

TODD'S SUPERMARKET

1400 West Main St.

TUPELO

(622) 842-2673

PSRST STD
ECRWSS EDDM
U.S. POSTAGE PAID
PERMIT NO. 7
PORTLAND, TN
Residential Customer

Prices Effective December 31st Through Tuesday, January 6th, 2026

New Year 2026



73% Lean Ground Beef
Family Pack

\$4.59 lb



T-Bone Steak
USDA Select

\$8.99 lb

Porterhouse Steak
USDA Select

\$9.99 lb



Loin Baby Back Ribs

\$3.39 lb



Bone-In Assorted Pork Chops

\$1.69 lb

Bone-In Center Cut Pork Chops

\$1.99 lb



Kentucky Legend Bacon
40 Oz.

\$11.99



Import Extra Large Cherries

\$3.99 lb



Fresh Strawberries
1 Lb. Package or
Fresh Blueberries
1 Pint

\$2.99 ea



Cara Cara Oranges
3 Lb. Bag

\$3.49 ea



Green Cabbage
0315

59¢ lb



Best Choice Soda or Mixers
67.6 Oz. Selected Varieties

2/\$1



General Mills Cereal
8.9-12 Oz. Selected Varieties

2/\$6

-\$2.00 OFF 2

2/\$4

BUY 2 SAVE \$2



99¢

Pillsbury Grands or Flaky Layer Biscuits, Cinnamon Rolls or Crescents
4-12 Oz. Selected Varieties



Lean Cuisine Entrees
6-11.5 Oz. Selected Varieties

2/\$4



Best Choice Pasta
16 Oz. Selected Varieties

2/\$1



Progresso Soup
18-19 Oz. Selected Varieties

3/\$4



Hostess Bag Donuts
9.5-10.75 Oz. Selected Varieties

2/\$4



Totino's Pizza Rolls
50 Ct. Selected Varieties

2/\$7



Best Choice Ice Cream
48 Oz. Selected Varieties

\$3.49



Frito Lay Potato Chips
4.75-8 Oz. Selected Varieties

2/\$5



Tostitos 9-13 Oz. or Lay's Dips 10-15.75 Oz. Selected Varieties

2/\$8



Frito Lay Salsa Dip
15 Oz. Selected Varieties

2/\$7



Niagara Water
24 Pk. 16.9 Oz. bottles

2/\$6

We reserve the right to limit quantities and correct typographical and pictorial errors. Some items may not be available at all stores.

494 03172 12/31/2025 1

Fresh Produce

Sumo Citrus

\$2⁹⁹ each

Best Choice Potato

\$3⁴⁹ each 5 lb. bag

Beefsteak Tomatoes

\$1⁴⁹ each 1 lb. bag

Fuji, Gala, Pink Lady and Red Delicious Apples

\$3⁹⁹ each 1 lb. bag

Best Choice Russet 5lb

\$1⁹⁹

Extra Large Green Bell Peppers or Slicing Cucumbers

79¢ each

Taylor Farms Salad Bowl

3/\$10 each 10 oz. bag

Mustard, Turnip, or Collard Greens

79¢ each 1 lb. bag

Grocery Specials! Enjoy MORE Spend LESS!

Nabisco Oreo Cookies

\$4⁹⁹ each 10.5 oz. bag

Cheez-It Snack Crackers

\$3⁴⁹ each 10.5 oz. bag

Kraft Mac & Cheese Dinner

2/\$3 each 10.5 oz. box

Kellogg's Raisin Bran Cereal

2/\$6 each 10.5 oz. box

Nabisco Family Size Snack Crackers

\$4⁹⁹ each 10.5 oz. bag

Planters Mixed Nuts

\$5⁹⁹ each 10.5 oz. bag

Pringles Potato Crisps

\$1⁷⁹ each 10.5 oz. bag

Kraft Mayo

\$3²⁹ each 10.5 oz. jar

Nabisco Family Size Snack Crackers

\$4⁹⁹ each 10.5 oz. bag

Planters Cashews

\$6⁹⁹ each 10.5 oz. bag

Pringles Mingles Potato Crisps

\$2⁹⁹ each 10.5 oz. bag

Wulf Brand Chili with Beans

\$1⁷⁹ each 10.5 oz. jar

Ragu Pasta Sauce

2/\$4 each 10.5 oz. jar

McCormick Chili Seasoning Mix

5/\$5 each 10.5 oz. jar

Zesta Salines or Soup & Oyster Crackers

\$2⁹⁹ each 10.5 oz. bag

Log Cabin Syrup

\$3⁴⁹ each 10.5 oz. bottle

Hungry Jack Pancake Mix

\$2⁹⁹ each 10.5 oz. box

Quality Dairy & Frozen Favorites

Kraft Singles

\$4⁴⁹ each 10.5 oz. box

Best Choice Quatered Margarine

\$1²⁹ each 10.5 oz. box

Dairy Sour Cream or Dip

\$2⁵⁹ each 10.5 oz. tub

Onions Triple Zero or Dannon Light or Fit Greek Yogurt

\$3⁹⁹ each 10.5 oz. tub

Best Choice Cookie Dough

\$3⁴⁹ each 10.5 oz. tub

Kraft String Cheese

\$3⁷⁹ each 10.5 oz. box

Kraft Natural Shredded or Chunk Cheese

\$6⁹⁹ each 10.5 oz. box

Red Baron Pizza

\$3⁴⁹ each 10.5 oz. box

Eggo Buttermilk Pancakes

\$4⁹⁹ each 10.5 oz. box

Best Choice Marshmallows

4/\$5 each 10.5 oz. box

Nestle Hot Cocoa Mix

\$2¹⁹ each 10.5 oz. box

Around the House

Bounty Paper Towel

\$11⁹⁹ each 10.5 oz. roll

Dawn Powerwash or Powerwash Trigger

\$9⁹⁹ each 10.5 oz. bottle

Softsoap Liquid Hand Soap

2/\$5 each 10.5 oz. bottle

Milk-Bone Dog Treats

\$3⁹⁹ each 10.5 oz. bag

Meadow Mix Cat Food

\$5⁷⁹ each 10.5 oz. can

Act II Microwave Popcorn

2/\$4 each 10.5 oz. bag

Mott's Juice or Juice Boxes

\$3³⁹ each 10.5 oz. bottle

Nestle Hot Cocoa Mix

\$2¹⁹ each 10.5 oz. box

Best Choice Mac & Cheese Dinner

89¢ each 10.5 oz. box

Best Choice Toasted Pastries

2/\$6 each 10.5 oz. box

Best Choice Plastic Wrap

2/\$5 each 10.5 oz. roll

Best Choice Tomato Juice

\$2⁹⁹ each 10.5 oz. can

Best Choice Instant Oatmeal

2/\$5 each 10.5 oz. box

Best Choice Apple or Grape

\$2²⁹ each 10.5 oz. box

T.G.I. Fridays Appetizers

\$3⁴⁹ each 10.5 oz. box

Bagel Bites Pizza Snacks

2/\$5 each 10.5 oz. box

Jack's Seasoning Breadsticks, Texas Toast or Bread

2/\$5 each 10.5 oz. box

Jack's Pizza

3/\$9 each 10.5 oz. box

Old El Paso Stuffed Nachos or Taco Bites

\$8⁹⁹ each 10.5 oz. box

Best Choice Seasoning Blend, Chopped Sausage or Chopped

\$1¹⁹ each 10.5 oz. box

Meat Quality Beef For You & Your Family.

Cut Fresh Daily By Our In-Store Butchers.



**Prairie Fresh
Pork
Tenderloins**
\$2³⁹



**Boneless
Chuck Roast**
USDA Choice
\$5⁹⁹



**Frozen Chicken
Drumsticks**
Tray Pack
99¢



**Smoked
Hog Jowl**
\$2⁹⁹



**Smithfield
Seasoned Pork
Tenderloins or
Filets**
18-23 Oz.
Selected Varieties



**Country Pleasin'
Smoked Sausage**
12-14 Oz.
Selected Varieties **\$4⁹⁹**



**King's
Bacon**
12 Oz. **\$3⁹⁹**



**Oscar Mayer
Deli Fresh
Shaved Meats**
16 Oz.
Selected Varieties **\$5⁹⁹**



**Field
Hot Dogs
or Bologna**
16 Oz.
Selected Varieties **2/\$3**



**Carolina Pride
Sliced Ham
Lunchmeat**
10 Oz.
Selected Varieties **\$2⁹⁹**



**Carolina Pride
Cocktail
Smokies**
14 Oz. **\$2⁹⁹**



**Carolina Pride
Family Pack
Cocktail
Smokies**
24 Oz. **\$4⁹⁹**



**Purnell's Old Folks
Sausage Rolls**
16 Oz.
Selected Varieties **\$3⁹⁹**



**Purnell's Old Folks
Mild Sausage
Patties**
24 Ct. **\$10⁹⁹**



**Old Folks
Sausage and
Biscuit**
20 Ct. **\$8⁹⁹**



**Circle B
Smoked Sausage**
43-44 Oz.
Selected Varieties **\$6⁹⁹**



**Paradise Kitchens
Breaded Chicken**
4 Lb. Bag
Selected Varieties **\$10⁹⁹**

Seafood Favorites



**Best Choice
Cooked Shrimp**
12 Oz.
21/30 Ct.
\$5⁹⁹



**Paul Piazza
Raw Gulf Shrimp**
16 Oz.
50/70 Ct.
\$5⁹⁹



**Sea Best
Skinless
Salmon Fillets**
16 Oz.
\$6⁹⁹



**Louisiana Select
Cajun Breaded
Catfish Strips**
2.5 Lb. Box
\$15⁹⁹



**Harvest Select
Random Cut
Catfish Fillets**
4 Lb. Box Frozen
\$15⁹⁹

Extra Savings



**Coca-Cola
Products**
6 Ct. **3/\$10⁰⁰**



**Zarda
Pulled Pork**
\$7⁹⁹



**Smoked
Drumettes**
\$7⁹⁹



**Blue Bell
Half Gallon
Ice Cream**
0.5 Gal. **\$5⁹⁹**



**Ozark Hearth
Brown & Serve
Dinner Rolls**
12 Ct. **\$2⁹⁹**



**King's
Hawaiian
Rolls**
24 Ct. **\$4⁹⁹**



**Cafe Valley
Bundt Cakes**
26 Oz. **\$4⁹⁹**

New Year 2026

3 Day Sale

December 31 - January 2, 2026

3 Day Sale



Frozen Chicken Wings Tray Pack

\$1.89 *lb*

3 Day Sale



Louisiana Select Breaded Shrimp Large

32 Oz.

\$9.99

3 Day Sale



Melissa Dutch Yellow Potato

24 Oz.

or Navel Oranges

4 Lb. Bag

\$3.99

3 Day Sale



El Terrifico White Cheese Dip

16 Oz.

Selected Varieties

\$4.99

3 Day Sale



Farm Rich Appetizers

14.3-22 Oz.

Selected Varieties

\$3.99

3 Day Sale



Velveeta Loaf

2 Lb.

Selected Varieties

\$6.99

3 Day Sale



Ro-Tel

10 Oz.

Selected Varieties

4/\$5

3 Day Sale



Pace Salsa or Picante Sauce

16 Oz.

Selected Varieties

2/\$5

3 Day Sale



Best Choice Corn Chips

9.25 Oz.

Selected Varieties

2/\$4

New Year 2026

3 Day Sale

December 31 - January 2, 2026

3 Day Sale



Best Choice Soda

12 Pk., 12 Oz. Cans
Selected Varieties

\$2.99

3 Day Sale



Best Choice Pasta or Marinara Sauce

24 Oz.
Selected Varieties

2/\$3

3 Day Sale



Chex Mix, Gardettos or Bugles

9-14.5 Oz.
Selected Varieties

2/\$7



Always Save Chips

10 Oz.

\$1.99



Best Choice Shredded or Chunk Cheese

6-8 Oz.
Selected Varieties

\$1.49



Best Choice Frozen Blackeye Peas

16 Oz.

\$1.79



Delimex Taquitos

19.2 - 20 Oz.
Selected Varieties

\$4.99

3 Day Sale



Farm Rich Meatballs

26 Oz.
Original or Italian

\$5.99

3 Day Sale



Best Choice Drink Mixers

33.8 Oz.
Selected Varieties

99¢



LOCKED-IN LOW PRICES

12/31/25 - 1/20/26



Tennessee Pride Sausage
16 Oz.
Selected Varieties

\$3⁸⁹



Jimmy Dean Bacon
12 Oz.
Selected Varieties

\$4⁹⁹



Tyson Nuggets, Patties, Tenders And Popcorn Chicken
20-29 Oz.
Selected Varieties

\$5⁹⁹



Bar S Bologna
12 Oz.
Selected Varieties

\$1⁵⁹



Butterball Turkey Bacon
12 Oz.

\$3²⁹



Fast Fixins Strips, Nuggets, And Patties
22.5-24 Oz.
Selected Varieties

\$3⁹⁹



Banquet Beef Pot Pie
7 Oz.
Selected Varieties

5/\$5



Best Choice Frozen Natural Skinless Breast or Wings
2.5 Lb.

\$7⁴⁹



I Can't Believe It's Not Butter! Spread
15 Oz. or Spray 8 Oz.
Selected Varieties

\$2⁹⁹



Best Choice Yogurt
6 Oz.
Selected Varieties

2/\$1



Dole Garden Salad
12 Oz.

\$1⁷⁹



Best Choice Texas Style Biscuits
12 Oz.
Selected Varieties

3/\$5



Starkist Chunk Light Tuna
5 Oz.
Selected Varieties

88¢



Jif Peanut Butter
16 Oz.
Selected Varieties

\$2⁴⁹



Best Choice Bath Tissue
Selected Varieties

\$3⁹⁹



Best Choice Beans or Blackeye Peas
15-15.5 Oz.
Selected Varieties

88¢



Best Choice Tomatoes
10-15 Oz.
Selected Varieties

4/\$4



Best Choice Saltine Crackers
16 Oz. or Soup or Oyster Crackers
9 Oz.
Selected Varieties

2/\$3



Best Choice Shredded or Chunk Cheese
16 Oz.
Selected Varieties

\$3⁷⁹



Butterball Ground Turkey
3 Lb. Chub

\$10⁹⁹



Why do we need protein?

Proteins are building blocks in the body. They make up bones, cartilage, muscle, blood, skin, enzymes, hormones, and vitamins. They're essential for growth and development, repair and build cells and tissue such as muscle, and play an important role in body processes such as blood clotting, fluid balance, and the immune response.

*<https://www.health.harvard.edu/nutrition/high-protein-foods-the-best-protein-sources-to-include-in-a-healthy-diet>

How much protein do I need a day?

The Recommended Dietary Allowance (RDA) for protein is a modest 0.8 grams of protein per kilogram of body weight, or 0.36 grams per pound.

*<https://www.health.harvard.edu/blog/how-much-protein-do-you-need-every-day-20201030096>

Get 30% of your calories from protein

Another method calculates protein intake based on your specific daily calorie goal. Wardlaw advises aiming for 30% protein, 30% fat, and 40% carbohydrates.

*<https://www.massgeneralbrigham.org/en/about/newsroom/articles/how-much-protein-when-working-out>



Oscar Mayer
Turkey
Bacon
12 Oz.

\$3⁹⁹



Best Choice
Shredded or
Chunk
Chicken
10 Oz.

\$2⁷⁹



StarKist
Tuna Pouch
2.6-4.5 Oz.
Selected Varieties

4/\$5



Best Choice
Cottage
Cheese
16 Oz.
Selected Varieties

2/\$4



Barilla
Spaghetti
1 Lb.

2/\$4⁰⁰



Nature Valley
Protein or Wafer
Bars
5 Ct.
Selected Varieties

2/\$7



Quaker
Original Instant
Oatmeal
10 Ct.

\$4⁹⁹

BEAT THE COLD & FLU BUG



Puffs
Facial Tissue
4 Pack
Selected Varieties

\$6⁹⁹

Vicks
DayQuil or
NyQuil Cough
Cold and Flu
12 Oz. or
DayQuil or NyQuil
Vapocool Tablets
24 Ct.
Selected Varieties



\$12⁹⁹



Vicks
DayQuil, Cold
& Flu, Multi-
Symptom
Relief,
LiquiCaps
16 ea

\$5⁹⁹



Chloraseptic
Spray
6 Oz.
Menthol or Cherry

\$4⁹⁹



Vicks
Sinex Decongestant
Spray
.05 Oz.
Selected Varieties

\$8⁹⁹



Zicam
Cold
Remedies
.5 or 25 Ct.
Selected Varieties

\$9⁹⁹



Aleve
Pain Relief
90 Ct.
Selected Varieties

\$12⁹⁹



Ricola
Cough Drops
19 Ct.
Selected Varieties

\$2²⁹



Vicks
Ointment Topical
Analgesic Cough
Suppressant
1.76 Oz.

\$9⁹⁹