

central market

The Fresh Place!

www.thefreshplace.com

WE RESERVE THE RIGHT TO LIMIT QUANTITIES

CHECK OUT OUR NEW FUDGE SHOPPE
IN DETROIT LAKES
HOMEMADE FUDGE - TRY A SAMPLE

Nash Coffee Shop

& Ice Cream
Detroit Lakes Only



**HOLIDAY JUMBO
RED SEEDLESS GRAPES**

**\$1.98
LB**



**ANGUS PRIDE USDA CHOICE
BONELESS BEEF BOTTOM
ROUND ROAST**

**\$2.99
LB**

COUPON VALID 10/19-10/29/13 PLU #4390

central market *#FreshPlace!*

11.5 OZ.
ASSORTED VARIETIES
**OUR FAMILY
PASTRY
STRUDELS**
SALE PRICE \$1.99



**FINAL COST
\$1.18**

WHEN YOU BUY 4
SAVE UP TO
\$5.64

LIMIT 4 PACKAGES PER CUSTOMER • 1 COUPON PER CUSTOMER

COUPON VALID 10/19-10/29/13 PLU #4391

central market *#FreshPlace!*

11.5-12 OZ.
ASSORTED VARIETIES
**OUR FAMILY
BAKING CHIPS**
SALE PRICE \$1.69



**FINAL COST
\$1.28**

WHEN YOU BUY 4
SAVE UP TO
\$5.24

LIMIT 4 BAGS PER CUSTOMER • 1 COUPON PER CUSTOMER

COUPON VALID 10/19-10/29/13 PLU #4392

central market *#FreshPlace!*

4 LB.
**OUR FAMILY
SUGAR**
SALE PRICE \$1.88



**FINAL COST
\$1.48**

WHEN YOU BUY 3
SAVE UP TO
\$4.53

LIMIT 3 BAGS PER CUSTOMER • 1 COUPON PER CUSTOMER

COUPON VALID 10/19-10/29/13 PLU #4393

central market *#FreshPlace!*

18 OZ.
ASSORTED VARIETIES
**OUR FAMILY
PEANUT BUTTER**
SALE PRICE \$1.99



**FINAL COST
\$1.38**

WHEN YOU BUY 3
SAVE UP TO
\$5.61

LIMIT 3 JARS PER CUSTOMER • 1 COUPON PER CUSTOMER

DETROIT LAKES • 310 E. FRAZEE STREET • 218.844.3663 Ad prices valid: 10-19-13 thru 10-25-13

BISMARCK • 1190 W. TURNPIKE AVE • 701-224-0037 Ad prices valid: 10-23-13 thru 10-29-13

MANDAN • 504 W. MAIN • 701-663-9885

AD ITEMS MAY NOT BE AVAILABLE IN ALL LOCATIONS



PROUDLY DESIGNED
AND PRINTED IN THE USA

www.OurFamilyFoods.com

for EXCLUSIVE coupon offers,
recipes, health tips and more!

CM 10-20 BASE P1

MEAT

200 % FRESHNESS GUARANTEE

AD ITEMS MAY NOT BE AVAILABLE IN ALL LOCATIONS

Smoke House Meats

Bismarck & Mandan



\$2.89
LB

**HORMEL ALWAYS TENDER
BONELESS PORK
ROAST OR CHOPS**



\$3.89
LB

**ANGUS PRIDE USDA CHOICE
BONELESS BEEF EYE OF
ROUND ROAST OR STEAK**



\$7.99
LB

**ANGUS PRIDE USDA CHOICE
BONELESS BEEF NEW
YORK STRIP STEAK**



2/\$8

**GOLD N PLUMP GRADE A
ALL NATURAL CHICKEN**
32-56 OZ. FAMILY PACK
SPLIT BREAST, THIGHS OR DRUMSTICKS

**NO NAME
HICKORY
SMOKED THICK
SLICED BACON**
12 OZ., ASSORTED
\$4.99



**NO NAME
SUPERB & SIMPLE
STUFFED CHICKEN BREAST**
12 OZ., ASSORTED OVEN READY,
BREADED OR CRUSTED
2/\$10



**OUR FAMILY
BONELESS
HAM STEAKS**
\$4.59
LB



**TONY ROMA
PULLED PORK OR
BONELESS RIBS**
16 OZ., ASSORTED
\$6.19



**EL MONTEREY
XXL
BURRITOS**
10 OZ., ASSORTED
\$1.19



**EL MONTEREY
SUPREME OR
BREAKFAST
BURRITOS**
4.5-5 OZ., ASSORTED
5/\$5



**SEAFOOD SENSATIONS
COOKED PEELED
TAIL ON SHRIMP**
1 LB., 41-50 CT.
\$11.49



**SEAFOOD SENSATIONS
SHRIMP RING
WITH COCKTAIL
SAUCE**
10 OZ.
\$5.89



**HORMEL ALWAYS TENDER
BONELESS
BABY BACK
PORK RIBS**
\$3.49
LB



**JOHN MORRELL
TASTY
LINKS**
7 OZ., ASSORTED
3/\$4



100% ALL NATURAL ITEMS

**HORMEL
NATURAL CHOICE
BABY BACK
PORK RIBS**
\$3.29
LB



**HORMEL
NATURAL CHOICE
BONELESS PORK
SIRLOIN CHOPS
OR ROAST**
\$2.19
LB





**OSCAR MAYER
MINI LUNCHABLES**
3.3-4.4 OZ.
ASSORTED VARIETIES



**JOHN MORRELL
OFF THE BONE LUNCH MEAT**
7 OZ., ASSORTED VARIETIES



**OSCAR MAYER
DELI FRESH LUNCH MEATS
OR CHICKEN STRIPS**
7-9 OZ., ASSORTED VARIETIES



**AMBASSADOR
OLD FASHIONED NATURAL
CASING WIENERS**
26-32 OZ.

**CLOVERDALE
TANGY SUMMER
SAUSAGE**
28 OZ.



\$7.99

**JOHN MORRELL
HALF STICK
CERVELAT**



\$3.19
LB

**JOHN MORRELL
SLICED
BACON**



12 OZ., ASSORTED
2/\$7

**ANGUS PRIDE USDA
CHOICE TENDERIZED
BONELESS BEEF
CUBE STEAK**



\$3.49
LB

**OSCAR MAYER
LEAN WELLS
LUNCH MEATS**
16 OZ., ASSORTED



\$3.19

**SIMEK'S
FULLY COOKED
MEATBALLS**
22 OZ., ASSORTED



\$5.49

**VALLEY MAID
TANGY SUMMER
SAUSAGE**
28 OZ.



\$6.59

**ANGUS PRIDE USDA CHOICE
BONELESS BEEF BOTTOM
ROUND STEAK OR
NETTED RUMP ROAST**



\$3.19
LB

**VALLEY MAID
BEEF & CHEDDAR
SUMMER SAUSAGE**
1.5 LB.



\$5.29

**BAR S
FRANKS**
16 OZ., ASSORTED



2/\$3

**CLOVERDALE
HAM
PATTIES**



16 OZ., ASSORTED
\$3.89

**RESER'S
BAJA CAFÉ
BURRITOS**
32 OZ. FAMILY SIZE, ASSORTED



\$2.99

FULL SERVICE CASE

FRESH RECIPES AVAILABLE
JUST ASK AT THE SERVICE COUNTER

Our specialists are here to serve your special requests and help you make the perfect selection!
FRESH SEAFOOD SELECTIONS ARE AVAILABLE ONLY IN OUR DETROIT LAKES & BISMARCK LOCATIONS



**MOREY'S FRESH NEVER FROZEN
STEELHEAD
TROUT FILLETS**

\$9.99
LB



**OLD FASHIONED
THICK SLICED HICKORY
SMOKED BACON**

\$3.89
LB



**HORMEL ALWAYS TENDER
CENTER CUT BONELESS
STUFFED PORK CHOPS**
MADE FRESH DAILY

\$3.19
LB



**SUPER JOHNS
JUMBO BONELESS SKINLESS
CHICKEN BREAST**
PLAIN OR MARINATED

\$2.59
LB



**OLD FASHIONED
SEASONED GROUND
PORK SAUSAGE**
MADE FRESH DAILY

\$1.79
LB

GROCERY



\$4.99

**BOUNTY BASIC
OR CHARMIN BASIC**
6-8 CT. BOUNTY OR 12 CT. CHARMIN



10/\$10

**CAMPBELL'S
SOUP**
10-11 OZ., ASSORTED VARIETIES



10/\$10

**CREAMETTE OR
RONZONI PASTA**
12-16 OZ., ASSORTED VARIETIES



\$5.99

**ERA LAUNDRY
DETERGENT**
100 OZ., ASSORTED VARIETIES

**BETTY CROCKER
MAC & CHEESE**
5.6-7 OZ.
ASSORTED VARIETIES



10/\$10

**BEACH CLIFF
SARDINES**
3.75 OZ.
ASSORTED VARIETIES



\$1.00

**BEAR CREEK RICE
OR PASTA MIX**
9.8-12.2 OZ.
ASSORTED VARIETIES



\$2.19

**BIZ LAUNDRY
DETERGENT**
37.5 OZ. OR 16 CT.
ASSORTED VARIETIES



\$3.19

**BLUE DIAMOND
ALMONDS**
6 OZ.
ASSORTED VARIETIES



\$2.79

**CAPRI SUN
DRINKS**
10 CT.
ASSORTED VARIETIES



2/\$4

**CRUNCH N MUNCH
BUTTER TOFFEE**
3.5 OZ.



5/\$5

**DUNCAN HINES
CAKE MIX**
18.25-19.9 OZ.
ASSORTED VARIETIES



2/\$3

**GEDNEY
PICKLES**
24-32 OZ.
ASSORTED VARIETIES



\$2.89

**ZATARAIN'S
RICE MIX**
7-9 OZ.
ASSORTED VARIETIES



3/\$5

**MALT O MEAL
HOT CEREAL**
36 OZ.
ASSORTED VARIETIES



\$3.99

**DUNCAN HINES
FROSTING**
14-16 OZ.
ASSORTED VARIETIES



\$1.89



\$2.88

**GENERAL MILLS OR
KELLOGG'S CEREAL**
16.2 OZ. CINNAMON TOAST CRUNCH, 16 OZ. GOLDEN
GRAHAM OR LUCKY CHARMS, 18 OZ. REESSES PEANUT BUTTER PUFFS OR 18 OZ. HONEY NUT CHEERIOS, 18 OZ. CORN FLAKES,
12 OZ. GLUTEN FREE RICE KRISPIES, 23.5 OZ. RAISIN BRAN, 15.5 OZ. COCOA KRISPIES OR 18.2 OZ. RAISIN BRAN CRUNCH



**BETTER OATS
OATMEAL**
10 CT., ASSORTED VARIETIES

5/\$10
- \$5.00
WITH COUPON &
PURCHASE OF 5
5/\$5
FINAL PRICE
WITH
COUPON

PLU 9715

STORE COUPON

VALID 10/20-10/30/13

NFRV0500
PLU # 4396

SAVE \$5

when you purchase any five (5)
Participating MOM® Brands Cereals
in a single shopping visit
between 10/20/13 and 10/30/13

Participating items include: Monster Box 22oz-36oz, Hot Wheat 28oz-36oz, Mom's Best Cereals
16oz-24oz, Bear River Valley 12.5oz-15.5oz, Steel Cut Oats 11.64oz-15.17oz, Oat Revolution 10 ct.

CONSUMER: GOOD ONLY AT NASH FINCH SUPPLIED STORES. Limit
one coupon per customer per visit on specified item(s) purchased.
This coupon good only on product sizes and varieties indicated.
Cannot be combined with any other coupon. RETAILER: DO NOT
DOUBLE. Coupon void if altered, copied, sold, purchased, trans-
ferred, exchanged or where prohibited or restricted by law.



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CM 10-20 BASE P

Ad prices valid Detroit Lakes 10-19 thru 10-25-13 Bismarck/Mandan 10-23 thru 10-29-13

GROCERY



5/\$5

**JELL-O PUDDING
OR GELATIN MIX**
.6-6 OZ., ASSORTED VARIETIES



\$2.99

**MARS, NESTLE OR
HERSHEY'S CANDY**
11-11.5 OZ., ASSORTED VARIETIES



2/\$1

**OUR FAMILY
VEGETABLES**
14.5-15.25 OZ., ASSORTED VARIETIES



\$1.58

**OUR FAMILY
ALL PURPOSE FLOUR**
5 LB.

**HORMEL
CHILI**
15 OZ.
ASSORTED VARIETIES
2/\$3



**HUNT'S
TOMATO SAUCE**
8 OZ.
ASSORTED VARIETIES
2/88¢



**OUR FAMILY
PREMIUM
CHICKEN BREAST**
5 OZ.
5/\$5



**OUR FAMILY
REFRIED BEANS**
16 OZ.
ASSORTED VARIETIES
5/\$5



**OUR FAMILY
SYRUP**
22 OZ. STRAWBERRY OR
24 OZ. CHOCOLATE
\$1.88



**OUR FAMILY
OYSTER
CRACKERS**
12 OZ.
\$1.19



**OUR FAMILY
PLASTIC
SPOONS OR FORKS**
24 CT.
69¢



**OUR FAMILY
SNACK MIX**
8.75 OZ.
ASSORTED VARIETIES
2/\$3



**OUR FAMILY
SYRUP**
24 OZ.
ASSORTED VARIETIES
\$2.29



**SMUCKER'S JAM,
PRESERVES OR
MARMALADE**
10-12 OZ., ASSORTED VARIETIES
\$2.29



**SUN-MAID
SEEDLESS
RAISINS**
24 OZ.
\$3.29



**SUN-MAID
MINI
RAISINS**
12 CT.
\$1.99



\$3.99

**OUR FAMILY
PREMIUM
PAPER TOWELS**
8 PACK



With
Coupon On
Page 1

\$1.28

**OUR FAMILY
BAKING CHIPS**
11.5-12 OZ., ASSORTED VARIETIES



With
Coupon On
Page 1

\$1.48

**OUR FAMILY
SUGAR**
4 LB.



With
Coupon On
Page 1

\$1.38

**OUR FAMILY
PEANUT BUTTER**
18 OZ., ASSORTED VARIETIES

DELI



KRETSCHMAR
OVEN ROASTED
TURKEY BREAST

\$7.49
LB

NATURAL & ORGANIC

LARGE SELECTION OF BULK FOODS AVAILABLE IN OUR BISMARCK & DETROIT LAKES LOCATION

NASH BROTHERS
TRADING COMPANY
TORTILLA CHIPS
10-16 OZ.
ASSORTED VARIETIES
2/\$5



NASH BROTHERS
TRADING COMPANY
SALSAS
16 OZ.
ASSORTED VARIETIES
2/\$5





KRETSCHMAR
SMOKED
TURKEY BREAST

\$7.49
LB



GOLD N PLUMP
10 PIECE CRISPY
CHICKEN LEGS

\$7.49



IN OUR SERVICE CASE
CHEDDAR
CHEESE

\$5.49
LB



FRESH FROM OUR KITCHEN
TO YOUR TABLE HEAT & SERVE
SLOPPY JOES

\$4.99
LB

DETROIT LAKES CHEESE FEST

DETROIT LAKES CHEESE FEST
FRIDAY OCTOBER 18TH
10 AM TO 3 PM OVER
300 VARIETIES OF DOMESTIC
& IMPORTED CHEESES STOP BY
AND SAMPLE YOUR FAVORITES!
IN CONJUNCTION WITH
OUR APPLE FEST

Ask About Our



SUSHI THURSDAYS!!
FRESH HAND ROLLED SUSHI
EVERY THURSDAY
DETROIT LAKES LOCATION ONLY.

Sushi Platters For
Your Next Party

VIDEO DEPARTMENT
New Releases on Tuesday, Oct 22nd:
Pacific Rim • Internship

BAKERY



\$3.29

1 LB.
OLD WORLD
PUMPERNICKLE BREAD



CAKE
DONUTS
12 CT.
ASSORTED VARIETIES
\$4.49



GOURMET
BARs
9 CT. BROWNIES,
PUMPKIN OR CARROT
\$4.49



STRUDEL
BITES
12 CT.
\$2.99



HALLOWEEN
ICED COOKIES
12 CT.
\$5.99

FRESH FLORAL

FTD, TELEFLORA, WEDDING & FUNERAL CONSULTATIONS, CUSTOM FLORAL ARRANGEMENTS, DELIVERY AVAILABLE 7 DAYS A WEEK!

THINK PINK!!

OCTOBER IS BREAST CANCER AWARENESS



PINK AZALEAS, CYCLAMEN & KALANCHOE



SINGLE LONG STEM PINK ROSES



PINK BALLOON BOUQUETS

FROZEN

WE RESERVE THE RIGHT TO LIMIT QUANTITIES



5/\$5

GREEN GIANT VEGETABLES
7-10 OZ., ASSORTED VARIETIES



5/\$10

HOT OR LEAN POCKETS
2 CT., ASSORTED VARIETIES



4/\$10

TOMBSTONE PIZZA
12 INCH, ASSORTED VARIETIES



2/\$5

DEAN'S COUNTRY FRESH FRUIT BARS
6 PACK, ASSORTED VARIETIES

OUR FAMILY CRINKLE CUT FRIES
5 LB.

\$4.99



OUR FAMILY ICE CREAM SANDWICHES
6 PACK

\$1.99



OUR FAMILY RAVIOLI OR TORTELLINI
19-25 OZ., ASSORTED VARIETIES

\$2.69



OUR FAMILY SUNDAE CONES
6 PACK

\$2.99



FETTING'S CINNAMON ROLLS
15 OZ.

\$1.79



FETTING'S WHITE BREAD DOUGH
4 CT.
1 LB. LOAVES

\$3.29



ORE IDA EASY FRIES
4.5-4.75 OZ.
ASSORTED VARIETIES

10/\$10



REAMES HOMESTYLE EGG NOODLES
12 OZ.

3/\$5



\$3.99

MRS. SMITH'S PIES
37 OZ., ASSORTED VARIETIES



\$2.39

NEW YORK TEXAS TOAST GARLIC BREAD
7.3-11.25 OZ., ASSORTED VARIETIES



2/\$5

DEAN'S COUNTRY FRESH SUNDAE NUT CONES
6 PACK, ASSORTED VARIETIES



\$4.99

CASS CLAY VANILLA ICE CREAM
4 QUART

DAIRY

WE RESERVE THE RIGHT TO LIMIT QUANTITIES

AD ITEMS MAY NOT BE AVAILABLE IN ALL LOCATIONS

**SAVE
\$2.87**



\$2.98

**SIMPLY
JUICE**
59 OZ., ASSORTED VARIETIES



2/\$4

**SIMPLY POTATOES
HASH BROWNS**
20 OZ., ASSORTED VARIETIES



\$2.29

**CASS CLAY SWISS
CHOCOLATE MILK**
HALF GALLON

**PILLSBURY
PANCAKE BATTER**
24 OZ.
ASSORTED VARIETIES

\$3.49



**GRANDS!
BISCUITS**
8 CT.
ASSORTED VARIETIES

4/\$5



**LAND O LAKES
ORANGE JUICE**
64 OZ.

\$2.19

EXCLUDES CALCIUM



**LAND O LAKES
YOGURT**
24 OZ.
ASSORTED VARIETIES

\$2.19



**YOPLAIT LIGHT
YOGURT WITH
GRANOLA**
2 CT., ASSORTED VARIETIES

2/\$4



**YOPLAIT
FRUITFULS**
6 OZ.
ASSORTED VARIETIES

5/\$5



5/\$5

**YOPLAIT
GREEK YOGURT**
5.3 OZ., ASSORTED VARIETIES

GOOD AT NASH FINCH SUPPLIED STORES EXPIRES 11/2/13 PLU # 9716

RV0100 **PLU # 4397**

FREE

(max value \$1.00)

Yoplait® Greek Blended Yogurt when you buy any five (5) Yoplait® Greek 100 or Greek Blended Yogurt Cups 5.3 oz. in one shopping visit between 10/20/13 and 11/2/13.

This coupon will only be redeemed by Scanner Applications, 400 Milford Parkway, Milford, OH 45158-9114. Valid in-store only. This coupon will not be redeemed through General Mills, Inc. Void if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. One coupon per purchase of specified product(s). Good only in the USA, APDs, and FPOs. CONSUMER: Coupon cannot be combined with any other coupon or offer. Consumer pays any sales tax. Cash value 1/100 cent. Coupon is not redeemable for cash. ©2013 General Mills

HEALTH & BEAUTY

ALL ITEMS MAY NOT BE AVAILABLE IN ALL LOCATIONS. WHILE SUPPLIES LAST!

**CONVENIENTLY LOCATED INSIDE
CENTRAL MARKET:**
Bismarck- CHURCHILL PHARMACY- 701-224-0339
Free In Town Delivery & Mail Out Service!

**COLGATE
TOOTH PASTE**
6.4 OZ., ASSORTED

2/\$5

EXCLUDES TOTAL OR OPTIC



**3M SCOTCH BRITE
LINT ROLLER**

1 CT.
\$2.99



**ST. JOSEPH
COLD MEDICINE**
32 CT.

\$4.99



**BICYCLE RED
SOLO CARDS**

1 CT.
\$2.99



**SYLVANIA 3 WAY
LIGHT BULBS**

1 CT.
2/\$3

EXCLUDES DOUBLE LIFE



**PLAYTEX HAND
SAVER GLOVES**

1 CT.
\$1.79



Ad prices valid Detroit Lakes 10-19 thru 10-25-13 Bismarck/Mandan 10-23 thru 10-29-13



**CHEEZ IT
CRACKERS**
9.5-12.4 OZ., ASSORTED VARIETIES

**NABISCO SNACK
OR RITZ CRACKERS**
5.5-15.1 OZ.
ASSORTED VARIETIES



**OLD DUTCH
POTATO CHIPS**
10 OZ. TWIN PACK BOX
PLAIN OR RIP-L



**BARREL O FUN
TORTILLA CHIPS OR
CHEESE SNACKS**
10-12 OZ., ASSORTED VARIETIES



**PEPSI
PRODUCTS**
2 LITER BTL.
ASSORTED VARIETIES



**7UP, A&W,
SUNKIST, SQUIRT,
HAWAIIAN PUNCH**
2 LITER BTL.
ASSORTED VARIETIES



**TOSTITOS OR
LAY'S POTATO CHIPS**
9-13 OZ., ASSORTED VARIETIES



PEPSI PRODUCTS
6 PACK/24 OZ. BTLs., 8 PACK/12 OZ. BTLs.
OR 8 PACK/7.5 OZ. SLEEK CANS



LIPTON TEA
12 PACK/16.9 OZ. BTLs.
OR PURE LEAF 6 PACK/18.5 OZ. BTLs.



**WITH COUPON
3/\$12 WITHOUT COUPON
7•UP, A&W, SQUIRT
R.C., DIET RITE OR SUNKIST**
12 PACK/12 OZ. CANS, ASSORTED VARIETIES

COUPON VALID 10/19-10/29/13
central market *"The Fresh Place"*
**BUY 3 A&W, 7•UP,
R.C., DIET RITE, SQUIRT
OR SUNKIST**
12 PACKS/12 OZ. CANS
**SAVE
\$3.00**
1 COUPON PER CUSTOMER



PLU #4398



Marzetti Caramel Dips
\$3.48

WASHINGTON GALA OR RED DELICIOUS APPLES
3 LB. BAG
\$3.48



CALIFORNIA HEAD LETTUCE
\$1.48
EA



Del Monte GARDEN QUALITY

DEL MONTE CANTALOUPE
78¢
LB



LOCALLY GROWN SQUASH
48¢
LB



Green Giant Fresh

GREEN GIANT IDAHO RUSSET POTATOES
10 LB. BAG
\$2.98



GREEN ONIONS
2/\$1



DOLE SPINACH
9 OZ.
\$1.98



Taylor Farms

TAYLOR FARMS CHOPPED SALADS
13 OZ., ASSORTED
2/\$7

DETROIT LAKES • 310 E. FRAZEE STREET • 218.844.3663 Ad prices valid: 10-19-13 thru 10-25-13
BISMARCK • 1190 W. TURNPIKE AVE • 701-224-0037 Ad prices valid: 10-23-13 thru 10-29-13
MANDAN • 504 W. MAIN • 701-663-9885 Ad prices valid: 10-23-13 thru 10-29-13

central market *The Fresh Place!*