

SALE STARTS AUGUST 6th THRU AUGUST 12th, 2009

SUPER A FOODS

Save Every Day



Fresh Boneless Skinless Fryer Breast Family Pack **179** Lb.
Beef Chuck Espaldilla de Res Clod Steaks, Thin Cut Family Pack **219** Lb.
Fresh Pork Loin Sirloin End Chops Family Pack **119** Lb.

Seedless Watermelon **15¢** Lb.
Russet Potatoes 10 Lb. Bag **99¢** Ea.
Red Flame or Green Grapes **79¢** Lb.

Dole's FREE TRIP for 2 to HAWAII for 7 DAYS See Store for Details

Dole Pineapple Sliced or Crushed 20 oz. **149**
Dole Pineapple Juice 46 oz. **199**
Dole Fruit Bowls 4 Pack, 4.3 oz. **2 FOR \$5**
Dole Seedless Raisins 18 oz. Canister **299**
Dole Mandarin Oranges 15 oz. Can **119**

Springfield Cooking Oil Corn, Canola or Vegetable 48 oz. **239**
Coca Cola Products 24 Pack, 12 oz. Cans **2 FOR \$12 +CRV With Coupon**
Pepsi, Diet Pepsi, Mountain Dew or Sierra Mist 12 Pack, 12 oz. Cans **3 FOR \$10 +CRV**

Springfield Apple Juice 64 oz. **2 FOR \$3**
Golden Creme Milk Whole, 1%, 2% Gallon **2 FOR \$3.99 Single Gallon 2.99**
Powerade Sports Drinks 32 oz. **49¢ +CRV Sale Price 79¢/oz. WHEN YOU BUY 15 WITH COUPON**

ONE DAY SALE FRIDAY, August 7th

Women's Designer V-Necks Selected Styles **2 FOR \$5 Limit 8**
Donald Duck Orange Juice 64 oz. **4 FOR \$5 Limit 4**
Frozen Fryer Leg Quarters 10 Lb. Bag **59¢ Lb.**
Beef Chuck Flanken Style or Short Ribs **199 Lb.**
Cantaloupe **599¢ Lb.**
Roma Tomatoes **399¢ Lb.**

ONE DAY SALE WEDNESDAY, August 12th

Kraft Macaroni & Cheese Dinner 7.25 oz. **79¢ Limit 6**
Aquarius Spring Water 24 Pack, .5 Liter **299 +CRV Limit 4**
Chivas Regal Whisky 1.75 Liter **3299 Limit 6**
Medium AA Eggs Dozen **69¢ Limit 6**
Mahatma Long Grain Rice 5 Lb. **299 Limit 6**
Ajax Dish Liquid 16 oz. **89¢ Limit 6**

We Reserve The Right To Limit Quantities. Sales In Retail Quantities Only • Visit Our Website At www.superfoods.com

Monrovia 913 W. Doree Rd.
Paramount 13120 Dreyfus Ave.
Bell Gardens 6180 B. Florence Ave.
Eagle Rock 2245 Yosemite Dr.
Alhambra 300 W. Main St.
Los Angeles 1915 Division St.
Los Angeles 415 Soto St.
Montebello 3924 Beverly Blvd.
South Gate 8116 California Ave.
Highland Park 3150 York Blvd.
Fillmore 715 Ventura St.

Women Infants And Children

Gatorade Thirst Quencher 8 Pack 20 oz. Bottles 4.99 +CRV	Aquarius Spring! Spring Water 24 Pack, .5 Liter 3 FOR \$9.99 +CRV	Jumex Nectars 11.3 oz. 3 FOR \$1 +CRV	Mazola Corn Oil 40 oz. 2.99	Hunt's Tomato Sauce Regular 8 oz. 3 FOR \$1	Best Foods Mayonnaise 30 oz. 3.79	Maruchan Instant Lunch 6 Pack, 2.25 oz. 1.89	
Weber's Large Thin Sandwich Bread Except Filmore 20-24 oz. 2 FOR \$5	Entenmann's Grab 'ems Donuts Cinnamon, Powder or Frosted 10.75-12 oz. 2 FOR \$5	Mother's Bag Cookies 14 oz. 2 FOR \$5	Lipton Iced Tea With Lemon & Sugar 53 oz. 4.99	Kraft Macaroni & Cheese Dinner 7.25 oz. 99¢	Folgers Instant Coffee 8 oz. Regular 4.99	Betty Crocker Pancake Mix 37 oz. 1.99	Wish-Bone Salad Dressing Italian Robusto, Italian, Chunky Blue, French, Ranch 16 oz. 2 FOR \$5
Frito Lay Variety Pack Snacks 22 Ct. 5.99	Hi-C Fruit Drinks 10 Pack 1.99	Ocean Spray Cranberry Cocktail Fruit Drinks 64 oz. 2.99 +CRV	Kellogg's Cereal Frosted Flakes 17 oz. Froot Loops 12.2 oz. Apple Jacks 12.2 oz. or Corn Pops 12.5 oz. 2.99	General Mills Cereal Cinnamon Toast Crunch 12.8 oz. Golden Grahams 12 oz. Cookie Crisp 11.25 oz. or Honey Nut Cheerios 12.25 oz. 2.99	Angel Soft or Soft'n Gentle Bathroom Tissue 24 Pack 5.99	All Detergent 60 oz. 2x Liquid Surf Detergent 63 oz. Powder 3.99	Snuggle Fabric Softener 64 oz. 2.89

Springfield • SPECIAL VALUE SUMMER SALE

Springfield Apple Juice 64 oz. 2 FOR \$3	Springfield Soft Drinks Cola, Orange or Lemon Lime 12 Pack, 12 oz. Cans 1.99 +CRV	Springfield Cooking Oil Corn, Canola or Vegetable 48 oz. 2.39	Springfield Corn, Peas, Beans or Mixed Vegetables 14.5-16.25 oz. 59¢	Special Value Mayonnaise 32 oz. 1.99	Special Value Tomato Sauce Regular 8 oz. 4 FOR \$1	Special Value Macaroni & Cheese Dinner 6.2 oz. 3 FOR \$1	Special Value Bathroom Tissue 24 Roll 4.99	
1 Lb. Springfield Butter 2 FOR \$5	Soft or Brick, 8 oz. Springfield Cream Cheese 1.19	Tater, Seasoned Fries or O'Brien, 24-32 oz. Springfield Potatoes 1.79	24 oz. Springfield Golden Pride Giant Bread 1.79	16 oz. Springfield Lentils 2 FOR \$1	Seasoned or Garlic, 8-9.5 oz. Springfield Salt 1.49	24 oz. Special Value Ketchup 79¢	3 FOR \$1 5.5 oz. Springfield Prize Cat Food	180 Ct. Special Value Napkins 99¢
Monterey Jack, Mozzarella or Mild Cheddar, 16 oz. Springfield Cheese 2 FOR \$6	16 oz. Springfield Blueberries, Strawberries or Peaches 1.99	12.3 oz. Springfield Waffles 1.49	32 oz. Springfield Golden Pride Jumbo Bread 1.99	All Varieties, 12 oz. Springfield Pasta 99¢	Large or Medium, 6 oz. Springfield Pitted Olives 99¢	16 oz. Special Value Salad Dressing 1.19	22 oz. Springfield Prize Dog Food 89¢	1 Roll Special Value Towels 59¢
5 Quart Golden Creme Ice Cream 4.99	16 oz. Springfield String Cheese 3.49	16 oz. Springfield Saltine Crackers 1.29	2 Liter Springfield Soda 79¢ +CRV	Assorted Varieties, 24 oz. Springfield Pickles 1.99	96 oz. Special Value Bleach 99¢	40 Lb. Special Value Dry Dog Food 14.99	25 sq. ft. Special Value Aluminum Foil 89¢	

Beer, Wine & Soda

Budweiser, Bud Light, Coors, Coors Light, Miller Genuine Draft or Miller Lite 18 Pack, 12 oz. Cans or Bottles 11.99 +CRV	El Jimador, Balleys, Crown Royal, Jagermeister or Jack Daniels 750 ml. 16.99	7-Up, SunKist, A&W, Welch's or Hawaiian Punch 12 Pack, 12 oz. Cans 3 FOR \$10 +CRV
Corona, Beck's, Bass or Heineken 12 Pack, 12 oz. Bottles 12.99 +CRV	San Antonio Wines 750 ml. 5.99	Coke, Diet Coke or Sprite 12 Pack, 12 oz. Cans 2 FOR \$9 +CRV
Sutter Home or Madria Sangria 750 ml. 2 FOR \$6	Fanta, Crush, Kas Mas or Manzanita Sol 2 Liter 4 FOR \$5 +CRV	Pepsi, Diet Pepsi, Coke or Diet Coke 8 Pack, 16.9 oz. Bottles 2 FOR \$7 +CRV
Cazadores, Hennessy, Grey Goose, Buchanan's or Belvedere 750 ml. 24.99	Dasani Water 24 Pack, 16.9 oz. Bottles 3.99 +CRV	Smart Water 1 Liter Sobe Life Water 20 oz. or Lipton Iced Tea 1.5 Liter 5 FOR \$5 +CRV

Deli Delights

Medium Eggs 1 Dozen 99¢	Borden American Cheese Product Singles 12 oz. 2 FOR \$4	Cacique Rancho Queso Fresco, Crema Salvadoreña, Crema Agria or Queso Cotija 12-15 oz. 2 FOR \$5
Dole Orange Juice 64 oz. 2 FOR \$4	Oscar Mayer Oven Roasted Turkey, Variety Pack or Chopped Ham 16 oz. 2.99	Oscar Mayer Meat Bologna or Cotto Salami 12 oz. 2 FOR \$3
Guerrero Corn Tortillas Family Pack 73.3 oz. 2.49	Borden Shredded Natural Cheeses 8 oz. 2 FOR \$4	Guerrero Rigümas Flour Tortillas Family Pack 3.99
Oscar Mayer Complete Lunchables 15-14 oz. 2.99	Bridgford Sliced Cooked Ham 12 oz. 2 FOR \$4	El Dorado Corn Tortillas 9 Down-50 Ct. 1.29
Messana Mozzarella Balls 16 oz. 2 FOR \$7	Evergood Sausage 16 oz. 2.99	Bar-S Jumbo Franks Meat, Chicken or Turkey, 16 oz. 99¢

Non Foods

Colgate Total 6 oz. 2.99	Kotex Feminine Pads or Tampons 14-24 Ct. 2.79	Kotex Lightdays Liners 6-8 Ct. 2.79
Suave Shampoo or Conditioner 16 oz. 99¢	Huggies Baby Wipes 128-144 Ct. 4.99	
Revlon Color Silk Hair Color 1 Ct. 2.99	Coleman Ice Chest Red or Blue Only 36 Ct. 19.99	
Western Family Ibuprofen 50 Ct. 2.99	Western Family Cotton Balls 300-360 Ct. 79¢	
Western Family Extreme Hold Sports Gel 20 oz. 1.99	Western Family Mouthwash 33.8 oz. 2.99	

Meat Department

 <p>Beef Chuck Blade Cut Chuck Roast</p> <p>1.49 Lb.</p>	 <p>Beef Chuck 7-Bone Roast</p> <p>1.79 Lb.</p>	 <p>Lean Ground Beef Less than 22% Fat</p> <p>2.49 Lb.</p>
 <p>Stewing Beef Boneless</p> <p>2.49 Lb.</p>	 <p>Beef Shanks Center Cut</p> <p>1.69 Lb.</p>	

 <p>Hoffy Sliced Bacon 16 oz.</p> <p>2 FOR \$5</p>	 <p>Los Altos Queso Fresco Bulk</p> <p>2.99 Lb.</p>	 <p>Hillshire Farm Smoked Link Sausage All Varieties 14-16 oz.</p> <p>2 FOR \$6</p>
 <p>Fresh Pork Neckbones</p> <p>79¢ Lb.</p>	 <p>Bar-S Sausage Smoked, Hot or Polish 3 Lb.</p> <p>3.99 Ea.</p>	 <p>Rose's Meatballs Swedish or Italian 12 oz.</p> <p>3.19 Ea.</p>
 <p>Foster Farms Whole Body Fryers</p> <p>99¢ Lb.</p>	 <p>Foster Farms Boneless Chicken Breast Thin Cut</p> <p>4.99 Lb.</p>	 <p>Foster Farms Boneless Turkey Breast Cutlets, Strips or Tenders, .90&1.25 Lb.</p> <p>4.99 Ea.</p>
	 <p>Foster Farms Fresh Ground Turkey Value Pack 32 oz</p> <p>4.99 Ea.</p>	 <p>El Monterey Burritos All Kind, 32 oz.</p> <p>2.99 Ea.</p>

Seafood Department

Deli & Hot Foods

 <p>Tilapia Fillets Defrosted</p> <p>2.49 Lb.</p>	 <p>Fresh Whole Catfish</p> <p>1.79 Lb.</p>	 <p>Pork Shoulder Carnitas</p> <p>5.49 Lb.</p>	 <p>Foster Farms Chicken Tender Regular or Buffalo</p> <p>3.99 Lb.</p>
 <p>Catfish Nuggets Defrosted</p> <p>1.99 Lb.</p>	 <p>Medium Shell-On Shrimp Defrosted</p> <p>3.99 Lb.</p>	 <p>Potato Wedges Simplot</p> <p>99¢ Lb.</p>	 <p>Foster Farms Corn Dogs Honey Batter</p> <p>3 FOR \$9.99</p>

SAVE EVERY DAY Double Coupon • Double Savings!

Present this coupon along with any one MFG. "Cuts Off" coupon. Face amount plus doubled amount not to exceed \$10.00. Does not apply to "Free" coupons. Doubled amount not to exceed price of item. Not eligible on tobacco, liquor or dairy products. Only one double coupon per MFG. coupon. Coupon effective 8/8 thru 8/13/09. Limit 1 Per Coupon + 4 Coupons Per Customer.

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Super A Savers!

Imperial Spread
1 Lb.

99¢

Kern's Licuado
64 oz.

3 49

8th Continent Soy Milk Max. **2 for \$6**

Lala Yogurt
6 oz.

10 FOR \$5

Knudsen Sour Cream
16 oz.

1 99

Knudsen Cottage Doubles
5.5 oz.

4 FOR \$5

La Banderita Flour Tortillas
16 oz.

99¢

Olé Queso Fresco or Crema Mexicana
12-15 oz.

2 FOR \$4

Freezer Pleasers

Eggo Waffles
19.8 oz.

2 FOR \$4

Armanino Ravioli or Tortellini
16 oz.

2 49

Swanson Meals 67¢ ea. **99¢**

Dreyer's Ice Cream
Classico, Yogurt, No Sugar Added or Slow Churned
1.5 Quart

2 FOR \$6

Celeste Pizza for One
6-7.15 oz.

4 FOR \$5

SAVE \$2 AHORRA \$2

when you buy any two (2) 24 can packages of **Coke** with the purchase of any one (1) 24 can package of **Sprite**

when you buy any two (2) 24 can packages of **Coke** with the purchase of any one (1) 24 can package of **Sprite**

EXPIRES: 8/12/09

\$4.50

GET FIVE (5) FREE

32 oz BOTTLES OF POWERADE BOLD™ OR POWERADE ZERO™

when you **BUY** ten (10) 32 oz bottles of POWERADE BOLD™ OR POWERADE ZERO™

GRATIS 5 BOTTLES

de 10 botellas de 32 oz de POWERADE BOLD™ OR POWERADE ZERO™

EXPIRES: 8/12/09

\$4.50

Produce Department

Nectarines

79¢
Lb.

3^{LBS} 99¢

Key Limes

Tomatillos

2^{LBS} 99¢

2^{LBS} 99¢

Pasilla Chiles

Brown Onions

5^{LBS} 99¢

99¢
Ea.

Dole Classic Salad 12 oz.
Classic Iceberg

10" Gardenias
While Supplies Last

799
Ea.