

Open Monday-Sunday 7 AM - 9 PM  
100 PAUL GUST RD  
CHAMBERLAIN, SD  
605-234-5559

# Chamberlain Food Center

River City's Hometown Grocery  
Locally Owned & Operated

**f** Follow us on facebook

CHAMBERLAINFOODCENTER.COM

Sign Up FOR EXCLUSIVE EMAIL OFFERS ON OUR WEBSITE



**T-Bone Steak**  
CHAIRMAN'S RESERVE BEEF  
**8.99** lb



**Assorted Pork Chops**  
Family Pack, Bone-In  
**1.99** lb



**Blueberries**  
pint  
**2.99**



**Red or Green Seedless Grapes**  
Fresh  
**1.89** lb



**Culinary Circle Pizza**  
12.01-33.5 oz pkg.  
Selected Varieties  
**2/\$9**



**Blue Bunny Ice Cream**  
46-48 oz ctn.  
Selected Varieties  
**3.99**



**Chobani Greek Yogurt**  
5.3 oz cup.  
Selected Varieties  
**10/\$10**



**Kellogg's Special K Cereal, Chewy or Protein Bars**  
9.6-13.2 oz Cereal,  
5.29-6.96 oz Bars,  
Selected Varieties  
**2/\$6**



**Prego Pasta Sauce**  
23-24 oz jar,  
Selected Varieties  
**2/\$5**



**Cottonelle Bath Tissue**  
6 ct Mega Rolls,  
Selected Varieties  
**7.99**

**X551 CFC COUPON**

**Campbell's Chunky Soup**  
18.6-19 oz can,  
Selected Varieties  
**2/\$4**

Customer must purchase two. Limit one with this coupon. Limit one coupon per family. Price effective thru 8/26/2022. Expires 9/1/2022. Valid only at Chamberlain Food Center.

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**PRICES EFFECTIVE SEPTEMBER**

WED	THUR	FRI	SAT	SUN	MON	TUE
21	22	23	24	25	26	27

01-VEN #14 CHAMBERLAIN

# BAKED GOODS

ALL ITEMS NOT AVAILABLE AT ALL LOCATIONS.

# DELI FRESH



**La Brea Multigrain Bread**  
12 or pkg. Tost & Bake  
**2.99**



**Margherita Hard Salami or Pepperoni**  
Deli Fresh  
2 ct pkg.  
**5.99** lb



**Colby or Colby Jack Cheese**  
Shred Fresh In-a-Del  
**6.99** lb



**Sliced Loaf Cakes**  
16 or pkg.  
Selected Varieties  
**5.99**



**Cheddar Broccoli Pasta Salad**  
Deli Fresh  
2 ct pkg.  
**5.99** lb



**Reser's Loaded Potato Salad**  
1 ct pkg.  
**3.49**



**Iced Mini Cupcakes**  
12 ct pkg.  
**3.99**



**Bakery Fresh Turnovers**  
2 ct pkg.  
Selected Varieties  
**2.49**



**Jongquist Family Kitchen Dips**  
11.5-12 oz pkg.  
Selected Varieties  
**3.99**

# FROZEN & DAIRY



**Smart Ones Entrees**  
6.49-13.5 oz pkg.  
Selected Varieties  
**6.49**



**Pillsbury Toaster Scrambles or Strudel**  
12 ct pkg.  
or 11.7 oz Strudel, Selected Varieties  
**2.88**



**Essential Everyday Cream Cheese Spread**  
8 oz tub.  
Selected Varieties  
**2/\$5**



**Simply Almondmilk**  
48 oz carton.  
Selected Varieties  
**2/\$6**



**Essential Everyday Cinnamon Rolls**  
12.4 oz pkg.  
Selected Varieties  
**2.99**



**Essential Everyday Crescent Rolls**  
8 oz pkg.  
Selected Varieties  
**2/\$5**



**Dannon Activia, Light & Fit or YoCrunch**  
4 ct Yogurt & 3 ct Smoothies, Selected Varieties  
**2/\$6**



**Organic Valley Organic Milk**  
64 oz carton.  
Selected Varieties  
**4.49**



**Essential Everyday Family Size Waffles**  
20 ct pkg.  
Selected Varieties  
**4.49**



**Essential Everyday Fruit**  
40 ct pkg.  
Selected Varieties  
**8.99**



**Essential Everyday Yogurt**  
20 ct tub.  
Selected Varieties  
**3.49**



**Essential Everyday Orange Juice**  
20 ct carton.  
Selected Varieties  
**3.29**



**Bellatoria Pizza**  
12.25 ct pkg.  
Selected Varieties  
**5.99**



**Green Giant Vegetables**  
17 oz pkg.  
Selected Varieties  
**2/4.44**



**Crystal Farms String Cheese**  
17 oz pkg.  
Selected Varieties  
**3.99**



**Philadelphia Cream Cheese**  
8 oz pkg.  
Selected Varieties  
**2.88**



**Kemps Cottage Cheese**  
12 oz carton.  
Selected Varieties  
**3.49**



**Essential Everyday Lemonade or Limeade Concentrate**  
12 oz carton.  
Selected Varieties  
**2/\$3**



**Pepperidge Farm Layer Cakes or Turnovers**  
19.4 oz cake or 12.5 oz Turnover, Selected Varieties  
**3.99**



**Stone Ridge Creamery Junior Pops**  
20 ct pkg.  
Selected Varieties  
**3.49**



**Talent Gelato or Gelato Layers**  
10.25 oz pkg.  
Selected Varieties  
**4.99**



**Essential Everyday Pasta**  
10-20 oz pkg.  
Selected Varieties  
**3.99**



**Nestle Coffee mate Creamers**  
16 ct carton.  
Selected Varieties  
**6.99**

# HOUSEHOLD GOODS



**Viva Paper Towels**  
62 ct pkg.  
Selected Varieties  
**8.99**



**Purex Laundry Detergent**  
20 ct carton.  
Selected Varieties  
**2.99**



**Essential Everyday Bleach**  
16 ct carton.  
Selected Varieties  
**4.49**



**Essential Everyday Fabric Softener Sheets**  
120 ct pkg.  
Selected Varieties  
**2.99**



**Essential Everyday Disinfecting Wipes**  
72 ct pkg.  
Selected Varieties  
**3.49**



**Essential Everyday Tall Kitchen or Wastebasket Bags**  
10-20 ct pkg.  
Selected Varieties  
**2.99**



**Essential Everyday Charcoal**  
17.5 lb bag.  
Selected Varieties  
**4.99**

# HEALTH & BEAUTY



**Flintstones Complete Vitamins**  
90 ct pkg.  
Selected Varieties  
**7.99**



**Zone Perfect Bar**  
1.58 ct pkg.  
Selected Varieties  
**5/\$5**



**Suave Premium Shampoo or Conditioner**  
16.9 oz fl oz.  
Selected Varieties  
**2.99**



**Colgate Toothpaste or Wave Toothbrush**  
4 oz Toothpaste or 1 ct Toothbrush, Selected Varieties  
**1.99**



**Listerine Premium Mouthwash**  
20 ct carton.  
Selected Varieties  
**7.99**



**U by Kotex Pads or Tampons**  
20 ct pkg.  
Selected Varieties  
**7.99**

# GROCERY SPECIALS

Essential EVERYDAY

**BREAKFAST**  
HOW YOU LIKE IT



Essential Everyday  
Instant Oatmeal  
10 oz box  
Selected Varieties  
**2/\$6**



Essential Everyday  
Fruit & Granola or  
Crunchy Granola Bars  
12 oz box  
Selected Varieties  
**2.99**



Campbell's  
Home Style or  
Well Yes! Soup  
14.5 oz can  
Selected Varieties  
**2/\$5**



Rice a Roni or  
Pasta Roni  
1.97 to 2.20 per pkg  
Selected Varieties  
**4/\$5**



Old Dutch  
Pretzels or  
Restaurante Style  
Tortilla Chips  
10.75 oz Pretzels or  
10.25 oz Tortilla Chips  
Selected Varieties  
**2/\$7**



Starbucks  
Coffee  
12 oz 1/2 gal or  
10 oz 3/4 gal  
Selected Varieties  
**9.49**



Kraft Deluxe  
Macaroni & Cheese or  
Velveeta  
Shells & Cheese  
10.25 oz box  
Selected Varieties  
**7.99**



Wild Harvest  
Organic  
Tomato Sauce  
14.5 oz can  
Selected Varieties  
**2/\$5**



Heinz  
Mustard  
Selected Varieties  
**1.99**



Frito-Lay  
Lay's or  
Tostitos Dip  
10-10.75 oz jar  
Selected Varieties  
**2/\$8**



Hershey's  
King Size  
Candy Bars  
2.2-5.4 oz pkg  
Selected Varieties  
**1.99**



Essential Everyday  
Mandarin Oranges  
11 oz can  
**99¢**



Essential Everyday  
Complete  
Pancake & Waffle  
Mix  
32 oz box  
Selected Varieties  
**2/4.44**



Essential Everyday  
Cereal  
11.5-13.5 oz box  
Selected Varieties  
**2/\$4**



Essential Everyday  
Fruit Snacks  
10 oz box  
Selected Varieties  
**2/4.44**



Del Monte  
Vegetables  
13.5-18 oz can  
Selected Varieties  
**4/\$5**



Kraft  
Mayonnaise  
27 oz squeeze jar or 30 oz jar  
Selected Varieties  
**3.99**



Ruffles  
Potato Chips or  
Frito-Lay Cheetos  
Cheese Snacks or  
Fritos Corn Chips  
4.5-9.5 oz canisters  
or 9.25-10.25 oz boxes  
Selected Varieties  
**2/\$7**



Essential Everyday  
Snack Pudding  
1.25 gal  
Selected Varieties  
**99¢**



Cheez-It  
Snack Crackers  
2.6-2.7 oz box  
Selected Varieties  
**2/\$5**



Essential Everyday  
Chili No Beans  
15 oz can  
Selected Varieties  
**1.99**



Wild Harvest  
Organic  
Apple Cider  
Vinegar  
16.4 oz 5L  
Selected Varieties  
**2.49**



Frito-Lay  
Fritos Dip  
9 oz can  
Selected Varieties  
**2/\$6**



Essential Everyday  
Graham Crackers  
Selected Varieties  
**2.99**



Essential Everyday  
Pure Vanilla  
Extract  
2 oz 16  
Selected Varieties  
**5.99**



Essential Everyday  
Syrup  
34 oz jar  
Selected Varieties  
**2.49**



Essential Everyday  
Chewy Graino Bars  
10 oz box  
Selected Varieties  
**2/\$5**



Essential Everyday  
100% Grape Juice  
64 oz 1L  
Selected Varieties  
**3.49**



Essential Everyday  
Chunk Light Tuna  
in Water  
4 oz can  
Selected Varieties  
**99¢**



Wild Harvest  
Organic  
Tortilla Chips  
10 oz bag  
Selected Varieties  
**2/\$5**



Kellogg's  
Pop-Tarts  
Toaster Pastries  
6 oz box  
Selected Varieties  
**2.88**



Essential Everyday  
Apple Sauce  
6-10 oz jar  
Selected Varieties  
**2/\$5**



Red Gold  
Tomatoes or  
Tomato Sauce  
15.5 oz 1/2 gal  
or 15 oz 3/4 gal  
Selected Varieties  
**3/\$4**



Essential Everyday  
Pizza Sauce  
15 oz jar  
Selected Varieties  
**1.79**



Keebler  
Sandwich  
Cracker Packs  
Selected Varieties  
**2.99**



Nabisco Ritz  
Cheese Crispers,  
Crisp & Thins  
Toasted Chips, or  
Belvita Breakfast  
Biscuits  
7 oz Crackers or 7.1-8.1 oz  
Crisp & Thins Toasted Chips,  
14.6-17.1 oz Belvita  
Selected Varieties  
**2.99**



Essential Everyday  
Trail Mix  
9.5 oz 1/2 gal  
Selected Varieties  
**3.69**



Green Mountain  
Coffee  
32 oz 10 x 4-Cup  
Selected Varieties  
**19.99**

## X552 STORE COUPON



Smithfield  
Sliced Bacon  
12 oz pkg  
Selected Varieties  
**4.99**



Limit one with this coupon.  
Limit one coupon per family.  
Prices effective Wed., September 21  
thru Tues., September 27, 2022.  
Valid only at stores listed on the front page.

## X553 STORE COUPON



Simek's  
Family Size  
Meat Lasagna  
46 oz pkg  
**9.99**



Limit one with this coupon.  
Limit one coupon per family.  
Prices effective Wed., September 21  
thru Tues., September 27, 2022.  
Valid only at stores listed on the front page.

## X554 STORE COUPON



Essential Everyday  
American Singles  
12 oz pkg  
**2.88**



Limit one with this coupon.  
Limit one coupon per family.  
Prices effective Wed., September 21  
thru Tues., September 27, 2022.  
Valid only at stores listed on the front page.

## X555 STORE COUPON



Essential Everyday  
Broth or Stock  
32 oz can  
Selected Varieties  
**2/3.88**



Customer must purchase two.  
Limit two with this coupon.  
Limit one coupon per family.  
Prices effective Wed., September 21  
thru Tues., September 27, 2022.  
Valid only at stores listed on the front page.

## X556 STORE COUPON



Orville Redenbacher's  
Microwave Popcorn  
3 ct box  
Selected Varieties  
**2/4.44**



Customer must purchase two.  
Limit two with this coupon.  
Limit one coupon per family.  
Prices effective Wed., September 21  
thru Tues., September 27, 2022.  
Valid only at stores listed on the front page.

## X557 STORE COUPON



Super Chill  
Mixers  
1 to 5L  
Selected Varieties  
**5/\$4**



Customer must purchase five.  
Limit five with this coupon.  
Limit one coupon per family.  
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thru Tues., September 27, 2022.  
Valid only at stores listed on the front page.

## X558 STORE COUPON



Nestle  
Coffee mate  
Creamers  
64 oz 1L  
Selected Varieties  
**6.88**



Limit one with this coupon.  
Limit one coupon per family.  
Prices effective Wed., September 21  
thru Tues., September 27, 2022.  
Valid only at stores listed on the front page.

## X559 REDEEMABLE COUPON RV0050



Hills Bros. or  
MJB Coffee  
23-30.5 oz can  
Selected Varieties  
**7.99**

RETAILER: Return to UNFI COUPON SERVICES,  
101 Jefferson Ave. So., Regina, MN 55343.

VOID IF COPIES, TRANSFERS, PURCHASED  
OR SOLD. ONE COUPON PER PURCHASE.

GOOD ONLY AT  
UNFI SUPPLIED STORES



Limit one with this coupon.  
Limit one coupon per family.  
Prices effective Wed., Sept. 2022  
thru Tues., Sept. 2022  
Valid only at stores listed on the front page.

# FRESH MEAT



**Boneless Bottom Round Steak**  
CHAIRMAN'S RESERVE BEEF  
**4.99** lb



**Boneless Rump Roast**  
CHAIRMAN'S RESERVE BEEF  
**4.79** lb



**Gold'n Plump Chicken Drumsticks or Thighs**  
Fresh, Family Pack  
**1.49** lb



**Center Cut Pork Chops**  
Bone-In, Fresh  
**2.49** lb



**Boneless Country Style Pork Ribs**  
Fresh  
**2.49** lb



**Arctic Shores Peeled & Deveined Raw Shrimp**  
16 oz pkg, 51-65, tail-on  
**7.99**



**Honeysuckle Ground Turkey or Italian Turkey Meatballs**  
16 oz Ground or 12 oz Meatballs  
**4.99**



**Hormel Cure 81 Boneless Hams**  
Selected Varieties, Whole or Half  
**5.99** lb



**Kingsford BBQ Baby Back Pork Ribs or Combo Platter**  
24, 28 or pkg  
**13.99**



**Kingsford BBQ Tubs or Boneless Ribs**  
16 oz pkg, Selected Varieties  
**7.99**



**Old Wisconsin Maple or Applewood Breakfast Cuts**  
7.4 oz pkg, Selected Varieties  
**99¢**



**Cloverdale Tangy Summer Sausage**  
16 oz pkg  
**9.99**



**Schweigert Fun Dogs**  
12 oz pkg  
**2/\$3**



**Smithfield Power Bites**  
4 oz pkg  
**2/\$6**



**Schweigert Breaded Chicken**  
16 oz pkg  
**9.99**



**Louis Kemp Imitation Seafood**  
8 oz pkg, Selected Varieties  
**2/\$4.44**

# FARM FRESH PRODUCE



**Strawberries**  
1 lb pkg  
**3.99**



**Pineapples**  
Sweet  
**3.69** ea



**Dole Shredded Lettuce, Garden Salad or Classic Coleslaw**  
9 oz Shredded, 12 oz Garden or 14 oz Coleslaw  
**2/\$3**



**Dole White Cauliflower**  
1 lb  
**2.69** ea



**English Cucumbers**  
Seedless  
**1.19** ea



**Red, Yellow or Orange Bell Peppers**  
**3/\$4**



**Avocados**  
Fresh  
**4/\$5**



**Idaho Russet Potatoes**  
5-6 lbs  
**3.49**

# FLORAL

All items not available at all locations.



**Fall Mums**  
4.5 inch  
**6.99**



**Fall Crazy Daisies**  
**6.99**



**Sugar Maple**  
11 Slices  
**14.99**



**Pepsi Products**  
24 pk-12 oz cans, Selected Varieties  
**9.99**



**Bubly Sparkling Water**  
8 pk-12 oz cans, Selected Varieties  
**2/\$11**



**Highlands 41 Cabernet, Pinot Noir or Red Blend**  
750 ml  
**11.99**



**Bud Light Beer**  
18 pk-12 oz btls or cans, Selected Varieties  
**15.49**



**Michelob Ultra Beer**  
18 pk-12 oz cans, Selected Varieties  
**19.99**



**Essential Everyday Awesome Strength Paper Towels**  
**400pts**



**Van de Kamp's Fish**  
18.1-24.6 oz pkg, Selected Varieties  
**350pts**



**Kraft Grated Parmesan**  
8 oz pkg  
**350pts**



**Jif Peanut Butter**  
16 oz jar, Creamy or Crunchy  
**250pts**