunk Light Tuna, Tuna or Chicken Creations, Premium White Chicken, Tuna Salad Kit or Smart Bowls
2.6-3 oz pouch Tuna or Chicken, 3.28 oz Tuna Kit or 4.5 oz Smart Bowl, Selected Varieties



5 for \$5

Essential Everyday Pasta
12-16 oz box, Selected Varieties

IGA save with our brands



4.79

IGA Whipped Dressing
30 oz jar



1.29

IGA Worcestershire Sauce
10 oz btl



2 for \$5

IGA Cranberry Juice Cocktail
64 oz btl, Selected Varieties



2 for \$5

IGA Bleached All Purpose Flour
5 lb bag



3.49

IGA Granulated Sugar
4 lb bag



2.39

Essential Everyday Baking Chips
11-12 oz bag, Selected Varieties



2 for \$4

Essential Everyday Graham Cracker Pie Crust
6 oz pkg



2.99

IGA Graham Crackers
14.4 oz box, Selected Varieties



2 for \$5

Essential Everyday Quick or Old Fashioned Oats
18 oz cnstr



1.39

IGA Ice Cream Cake Cups
12 ct box



1.79

IGA Sliced Black Olives
3.8 oz can



1.29

Essential Everyday Sliced Manzanilla Olives
5.75 oz jar



9.99

Essential Everyday Mighty Absorbent Paper Towels
6 ct Big Rolls



2.99

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



2.99

Essential Everyday Fabric Softener Sheets
80 ct box, Selected Varieties



4.49

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



2 for \$7

Quaker Rice Cakes
4.47-6.57 oz pkg, Selected Varieties



6.99

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



4.49

Lipton or Tazo Tea Bags
40-100 ct Lipton or 16 ct Tazo, Selected Varieties



2 for \$7

Nabisco BelVita Breakfast Biscuits, Oreo or Fudge Covered Cookies
8.8-8.81 oz BelVita, 9.21-14.03 oz Oreo or 7.9-9.9 oz Fudge Covered, Selected Varieties



2.79

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



5.99

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



3.99

Bear Naked Granola
11-12 oz pkg, Selected Varieties



2 for \$5

Hormel Chili
14-15 oz can, Selected Varieties



2.59

La Banderita Flour Tortillas
20 ct pkg



1.79

Heinz Mustard
8-14 oz btl, Selected Varieties



3.99

Heinz Saucy Sauce
19-19.25 oz btl, Selected Varieties



3.99

Maruchan Ramen Noodles
12 ct pkg, Selected Varieties



2.29

Progresso Panko Bread Crumbs
8 oz pkg, Selected Varieties



4.49

Hershey's Minis Chocolate Candy
7.6-9.9 oz pkg, Selected Varieties



2 for \$7

Carr's Crackers
4.25-7 oz box, Selected Varieties



2 for \$5

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



2 for \$4

Lay's Stax Potato Chips
5.5-5.75 oz pkg, Selected Varieties



3.49

Newman's Own Salsa
16 oz jar, Selected Varieties



16.99

Cottonelle Bath Tissue
18 ct Mega Rolls, Selected Varieties



4.99

Purex Laundry Detergent
50 oz btl, Selected Varieties



6.99

All Free & Clear Laundry Detergent
36 oz btl, Selected Varieties



22.99

All Free & Clear Laundry Detergent
56-60 ct MightyPacs or 141 oz Liquid, Selected Varieties



15.99

Tide Laundry Detergent
105-115 oz btl Liquid or 43-57 ct Pods, Selected Varieties



15.99

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



5.49

Febreze Fabric Refresher
23.6-27 oz btl, Selected Varieties



6.49

Old Spice Body Wash
18 oz btl, Selected Varieties

Natural & Organic



4.99

Garden of Eatin' Tortilla Chips
16 oz bag, Selected Varieties



3.99

Kind Healthy Grains Drizzled Granola Bars
5 ct box, Selected Varieties



2.29

Wild Harvest Organic Apple Cider Vinegar
16 oz btl



4.99

Wild Harvest Organic Extra Virgin Olive Oil
8.5 oz btl



2 for \$7

Wild Harvest Organic 100% Vegetable Juice
46 oz btl

PLU 11932 REDEEMABLE COUPON VALID: 5/13/24-5/19/24 RV0100

Buy Four Kraft Blue Box or Shapes Mac & Cheese
SAVE \$1.00



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frozen



Essential Everyday Whipped Topping
8 oz bowl,
Selected Varieties

4 for \$5



4.69
DiGiorno Classic Crust or TombStone Original Pizza
19.1-20.8 oz DiGiorno or 17.2-27 oz TombStone, Selected Varieties



2 for \$4
IGA Waffles
10 ct box,
Selected Varieties



2 for \$7
McCain Potatoes, Onion Rings or Mash-Ups
12-26 oz pkg,
Selected Varieties



Lean Cuisine Entrées
6-11.5 oz pkg,
Selected Varieties

3 for \$9



3.99
Mr. Dee's Hash Brown Potato Patties
31.5 oz pkg



6.99
Farm Rich Appetizers
14.3-26 oz pkg,
Selected Varieties



2 for \$3
Essential Everyday Lemonade
12 oz can,
Selected Varieties



Essential Everyday Vegetables
12 oz bag,
Selected Varieties

5 for \$5



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



9.99
Wild Harvest Organic Blueberries
32 oz bag



5.99
North Star Old Fashioned Ice Cream Cones
6 ct box,
Selected Varieties

dairy



Essential Everyday Natural Sliced Cheese
6-8 oz pkg,
Selected Varieties

2 for \$4



Essential Everyday Cream Cheese
8 oz pkg,
Selected Varieties

2 for \$4



Dannon Activia or Light & Fit Yogurt, Danimals Smoothie Drinks or YoCrunch Yogurt
6 ct Danimals or 4 ct Yogurt,
Selected Varieties

2 for \$6



Essential Everyday Orange Juice
52 oz btl,
Selected Varieties

2 for \$6



Essential Everyday American Singles
12 oz pkg

2.99



Essential Everyday Melting Cheez
32 oz box

7.69



Tropicana Pure Premium Orange Juice Singles
12 oz btl, No Pulp

2 for \$3



Silk Almond Creamer
32 oz btl,
Selected Varieties

4.49

bakery



3.99
King's Hawaiian Hamburger or Hot Dog Buns
8 ct pkg



8.99
Chef Pierre Meringue Pies
10 inch,
Selected Varieties



6.49
Angel Food Cake
14 oz pkg



3.99
Bakery Fresh Bismarks
4 ct pkg,
Selected Varieties



5.49
Cafe Valley Muffins
4 ct pkg,
Selected Varieties

fresh deli



7.99 lb
Kretschmar Black Forest or Brown Sugar Ham
Deli Fresh



2.99
Reser's Coleslaw, Potato or Macaroni Salad
15-16 oz pkg,
Selected Varieties



6.99 lb
Kretschmar Colby or CoJack Cheese
Sliced Fresh in our Deli



5.99
Panera Soup
16 oz pkg,
Selected Varieties



1.49
Oh Snap! Pickles
3-3.5 oz pkg,
Selected Varieties

health & beauty



6.99
OGX Hair Care Premium Shampoo, Conditioner or Stylers
13 oz Shampoo or Conditioner, 4-7.9 oz Stylers,
Selected Varieties



5.99
Colgate Toothbrush, Toothpaste or Mouthwash
1 ct Toothbrush, 4.8-6 oz Toothpaste or 33.8 oz btl Mouthwash,
Selected Varieties



6.99
Old Spice Premium Deodorant or Secret Antiperspirant or Deodorant
2.6-3 oz Old Spice or 2.6 oz Secret,
Selected Varieties



5.99
Equaline Migraine Pain Reliever or Sleep Aid
50 ct box



11.99
Ensure Nutrition Shake
6 pk/8 oz btls,
Selected Varieties



19.99
Allegra 24 Hour Allergy Relief, Nasacort Allergy Relief
24-32 ct box or 8 oz btl Allegra, .57 oz pkg Nasacort or 10 oz or 25-45 ct box Xyzal, Selected Varieties



5.99
Equaline Spray Sunscreen SPF 50
5.5 oz btl,
Selected Varieties

fresh meat



Boneless Shoulder Roast
USDA Choice Angus Beef

4.99 lb



Boneless Shoulder Steak
USDA Choice Angus Beef

5.49 lb



Whole Pork Tenderloin
USDA Inspected, Tender & Juicy

3.99 lb



Boneless Pork Loin Roast
USDA Inspected, Tender & Juicy

3.49 lb



Boneless Center Cut Pork Chops
USDA Inspected, Tender & Juicy

3.69 lb



6.99

Hormel Always Tender Pork Loin Fillets
24 oz pkg, Selected Varieties



7.99

Essential Everyday Chicken Wings
3 lb bag, Individually Quick Frozen



4.99

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



3.99

Oscar Mayer Beef, Turkey or Stuffed Franks
15-16 oz pkg, Selected Varieties



4.99

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



2 for \$6

Ball Park Meat Franks
15 oz pkg, Selected Varieties



2.29

Sugardale Diced Ham
8 oz pkg



5.99

Carando Bratwurst or Italian Sausage
19 oz pkg, Selected Varieties



13.99

Curly's Baby Back Pork Ribs
24 oz pkg



4.99

Hillshire Farm Smoked Sausage or Ball Park Beef Franks
12-14 oz Smoked Sausage or 14.5-15 oz Franks, Selected Varieties



2 for \$7

Oscar Mayer Bologna or Cotto Salami
16 oz pkg, Selected Varieties



2 for \$7

Armour Meatballs
12-14 oz pkg, Selected Varieties



6.99

Land O' Frost Premium Mega Pak Lunchmeat
22 oz pkg, Selected Varieties



3.99

Oscar Mayer Uploaded Lunchables
13.92-15.91 oz pkg, Selected Varieties

seafood



7.99

Supreme Choice Cod Fillets
16 oz pkg



4.99

Supreme Choice Pollock Fillets
16 oz pkg



2 for \$5

Trans Ocean Crab Classics
8 oz pkg, Selected Varieties



6.99

Nature's Best Cooked Shrimp
16 oz pkg, 71-90 ct



6.99

Nature's Best Catfish Fillets
16 oz pkg

produce fresh from the fields



2 for \$5

Dole Salad Blends
5-12 oz bag, Selected Varieties



1.49 lb

Hot House Beefsteak or Large Roma Tomatoes
Fresh



2.49

Farmer's Promise Russet Potatoes
5 lb bag



1.49 lb

Fresh Green Beans



4.49

Bag Vidalia Sweet Onions
3 lbs



1.49 lb

Cosmic Crisp Apples
Washington



2.99

Green Giant Steak Sliced Mushrooms
8 oz pkg



1.99 lb

Fresh Broccoli Crowns



2.49

Calbee Harvest Snaps Snapea Crisps
3-3.3 oz pkg, Selected Varieties



3.99

Marzetti Veggie Dip
14 oz ctn, Selected Varieties



Lay's Potato Chips

7.5-8 oz bag

2 for \$6



Tostitos Salsa

15.5 oz jar

2 for \$8



Tostitos Tortilla Chips

9-13 oz bag

2 for \$9



Lewis White or Hawaiian Slider Buns

12 ct pkg

2.89

Unlock Savings

THIS SUMMER

Buy 5
Participating
Unilever Products,
Save \$5.



ENJOY SUMMER WITH SAVINGS FROM UNILEVER!



Hellmann's Mayonnaise
20 oz squeeze btl
or 15-30 oz jar,
Selected Varieties

5.99



Knorr Rice Cups
2.6 oz pkg,
Selected Varieties

2 for \$6

PLU 11931 | VALID 5/13/24-5/19/24 | DO NOT DOUBLE | RV0500



Buy 5 participating Unilever products Save \$5

Participating Items Include: Hellmann's Mayo 15-30 oz, Knorr Rice Cups 2.6 oz, Breyers Ice Cream 48 oz, Klondike Bars & Sandwiches 12 pk, Klondike Cones, Magnum Ice Cream Novelties 3 ct, Magnum Mini Bars, Talent Layers or Mini Bars, Popsicle 18 ct, Dove Dry Spray 3.8 oz, Dove Men + Care Dry Spray, Vaseline Lotion 10 oz, TRESemme Base Styling, Degree Invisible Solid Deodorant 2.6-2.7 oz, Degree Dry Spray 3.8 oz, Dove Base Shampoo and Conditioner 16.5-20 oz, TRESemme Premium Shampoo and Conditioner 16.5-20 oz

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Breyers Ice Cream
48 oz ctn,
Selected Varieties

4.49



Magnum Ice Cream Bars
3 ct or 6 ct Mini,
Selected Varieties

4.49



Talent Gelato, Layers or Mini Bars
16 oz pkg Gelato,
10.3-11.7 oz Layers
or 6 ct Mini Bars,
Selected Varieties

4.49



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

4.99



Klondike Ice Cream Bars
6 ct pkg,
Selected Varieties

4.49



Klondike Ice Cream Cones
8 ct box,
Selected Varieties

7.99



Dove Shampoo or Conditioner
12 oz btl,
Selected Varieties

3.99



Degree Invisible Solid Deodorant
2.6-3 oz pkg,
Selected Varieties

3.99



Vaseline Hand or Body Lotion
10 oz btl,
Selected Varieties

4.99



Degree Deodorant Spray
3.8 oz can,
Selected Varieties

5.99



TRESemme Shampoo or Conditioner
16-16.5 oz btl,
Selected Varieties

5.99



TRESemme Styling Products
7.8-11 oz pkg,
Selected Varieties

6.99



Dove Body Wash
20 oz btl,
Selected Varieties

8.99



Dove Deodorant Spray
3.8 oz pkg,
Selected Varieties

7.99



Dove Foam Body Wash
13.5 oz btl,
Selected Varieties

8.99



<p>IGA Ketchup 24 oz btl</p> <p>1.29</p>	<p>Essential Everyday Barbecue Sauce 18 oz btl, Selected Varieties</p> <p>1.79</p>	<p>IGA Spicy Brown Mustard 12 oz btl</p> <p>1.49</p>
<p>IGA Salad Dressing 16 oz btl, Selected Varieties</p> <p>2 for \$4</p>	<p>IGA Pickles 24-32 oz jar, Selected Varieties</p> <p>2 for \$5</p>	<p>Essential Everyday Potato Chips 8-9 oz bag, Selected Varieties</p> <p>2 for \$4</p>
<p>Super Chill Pop 2 ltr btl, Selected Varieties</p> <p>4 for \$5</p>	<p>Stone Ridge Creamery Ice Cream Sandwiches 12-16 ct box, Selected Varieties</p> <p>3.99</p>	<p>IGA Coated Paper Plates 100 ct pkg</p> <p>4.49</p>
<p>IGA Plastic Cups 20 ct pkg</p> <p>1.99</p>	<p>Essential Everyday Napkins 40-250 ct pkg, Selected Varieties</p> <p>2.49</p>	

PAMPER YOUR PETS DURING
NATIONAL PET MONTH!



<p>Fancy Feast Cat Food 3 oz can, Selected Varieties</p> <p>89¢</p>	<p>Friskies Party Mix Cat Treats 2.1 oz pkg, Selected Varieties</p> <p>1.79</p>	<p>Sheba Perfect Portions Pate Cat Food 2.65 oz pkg</p> <p>4 for \$5</p>	<p>Whiskas Temptations Cat Treats 2.47-3 oz pkg, Selected Varieties</p> <p>2 for \$4</p>
<p>Meow Mix Cat Food 3-3.15 lb bag, Selected Varieties</p> <p>5.49</p>	<p>Whiskas Temptations Cat Food 3.15 lb bag, Selected Varieties</p> <p>5.99</p>	<p>Purina Cat Chow 3.15 lb bag, Selected Varieties</p> <p>6.29</p>	<p>Rachael Ray Nutrish Cat Food 3 lb bag, Selected Varieties</p> <p>7.49</p>
<p>Purina One Dog Food 13 oz can, Selected Varieties</p> <p>2 for \$4</p>	<p>Busy Bones Dog Treats 4-7 oz pkg, Selected Varieties</p> <p>3.99</p>	<p>Arm & Hammer Clumping Litter 20 lb box, Selected Varieties</p> <p>11.49</p>	<p>Tidy Cats Scoopable Cat Litter 20 lb jug, Selected Varieties</p> <p>11.49</p>
<p>Milk-Bone Dog Treats or Pup-Peroni Dog Treats 9-24 oz Biscuits, 9 oz Trail Mix, 12 oz Chunks or Dipped or 5.6 oz Soft & Chewy or 5.6 oz Pup-Peroni, Selected Varieties</p> <p>2 for \$8</p>	<p>Purina Beneful Dog Food 14 lb bag, Selected Varieties</p> <p>16.99</p>	<p>Purina Dog Chow 18.5 lb bag, Selected Varieties</p> <p>16.99</p>	<p>Rachael Ray Nutrish Dog Food 13-14 lb bag, Selected Varieties</p> <p>22.99</p>