

You're Someone Special

Over \$200 in Savings!

Offers Good June 27 to July 10, 2018





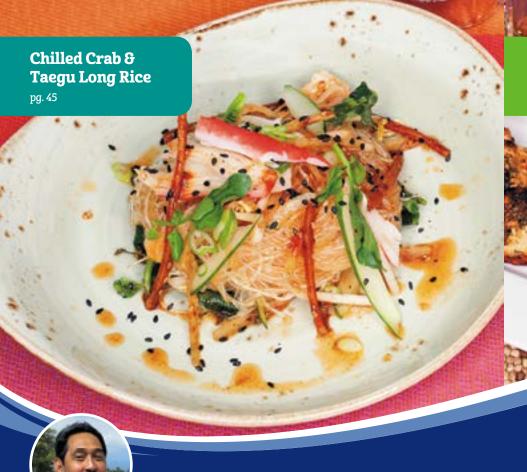


www.ktasuperstores.com

Chilled Crab & Taegu Long Rice pg. 45

Lemon Basil Chicken Breast pg. 49

Spaghetti Squash with Sundried Tomato Butter pg. 17



Lemon Basil **Chicken Breast**

pg. 49

Spaghetti Squash with Sundried Tomato Butter pg. 17



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Featured Chef

Adam **Tabura**



Chef Adam Tabura, who grew up on Lana'i and whose Aloha Plate food truck won the Food Network's national "Great Food Truck Race" in 2013, says he always keeps it as real as possible. For the former executive chef at Ruth's Chris Steak House. The Westin Maui and Kona Village Resort, that means staying true to creative local cooking that's also "simple, clean and more 'ono than 'ono!"

Jay Sagucio KTA Waikoloa Village Store Director

It is hard to believe 2018 is halfway over and Independence Day is upon us. We have everything you need for your family gatherings, whether you're grilling outside or avoiding the sun and enjoying your creative hot dogs indoors (pg.3).

Make sure you enjoy summer's bounty, not just on the 4th of July. You can 'eat the rainbow' all season long with the freshest fruits and vegetables you can find that didn't come from your own tree or garden (pg.43).

Reusable bags are very popular and are a great way to live sustainably. Did you know the very first paper bag machine was patented in 1852? (pg.65).

A song from "Porgy and Bess," tells us, "Summertime, and the livin' is easy." Raise your hand if you're as busy as ever. Then, read a little suggestion about being good to yourself, if even for just a few minutes. (pg.55).

We hope to serve you soon and help make your life easier, because you're someone special every day at KTA.

The recipes within are provided as suggestions only as part of our service to customers and are intended for use by persons having appropriate technical skill, at their own discretion and risk, KTA Super Stores cannot guarantee that favorable results will be obtained from their use, and assumes no obligation or liability and makes no warranties with respect to these recipes.



Hot Diggity Dog!

Eating hot dogs on Independence Day may not be required by law, but it sure seems necessary.

With the low-sodium, low-fat, Kosher, vegetarian and even vegan versions of "tube steaks" now available, just about everybody can partake in this American tradition. The variety of doughs in the refrigerated case at KTA Super Stores present all kinds of possibilities.

WRAP IT: Twists on tradition can also be fun, like making a pig-in-a-blanket by wrapping a dog in pre-made dough sheets or puff pastry. Cut dough in strips to coil around your favorite hot dogs. The pastry dough can be sprinkled with your favorite spices or herbs and Parmesan cheese before the dog gets rolled up in it, for an extra flavor boost. Make them super-spicy or mild and herbaceous. Slit the dogs down the middle and stuff them for an ooey-gooey cheesy result – just make sure to line your baking sheets with parchment paper and keep an eye on them in the oven.

WEAVE IT: Lay the dough strips out on baking parchment like stripes, then fold back every other one. Set a hot dog down vertically across the strips and lay the folded strips over it. Fold back the alternating dough strips, and add another hot dog. Keep going until a lattice has been created. Bake according to dough directions, serve with your favorite condiments and await the compliments. *Recipe idea by Nick Evans.*



16 oz. **549**

ods

Frozen with Vinegar Frank's Foods Longanisa Sausage 20 oz.

599



Frank's Foods

Franks 16 oz., Cheese Cocktail Franks, Longanisa, Blood, Reg. or Cocktail Portuguese Brand Sausage 12 oz.

399

ea.

Without coupon 4.39, limit 3 per coupon





Seasoned Coating Mix Kraft Shake 'N Bake or **Oven Fry** 3.8 to 6 oz.



Beef, Chicken or Turkey

Heinz **Signature** Gravy 12 oz.



Progresso Rich & Hearty Soup 18.5 to 19 oz.



Chex Mix 8.75 oz. or **Gardetto's Snacks** 8 to 8.6 oz.



Gluten Free Stretch **Island Fruit** Leather .5 oz.



Gluten & Wheat Free

Kind Fruit & Nut or **Plus Bars** 1.4 oz.



Regular, Hot, Turkey or Vegetarian

Hormel Chili with **Beans** 15 oz.



Regular or Turkey Hormel

Chili **No Beans** 15 oz.



Microwaveable

Kraft Macaroni & Cheese Dinner

1.9 to 2.39 oz. cup

Without coupon 1.19, limit 12 per coupon









Hamburger, Chicken or Tuna

Betty Crocker Helper Meals

5 to 8.7 oz.

Without coupon 2 for 4.00, limit 4 sets per coupon Coupon price good on set purchase only.







A New Orleans Tradition

Zatarain's **Rice Mix**

6.3 to 8 oz.

Without coupon 2.69, limit 2 per coupon







Make musubi!

Hormel **Spam**

12 oz.

Without coupon 2 for 6.00, limit 3 sets per coupon Coupon price good on set purchase only.



Unless otherwise stated, we reserve the right to limit sale items to 5 units per customer. Prices are subject to a 4.1666% excise tax. Applicable beverage are subject to HI State Beverage fee & deposit. Not all products may be available at KTA Downtown, Waikoloa Village or KTA Express.

Actual coupon required to obtain coupon price. Limit 1 coupon per product, per visit, per customer. Descriptive, typographical and/or photographical errors are subject to correction.

Sloppy Joe **Hunt's** Manwich Sauce 15 to 15.5 oz.



Premium Hunt's Chili Kit

44.8 oz.



Spreadable Meat

Hormel Spam

Spread 3 oz.

Premium in Water

Hormel Chicken **Breast** 10 oz.



In Oil or Water Coral Chunk **Light Tuna** 5 oz.



Wild Alaska **Bumble Bee Red** Salmon 7.5 oz.



Albacore or Yellowfin

Genova Tuna in Olive Oil 5 oz.



Chicken of the **Sea Pacific Pearl**

Fancy Crabmeat 6 oz. or Whole **Cove Ovsters** 8 oz.



Fry with eggs!

Libby's Corned Beef Hash

15 oz.

Without coupon 2.49, limit 5 per coupon







Hormel Turkey, Chicken

White & Dark in Water or

Smoked Ham

Water Added 5 oz.

ea. set



Without coupon 4 for 5.50, limit 2 sets per coupon Coupon price good on set purchase only.

Bumble Bee Snack on the Run!

Tuna or Salmon Salad 3.5 oz.

or Snow's Clams

6.5 oz.

Without coupon 1.77, limit 8 per coupon







In Water, Oil, Tomato Sauce or Louisiana Hot Sauce

Chicken of the **Sea Sardines**

Without coupon 1.17. limit 10 per coupon



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Regular or Low Sodium Bush's Best Beans Cannellini, Chili, Garbanzo, Great Northern, Kidney, Pinto, Blackeye Peas or Black 15 to 16 oz.

Orig., Homestyle, Barbecue or Vegetarian

Bush's Best Baked Beans 16 oz.



Mexicorn, White Shoepeg or Niblets

Green Giant Steam **Crisp Corn** 11 oz.



Add to salads! **Green Giant Cut Spears Asparagus** 10.5 oz.



California Lindsay Sliced **Olives**

2.25 oz.



Sliced or Extra Large

Lindsay **Olives** Recloseables 5 to 5.5 oz.



Simple • Rich • Real

Mezzetta **Marinara** Sauce 16.25 to 17 oz.



Sun Ripened in Olive Oil

Mezzetta **Dried Tomatoes** 8 oz.



Black, Garbanzo, Kidney or Pinto

Bush's Best Organic Beans 15 oz.







Without coupon 4 for 5.50, limit 3 sets per coupon Coupon price good on set purchase only.

Whole Kernel or Cream Style

Green Giant Sweet Corn

14.75 to 15.25 oz.









Without coupon 1.47, limit 6 per coupon

Pitted

Lindsay Ripe Medium Olives 6 oz.

Without coupon 2 for 3.50, limit 3 sets per coupon Coupon price good on set purchase only.





Mezzetta Peppers, Peperoncini or **Vegetables**

16 oz.

Without coupon 2.49, limit 6 per coupon





Barilla Gluten Free Pasta

Fettuccine, Rotini, Elbows, Penne or Spaghetti 12 oz.



Traditional Basil or Sun-Dried Tomato

Barilla **Pesto** Sauce 6 oz.



Reg., No Salt Added or Basil, Garlic & Oregano

Hunt's Tomato Paste 6 oz.



100% Natural

Hunt's Tomato Puree 10.5 oz.





Taco Bell Crunchy Taco Shells 12 count

59



Café-Style Beverage Mix

Maxwell House International Café 4 to 9.3 oz.

Hot dog topper! Heinz

Sweet Relish 12.7 oz.



Grey Poupon Deli, Dijon Mustard 10 oz. squeeze or A.1. Sauce 5 oz.



Barilla Pasta

I Angel Hair, Spaghetti, Elbows, Linguine, Fettuccine, Penne Rigati, Large Shells, Campanelle, Cellentani, Farfalle 16 oz. or Tri-Color Rotini 12 oz.

Without coupon 4 for 5.50, limit 2 sets per coupon Coupon price good on set purchase only.







Premium

Hunt's Pasta Sauce 24 oz.

Without coupon 4 for 5.50, limit 2 sets per coupon Coupon price good on set purchase only.



Mild or Medium

Taco Bell Thick & Chunky Salsa 16 oz.

Without coupon 1.99, limit 5 per coupon







Flavored Distilled

Heinz Apple Cider Vinegar 128 oz.

Without coupon 5.49. limit 5 per coupon









Yes to the taste you love.

www.kraftrecipes.com













Kraft Dressing

Thousand Island, Zesty Italian, **Classic Ranch** or Catalina 8 oz.



100% Grated Kraft **Parmesan** Cheese 8 oz.



Slow-Simmered **Kraft Barbecue** Sauce & Dip

17.5 to 18 oz.

Without coupon 2 for 4.00, limit 3 sets per coupon Coupon price good on set purchase only.









All Natural Salt, Organic Pepper or Garlic

Drogheria & Alimentari



McCormick Bag 'N Season .81 to 1.25 oz. or

Bac'n Pieces 4.1 to 4.4 oz.



Real or Light

Best Foods Mayonnaise 11.5 oz. squeeze



Best Foods

Vegan Dressing & Sandwich Spread, Sunflower, Avocado Oil 24 oz., **Canola or Olive Oil** Mayonnaise 30 oz.



Family Pack Hunt's Snack Pack Pudding 12 ct. - 3.25 oz.



Popping & Topping

Orville Redenbacher's **Buttery Oil** Flavored 16 oz.



Peanut Butter & Jelly Stripes

Smucker's Goober Spread 18 oz.



Classic Decaf

Folgers Instant Coffee 8 oz.



McCormick Gravy or Chili Seasoning Mix

Excludes Gluten Free









Without coupon 5 for 6.00, limit 3 sets per coupon Coupon price good on set purchase only.

Real or Light

Best Foods Mavonnaise

30 oz.

Without coupon 4.99, limit 5 per coupon







Canola or Vegetable

Wesson Pure & 100% Natural Oil 128 oz.

Without coupon 8.99, limit 5 per coupon









Rich, Pure Taste

Folgers Classic Roast Coffee

Ground 30.5 oz.

Without coupon 9.19, limit 3 per coupon









Spaghetti Squash with Sundried Tomato Butter

1 lb. unsalted butter, softened pg.54

3 tbsp. Thai basil, divided

¼ cup sundried tomatoes, bottled in oil, julienned pg.9

1 lemon, zested and juiced

2 tbsp. garlic, minced

3 tbsp. Italian parsley, finely chopped, divided 2 tbsp. Parmesan cheese, finely grated, divided

1½ lbs. spaghetti squash, whole

1/4 cup olive oil, divided pg.18

Hawaiian sea salt, finely crushed

black pepper, finely ground pg.15

lemon slices, sautéed

In a mixing bowl, combine the butter, 2 tbsp. Thai basil, sundried tomatoes, lemon juice and zest, garlic, 2 tbsp. Italian parsley and 1 tbsp. Parmesan cheese. Form the compound butter into a block and wrap well in parchment paper. Label and date your package and place into the freezer.

Preheat oven to 350°F. Cut squash in half lengthwise and discard the seeds. Rub the inside of each half of the squash with 1 tbsp. olive oil and season with salt and pepper. Place the squash onto a parchment paper-lined sheet pan, skin side up and roast in the oven for 10 to 12 minutes, or until tender. Shred with a fork. Cool until easy to handle. Using a long fork, scrape the squash to make thin strands that resemble spaghetti noodles. Place in a bowl, then into the refrigerator to cool.

Add 1 tbsp. olive oil to a large sauté pan over medium-high heat. Add the chilled spaghetti squash and cook for 1 to 2 minutes. Add 1 tbsp. frozen compound butter and sauté until everything comes together; season to taste with salt and pepper. Do not overcook as the butter will separate if the pan is too hot.

Serve hot, garnished with sautéed lemon slices and 1 tbsp. each chopped parsley, Thai basil and Parmesan cheese. Enjoy this dish with a glass of pinot grigio.

Servings:

Serves 2

Total Time:

45 minutes

Pair With:

Barefoot Pinot Grigio pg.77

Red or White
Star
Wine
Vinegar

2^f\$5



Marinated or in Water
Cara Mia
Artichoke
Hearts

14.75 oz.

2 o \$ 7



Star Olive Oil Original, Extra Virgin, Light 16.9 oz. or Grapeseed Oil 33.8 oz.

599

Without coupon 6.99, limit 5 per coupon





House Blend Reg. or Decaf Nescafé

Taster's Choice Instant Coffee .52 to .63 oz.



Chocolate Nestlé Nesquik **Drink Mix** 18.7 oz.





Lipton Decaffeinated 759 Green Tea 20 bags

Brews in cold water!

Lipton **Cold Brew** Tea 50 bags



Mild

Rosarita Enchilada Sauce 20 oz.



Milk Chocolate or Marshmallow

Swiss Miss Classics Hot Cocoa Mix 28.5 oz.





Hershey's **Chocolate Drink** 3 count



Hershey's 2% Reduced Fat Milk White or Chocolate 3 ct. - 8 oz.

Non-Dairy

Nestlé Coffee-mate **Coffee Creamer**

35.3 oz.

Without coupon 5.59, limit 3 per coupon



Lipton





100% Natural

Lipton Pure

Green Tea 20 bags **Excludes Decaffeinated**

Without coupon 2.39, limit 3 per coupon







Selected

Swiss Miss Hot Cocoa Mix

8 to 10 count

Without coupon 2.39, limit 5 per coupon







Hershey's White Milk

Whole, Fat Free Skim or 2% Reduced Fat 32 oz.

Without coupon 1.89, limit 5 per coupon







Organic

Wild Harvest Red Raspberry Fruit Spread 9 oz.



Premium Stash **Organic** Tea 18 bags



From Concentrate Wild Harvest Organic Apple Juice

64 oz.



From Concentrate **Wild Harvest Organic 100% Tomato Juice** 46 oz.



Flavored LaCroix Sparkling Water 1 liter



Sparkling LaCroix Cúrate Water 8 cans - 12 oz.



Stewart's Fountain Classics Soda

Root Beer, Key Lime, Orange 'n Cream or Cream 12 oz. bottle



7•UP, A&W, Canada Dry or Sunkist Soda 2 liters



Original or Vanilla

Rice Dream Classic Rice Drink 32 oz.

Without coupon 2.79, limit 5 per coupon









Natural Alpine

Crystal Geyser Spring Water

24 bottles - 16.9 oz.

Without coupon 7.99, limit 8 per coupon





Natural Flavored

LaCroix **Sparkling Water**

8 cans - 12 oz.

Without coupon 3.99, limit 6 per coupon







7•UP, A&W, Sunkist, Canada Dry, RC Cola or Diet Rite Soda

12 cans - 12 oz.

Without coupon 4.29, limit 4 per coupon







Naturally Flavored Hawaiian Sun Pancake Mix 6 oz.





Fruit or Tea Crystal Light On-The-Go **Drink Mix** 10 count



Tang Orange Makes 6 quarts or **Kool-Aid Drink Mix** Makes 8 quarts



Whole Berry or Jellied Ocean Spray Cranberry

Sauce 14 oz.



Craisins Dried Cranberries 5 to 6 oz.



From Concentrate ReaLemon or ReaLime **100% Juice** 15 oz.



Mott's **Applesauce**

Unsweetened 46 oz. or Original 48 oz.



Fruit or Tea

Hawaiian Sun Natural Drinks

6 cans - 11.5 oz.

Without coupon 2 for 6.00, limit 12 sets (6 cases) per coupon Coupon price good on set purchase only.

Fruit Flavored

Capri Sun **Juice Drinks** 10 pouches

Without coupon 2.49, limit 6 per coupon



Ocean Spray Cranberry Drinks

100% Juice 60 oz., Juice or Cocktail 6 bottles - 10 oz.

Without coupon 4.99, limit 5 per coupon







Mott's Applesauce

Cups 6 ct., Pouches 4 ct.

or 100% Juice

8 ct. - 6.75 oz.







Without coupon 2 for 5.00, limit 3 sets per coupon Coupon price good on set purchase only.

In 100% Juice or Heavy Syrup

Dole Pineapple Chunks, Slices or Crushed 8 to 8.25 oz.



Not From Concentrate

Dole 100% Pineapple Juice 46 oz.



Juicy Juice, Mixed Berry or Strawberry

Kellogg's **Fruity** Snacks 22 count



Original Kellogg's Rice Krispies Treats 40 bars

Enjoy for breakfast!

Kellogg's Special K Cereal 11.2 to 12.5 oz.



Kellogg's **Frosted** Mini-Wheats

Cereal Original 24 oz.



General Mills Cereal Savings!

Cinnamon Toast Crunch, Trix, Cocoa Puffs or **Golden Grahams** 10.7 to 12.2 oz.



General Mills Cereal Lucky Charms, **Cookie Crisp** or Kix 11.25 to 12 oz.



Tropical, Mango Slices or Mandarin Oranges

Dole Fruits in Svrup

15 to 15.5 oz.









Without coupon 2 for 3.50, limit 3 sets per coupon Coupon price good on set purchase only.

Character

Kellogg's **Fruit Snacks**

10 count



Without coupon 2 for 6.00, limit 6 sets per coupon Coupon price good on set purchase only.

Original, with Cranberries, Reg. or Apple Strawberry Crunch

Kellogg's Raisin Bran Cereal

13.5 to 18.7 oz.

Without coupon 4.49, limit 5 per coupon









General Mills Chex 12 to 14 oz. or

Cheerios Cereal

8.9 oz.

Without coupon 3.49. limit 6 per coupon









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Sweet & Salty Nut Peanut Nature Valley Granola Bars 14.8 oz.

Variety Pack Betty Crocker Fruit Gushers Snacks 18 oz.



Cupcakes, Dreamies or Honey Buns

Mrs. Freshley's **Pastry Snacks** 6 count



Sandwich Loaf or Round Love*s Molokai **Sweet Bread** 20 oz.

Hot Dog or Hamburger Ball **Park** Buns

8 count



Thomas' Bagels Pre-Sliced Plain, Cinnamon Raisin,

Everything, Blueberry 6 ct. or Mini 15 oz.



Gluten Free Nature's Path Organic Waffles

7.4 oz.

Not available at KTA Downtown and Express **Chilled Cinnamon Raisin**

Food for Life Ezekiel Bread 24 oz. loaf



Not available at KTA Downtown and Express **Crunchy Oats & Honey**

Nature Valley Granola Bars

26.82 oz., 36 count





Without coupon 7.99, limit 5 per coupon

Made with whole grains!

Love*s Hawaii's **Hearth Bread**

24 oz. loaf

Without coupon 4.89, limit 2 per coupon





Oatnut, 100% Whole Wheat, Buttermilk, Sweet Hawaiian, Multi or 12 Grain

Oroweat Bread

24 oz. loaf

Without coupon 3.99, limit 2 per coupon





Chilled Orig., Cinnamon Raisin or Multigrain

Rudi's Gluten Free Bakery Bread

Chilled 18 oz. loaf

Not available at KTA Downtown and Express







Hot Sauce Tapatío Salsa **Picante** 5 oz.



In Adobo Sauce **Embasa** Chipotle **Peppers** 7 oz.



King Arthur Flour Sprouted Wheat 2 lbs., **Unbleached Cake Flour** 32 oz. or Gluten Free Pancake Mix 15 oz.

King Arthur Flour

Unbleached Bread, Whole Wheat or Whole Wheat **White Flour** 5 lbs.



Creamy Supreme or Funfetti

Pillsbury Ready to Spread Frosting 15.6 to 16 oz.



All-Vegetable Shortening

Crisco **Baking Sticks** 20 oz., 3 ct.



Bread & Muffin Mix

Krusteaz Honey Cornbread 15 oz.



Quick & easy!

Krusteaz Pancake or **Waffle Mix** 25.2 to 32 oz.



Nestlé

La Lechera Sweetened **Condensed Milk**

14 oz.

Without coupon 2.39, limit 4 per coupon









Unbleached

King Arthur All-Purpose Flour

5 lbs.

Without coupon 4.99, limit 6 per coupon







Moist Supreme or Funfetti

Pillsbury Cake & Cupcake Mix 15.25 oz.







Without coupon 1.49, limit 6 per coupon

Classic, Strawberry or Salted Caramel

The Cheesecake Factory Cheesecake Mix

Premium 9.5 to 12.5 oz.

Without coupon 3.49, limit 5 per coupon







Sliced or Slivered Fisher Chef's **Naturals Almonds** 10 oz.





Chocolate Ghirardelli **Baking** Bar 4 oz.



Premium Ghirardelli **Baking or Hot Cocoa** 8 to 10.5 oz.



Selected **Pearson Nips** or Nestlé **Candies** 3.1 to 5 oz. box



Selected Nestlé **Candies or Snack Mix** 6 to 12 oz. pouch





Storck Toffifay 3.5 oz. or Violet Crumble **Candy** 1.76 oz.

99

California Jerky Factory

Crispy Beef Jerky 1.5 oz. or **Loacker Quadratini Wafer Cookies**

7.76 to 8.82 oz.



Chopped or Halves & Pieces

Fisher Chef's **Naturals Walnuts** 10 oz.

Without coupon 5.99, limit 6 per coupon







Premium Chocolate Ghirardelli **Baking Chips** 10 to 12 oz.





Without coupon 2 for 7.50, limit 3 sets per coupon Coupon price good on set purchase only.

Selected

Nestlé Candy Singles

.92 to 2.1 oz.

Without coupon 4 for 3.50, limit 2 sets per coupon







Sweet Treat Savings!

Charms Fluffy Stuff Cotton Candy 2.5 oz., Red Vines 5 oz., Choco Treasure .8 oz., Frankford Wonder Ball 1 oz. or Loacker Sandwich Wafers 2.08 to 2.65 oz.

Without coupon 1.19, limit 2 per coupon









Chocolate Dipped Cookies Big Island Delights Shortbread 10 oz.







Murray **Sugar Free Cookies** Chocolate Chip. Vanilla Wafers

or Shortbread 5.5 to 9 oz.

Kellogg's Snack Packs

Famous Amos Cookies, Mother's Animal Cookies, Cheez-It, Keebler **Cookies or Crackers** 12 to 14.4 oz.



Nabisco Snacks

Honeymaid Graham 12.2 to 14.4 oz., Belvita Biscuits 8.8 oz., Ritz Crisp & Thins, Ritz or Wheat Thins Toasted Chips 7.1 to 8.1 oz.





Nabisco Nilla Wafers 11 oz. or Nutter Butter

Family Size Cookies 16 oz. or Wafers 10.5 oz.



Diamond Bakery Soda Crackers 13 oz.

or Macadamia Nut Shortbread Cookies 4 oz.

Diamond Bakery Crackers

Graham, Saloon Pilot, Soda, Róyal Creem 24 to 30 oz. or Animal 2 lbs.



Party Mix or Cookies

Big Island Delights

3 to 4.5 oz.





Without coupon 2 for 5.50, limit 2 sets per coupon Coupon price good on set purchase only.

Fudge Shoppe or Sandies

Keebler **Cookies**

8.5 to 13.6 oz.

ea. set Without coupon 2 for 7.00, limit 5 sets per coupon Coupon price good on set purchase only.





Nabisco Snacks

Chips Ahoy! Cookies ■ 7 to 13 oz., Ritz Crackers 8.8 to 13.7 oz. or Newtons 10 oz.





Without coupon 2 for 6.00, limit 5 sets per coupon Coupon price good on set purchase only.

Saloon Pilot, Royal Creem, Graham or Soda

Diamond Bakery Crackers

8 to 9.75 oz.

Without coupon 2 for 6.00, limit 5 sets per coupon







Coupon price good on set purchase only.



Milton's Crackers

Original Multi-Grain, **Garlic & Herb or Crispy** Sea Salt 6.7 to 8.3 oz.



Exotic Potato Blend. Sweets & Beets or **Sweet Potato** 5.5 to 6 oz.



Pirate's Booty

Aged White Cheddar, Veggie 4 oz. or

Smart Puffs Snacks 4.5 oz.



Beans are better!

Beanitos Bean Chips 5.5 to 6 oz.



Doritos 9.25 to 11.25 oz.

or Santitas **Tortilla Chips** 16 oz.



Simply Snacks

Cheetos Puffs, **Ruffles Potato, Organic Doritos** or Tostitos Tortilla Chips 7.5 to 8.25 oz.







Planters Cashews

Regular or Lightly Salted Halves & Pieces 8 oz.



49

Planters Pistachios

Dry Roasted, Salt & Pepper or Blend 10 to 12.75 oz.



Original, Red Hot Blues or No Salt Added

Garden of Eatin' **Blue Tortilla Chips**

8.1 oz.

Without coupon 2.99, limit 5 per coupon









Original or Krinkle Cut

Kettle Brand Potato Chips

13 oz.

Without coupon 4.39, limit 5 per coupon







Original, Wavy or Poppables

Lay's Potato

Chips

5 to 8 oz.

Without coupon 2 for 6.00, limit 5 sets per coupon Coupon price good on set purchase only.







Drv Roasted or Cocktail

Planters Peanuts

16 oz.

Without coupon 3.19, limit 5 per coupon











Mauna Loa Mountains Milk Chocolated Covered Macadamia Nuts 5 oz. box





Trader's Choice Salted Seaweed Shiofuki Kombu 1.5 oz. or **Dried Shrimp**

1 oz.



Original or Spicy Ono Hawaiian Seasoning 8 oz.



Carbonated Shirakiku Ramune **Drink** 6.76 oz.



Japanese Style **House Foods**

Neri Wasabi **Paste** 1.5 oz.



Roasted Seaweed

Japan Food Yaki Sushi Nori Sugatami 10 sheets



Super Premium Tamanashiki

or Nozomi Rice 15 lbs.



Island Classics or Dry Roasted

Mauna Loa **Macadamia Nuts**

3 can gift collection

Without coupon 12.29, limit 2 per coupon







Chocolate Covered Macadamia Nuts

Hawaiian Host Caramacs or Island Macs

5 to 6 oz.

Without coupon 2 for 6.50, limit 2 sets per coupon Coupon price good on set purchase only.





Mild, Medium-Hot or Hot

House Vermont Curry Sauce Mix 4.05 oz.

Without coupon 2 for 5.50, limit 2 sets per coupon Coupon price good on set purchase only.







Naturally Brewed

Kikkoman Sov Sauce

2 quarts

Without coupon 7.29. limit 2 per coupon







Delicious comfort food. Tastier & easier than ever!

Try CJ Korean BBQ Sauces for authentic Kalbi and Bulgogi flavors, or prepare tasty Korean style stews and rice dishes in a matter of minutes!



Create a new culture for healthy, happy convenient lifestyles

Orig. or Sichuan Style Lee Kum Kee Sauce for Mabo Tofu 2.5 oz.



For cooking tips and recipes, visit usa.lkk.com

Lee Kum Kee

Hoisin 20 oz., Char Siu, Plum, Black Bean Garlic, Chili Garlic, Chili Bean Sauce 8 to 9.2 oz. **Minced Garlic or** Ginger 7.5 oz.



With Tofu, Bibimbap or Kimchee

Cooked Rice 6.12 to 9.97 oz. Soybean Paste or Kimchi with Tofu

Bibigo Stew 16.22 07.



Ready in minutes!

Lee Kum Kee Panda **Brand Cooking Sauce**

8 oz. pouch

Without coupon 2 for 5.50, limit 2 sets per coupon Coupon price good on set purchase only.







Bulgogi, Kalbi or Chicken & Pork

CJ Korean BBQ Sauce

29.6 oz.

Without coupon 5.29. limit 2 per coupon







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Chocolate or Strawberry Cream Covered

Glico Pocky **Biscuit Sticks** 1.41 oz.





Chocolate Covered Biscuits

Meiji Kinoko no Yama or Takenoko no Sato 2.46 to 2.61 oz.

Sprinkle on hot rice! **JFC Furikake** Seasoning

1.7 to 3.1 oz.



Kewpie Dressing

Deep-Roasted Sesame, Wafu or **Spicy Sesame** 8 oz.



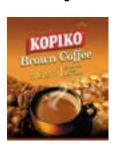
Nature's Charm Coconut

Whipping Cream 15 oz., Condensed 11.25 oz. or Evaporated Milk 12.2 oz.



More in 1 Coffee Plus Brown Sugar

Kopiko Brown Coffee Mix 21.2 oz.



Regular, Ube, Ensymada or Chocolate

Croley Foods Butter Cream Crackers 8.8 oz., 10 ct.



Garlic, Spicy or Wasabi **Beans Family**

Green Peas 7.94 oz.



Microwavable

Shirakiku **Cooked Rice**

10 count







Without coupon 14.49, limit 2 per coupon

Somen, Udon or Buckwheat

Hime Japanese Noodles

25.4 to 28.21 oz.

Without coupon 3.99, limit 2 per coupon







Golden Bihon or Pancit Canton

Super Q **Noodles** 16 oz.

Without coupon 1.99, limit 2 per coupon





Whole or Pieces & Stems

Family Brand Mushrooms

Without coupon 1.19, limit 2 per coupon









Nature's Summer Bounty

Some of the earliest and happiest food memories are about reveling in fresh, summer fruits.

They would burst with flavor and juices that would run down faces and hands as they were eaten with joyful abandon.

Of Hawai'i's popular summer mango varieties for instance, the Excel, Haden, Mapulehu and Rapoza generally peak in June, while the Pirie peaks in July and the Gouveia can peak in July or August.

Many of us on Hawai'i island are fortunate to have fruit trees, or to have family members, friends, neighbors and co-workers with prolific trees and sharing hearts. For those of us not so blessed, we still have KTA Super Stores and a wide selection of locally grown fruits in a rainbow of colors.

Healthy diet-supporters encourage us to "eat the rainbow," and you need look no further than the produce section to find ways to do just that. Here's a memory key and some ideas: ROYGBIV (red, orange, yellow, green, blue, indigo, violet).

Red: Lychee and tomatoes (it's a fruit, remember?). Orange: Oranges, papayas. Yellow: Bananas, certain mangoes. Green: Apples, kiwi. Puzzled about blue and violet? Blueberries are bluish-purple because of the anthocyanins they contain. Anthocyanins, which have many health benefits, are also behind the purple color of taro and Okinawan and Moloka'i sweet potatoes.

Drink Savings! Meadow Gold.

Meadow Gold, Naalehu Waiawi or Swiss Tea 64 oz.

5:\$5



Fruit Nectar
Mountain
Apple
Brand
64 oz.



From Concentrate

Mountain Apple Brand 100% Orange Juice

64 oz.

599

TAN NO





Without coupon 6.49, limit 3 per coupon



Chilled Crab & Taegu Long Rice

7.75 oz. bean thread or long rice noodles

1 tbsp. light sesame oil

½ tbsp. toasted sesame seeds

2 tbsp. rice vinegar

1 tbsp. mirin

½ tbsp. light brown sugar

1 tsp. ginger root juice

salt pg.15

pepper pg.15

1 Hawaiian chili pepper, minced, optional

2 tbsp. canola oil pg.16

1 cup imitation crab, shredded pg.46

½ cup Japanese cucumber, seeded, julienned

½ cup taequ

½ cup green onion, sliced thin on bias,

½ cup bean sprouts

1/4 cup watercress, tender tops only

1 tsp. black sesame seeds

Place bean thread noodle in boiling water until al dente, about 2 minutes. Strain and chill until cool to the touch.

In a medium bowl, combine the sesame oil, sesame seeds, rice vinegar, mirin, brown sugar, ginger root juice, salt and pepper to taste and chili pepper (if using). Whisk to combine until smooth, then slowly pour in the canola oil while continuing to whisk.

Add the crab, cucumber, taegu, ¼ cup green onion, bean sprouts and watercress; toss lightly to combine. Add in the noodles.

Just before serving, toss the noodles in the dressing. Garnish with black sesame seeds and sliced green onion if desired and enjoy with a nice cold lager beer.

Servings:

Serves 3

Total Time:

30 minutes

Pair With:

Maui Brewing Co. Bikini Blonde Lager pg.77



Mountain Apple Brand Tako Poke

Assorted Flavors or Chilled **Airflown Salmon Steaks**



Cooked Baby Scallops Poke Or 1916 Dried Opelu

Leg or Flake Style

Aquamar Classic Crab Flavored Seafood

12 oz.

Without coupon 2.69. limit 2 per coupon









Frozen Whipped Topping Kraft Cool Whip 8 oz.



Kraft Philadelphia Cream Cheese 8 oz. brick



Gallo Salame Pepperoni or Salame Sliced 7 oz.





Hillshire Snacking **Small Plates** 2.4 to 2.76 oz.



Bakery Apple Pie 24 oz. - 8 inch Excludes No Sugar Added



Applewood Smoked Deli Farmland Carvemaster Ham



Oscar Mayer Lunchables 3.1 to 4.3 oz.



Wieners, Cotto Salami, Bologna 16 oz. or Smokies Smoked Sausage 14 oz.

Oscar Mayer Bacon

Regular. Lower Sodium. I Thick Cut 16 oz., Selects Natural or Center Cut 12 oz.

Without coupon 4.99, limit 3 per coupon







Smoked, Links or Lit' **Hillshire Farm** Sausage 12 to 14 oz.

Without coupon 4.59, limit 3 per coupon





Sliced Italian Dry Salami

Deli Busseto Classico Antipasto

Multipack 12 oz.

Without coupon 10.99, limit 2 per coupon







Deli Fresh or Carving Board

Oscar Mayer Meats

6 to 9 oz.

Without coupon 2 for 7.00, limit 3 sets per coupon Coupon price good on set purchase only.









Lemon Basil Chicken Breast

1½ lbs. chicken breast, skinless pg.49

2 lemons, zested and juiced

1 tbsp. basil, finely minced

½ tbsp. Italian parsley, finely minced

½ tbsp. garlic, minced

1 tsp. mirin

3 tbsp. olive oil pg.18

1 tbsp. granulated onion

½ tbsp. garlic salt

½ tsp. chili garlic paste

1 tsp. honey

Hawaiian salt

black pepper pg.15

Cut chicken on the bias into 1" pieces to ensure the marinade coats it evenly. In a small bowl, combine the lemon juice and zest, basil, parsley, garlic, mirin, olive oil, granulated onion, garlic salt, chili garlic paste and honey.

Place the chicken into a large zip top bag and pour in the marinade. Seal the bag and place in refrigerator for 24 hours.

Preheat oven to 350°F. Remove the marinated chicken from the zip top bag and place onto a parchment paper-lined sheet pan. Lightly season the chicken with salt and pepper.

Roast chicken for 12 to 15 minutes or until the chicken is cooked through to 165°F; do not overcook. Rest the chicken for 2 to 3 minutes and serve hot, garnished with lemon and basil.

Enjoy this healthy and delicious meal with a chilled beer or natural fruit punch.

Servings: Serves 2 Total Time:

15 minutes + overnight

Pair With: Michelob Ultra Pure Gold Beer pg.77

Frozen Breast Portions or Tenderloins

Tyson Boneless & Skinless Chicken 40 oz. **Frozen Wing Sections**

Tyson All Natural Chicken 4 lbs.

1297



Frozen Boneless & Skinless

Tyson All Natural

Chicken Thighs

40 oz.

499

Without coupon 5.39, limit 3 per coupon





1528-40



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Chilled Original or Extra Creamy

Reddi-wip **Whipped Topping** 6.5 oz.







Frozen Marie Callender's Dinner 13 to 16 oz.

Frozen with Oriental Style Sauce

Ajinomoto Beef and Onion





Frozen **Aiinomoto** Don Meals 9.87 to 11.29 oz.





Frozen Steam of the Crop

Flav•R•Pac Vegetables 12 oz.



Flav • R • Pac Frozen Broccoli, Green Peas, Corn or Mixed Vegetables 28 oz.



Chilled Nestlé **Coffee-mate** Creamer 32 oz.



Frozen Original or Southern

Banquet Crispy Fried Chicken

29 oz.

Without coupon 8.69, limit 3 per coupon







Frozen Family Pack

Ajinomoto Gyoza **Dumplings**

24.7 oz.

Without coupon 5.99, limit 3 per coupon





Frozen Selected

Flav • R • Pac **Vegetables** 12 oz.

Without coupon 3 for 7.00, limit 2 sets per coupon Coupon price good on set purchase only.







Mainland Shell Protected

Cherry Lane Medium Eggs

Grade A 1 dozen

Without coupon 3 for 7.00, limit 2 sets per coupon Coupon price good on set purchase only.





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With Canola Oil **Challenge Spreadable Butter** 8 oz.



Regular or Unsalted

Challenge **Whipped Butter** 8 oz.



Regular or 1/3 Less Fat

Kraft Philadelphia **Cream Cheese** 7.5 to 8 oz. spread





Chunk, Shredded or Crumbles

Kraft **Natural** Cheese 5 to 8 oz.



Gourmet Coolhaus **Ice Cream** Sandwich

5.8 oz.



Frozen

Meadow Gold Lani Moo's **Treat Bars** 6 count



All Natural Mikawaya Mochi **Ice Cream** 6 count



Frozen Flavored Binggrae **Melona Dairy Dessert Bars**

8 count



Salted or Unsalted Challenge **Butter** 1 lb. quarters

Without coupon 5.39, limit 3 per coupon







Selected

Kraft Singles or Velveeta Slices 10.7 to 12 oz.



Without coupon 2 for 8.00, limit 3 sets per coupon Coupon price good on set purchase only.

A variety of flavors!

Meadow Gold Ice Cream

1.5 quarts

Without coupon 3.99, limit 3 per coupon







Ben & Jerry's Ice Cream, Frozen Yogurt 16 oz. or Pint Slices

3 count

Without coupon 3.99. limit 3 per coupon









Take a Break

Life can be so busy! Go here; do this; finish that; get the kids ready to go to hula, or soccer, or paddling or baseball.

What about time for yourself?

Special treats can be pure, simple and free, or close to it. Unplug, pack a picnic lunch, slather on the sunscreen, grab a big, floppy sunhat and enjoy a public park with wide open green spaces.

No matter where you live on Hawai'i island, you're not far from a beautiful view, or a quiet spot where you can feel the breeze; take deep, cleansing breaths; relax; focus and recharge.

Surely you've heard the phrase, "Take time to stop and smell the roses." It is great advice, reminding us to take time out of our busy schedules and simply soak in the beauty around us.

Give yourself as long as you can, even if it is just 20 minutes. You'll know you have given yourself enough time if you realize your shoulders have dropped an inch or more.

Once you pick up your mobile device again and unlock the screen, schedule another session of "me time" in a few days, or a week and make it a regular appointment.

Banana Boat Aloe After Sun

499



SPF 100 UltraMist or Lotion
Banana Boat Sport
Performance
Sunscreen

849

4 to 6 oz.



Banana Boat Sport Performance Sunscreen

SPF 50 Lotion 8 oz., Regular or Cool Zone UltraMist 6 oz.

749

Without coupon 7.99. limit 5 per coupon





G·U·M Oral Care Savings!

Go Between Cleaners, Soft-Picks, Proxabrush Refills, Flossers 8 to 90 ct., Proxabrush, Denture Brush 1 ct., Toothbrush Covers 4 ct., Floss 24 to 43.3 yds., Crayola Toothpaste 4.2 oz., Crayola, Micro or Super Tip Toothbrush 1 to 2 ct.







Crest Pro-Health **Toothpaste** 4.6 oz.

Anticavity Fluoride Crest Pro-Health Advanced **Mouthwash** 500 ml.



Feeling Beautiful Freeman **Body Scrub** or Mask

6 oz.



Beauty Infusion Freeman **Facial**

Mask 4 oz.

99



Shampoo, Conditioner or 2in1

Suave **Essentials Hair Care**

Family Size 30 oz.

Hairspray, Gel or Mousse

Suave Hair Styling Aids 9 to 11 oz.



Deep Clean, Complete or Sensitive Care

G·U·M Technique Toothbrushes

Value Pack 2 count

Without coupon 2 for 7.00. limit 5 sets per coupon Coupon price good on set purchase only.







Baking Soda & Peroxide Whitening, Cavity or Tartar Protection

Crest **Toothpaste** 6.4 oz.





Without coupon 2 for 6.00, limit 5 sets per coupon Coupon price good on set purchase only.

Shampoo or Conditioner

Freeman Papaya **Hair Care**

6 to 13.5 oz.

Without coupon 2 for 6.00, limit 3 sets per coupon Coupon price good on set purchase only.







Essentials, Kids or Men

Suave **Body Wash**

12 oz.

Without coupon 2 for 5.00, limit 3 sets per coupon Coupon price good on set purchase only.







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Organic Ingredients • Non-GMO • Vegetarian • Taste Great!



www.natrol.com









Aloe Vera Formula **Thayers** Witch Hazel

12 oz.



Natrol Supplements

Biotin, Alpha Lipoic Acid, Flax Seed Oil, Melatonin, Omega 3 or Probiotic **Acidophilus Biobeads** 30 to 120 count



Body Spray or Roll-On

Crystal Essence Mineral Deodorant 2.25 to 4 oz.



Alba Botanica **Skin Care**

Hawaiian Kukui Nut Body Oil 8.5 oz. or **Cocoa Butter Hand** & Body Lotion 7 oz.



Multi, Melatonin or Hair, Skin & Nails

Natrol Gummies Dietary Supplement 90 count

Summies





Without coupon 14.99, limit 3 per coupon

Body Lotion or Shower Gel

Andalou Naturals

8 to 8.5 oz.

Without coupon 6.99. limit 5 per coupon







Actual coupon required to obtain coupon price. Limit 1 coupon per product, per visit, per customer. Descriptive, typographical and/or photographical errors are subject to correction.

Nourishing Color Creme Garnier

Nutrisse Hair Color single application



Nice'n Easy **Clairol Root** Touch-Up **Hair Color** single application



Black, Metallic, Paddle or Wood

Stylin' **Ladies Hair Brush** 1 count



Hairspray, Gel or Mousse

Herbal **Essences Hair Styling** 6 to 8 oz.



Unwaxed, Regular or Mint Waxed

Equaline Dental Floss 100 yards



Sterile

Equaline Eye **Drops** .5 oz.



Excludes Lubricating

Topical Solution Equaline Hydrogen **Peroxide**

16 oz.



70% Isopropyl **Equaline** Rubbing Alcohol 16 oz.



Vibrant, shiny & lasting!

Clairol Balsam Hair Color

single application







Shampoo, Conditioner or 2in1

Herbal Essences Hair Care

10.1 to 10.17 oz.

Without coupon 3.39, limit 6 per coupon





Equaline Pure Cotton

Balls 300 ct., Swabs 375 ct. or Rounds 80 ct.

Without coupon 2.29, limit 5 per coupon







Equaline Bandages

Plastic. Sheer 60 count. Clear Waterproof Strips or Flexible Fabric 30 count

Without coupon 2.29, limit 5 per coupon







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Baby Basics Baby Wipes 72 count

Baby Basics

Mild Baby Oil, **Gentle Powder** or Hair & Body Wash 15 to 20 oz.



Schick Razor

Refillable 1 ct., Disposable 3 to 6 ct. or Refills 4 to 6 ct.





Very Light Absorbency

Poise Liners

Regular 26 ct. or Long Length 24 ct.



Click or Fitness

U by **Kotex** Tampons 15 to 18 count





Flushable Scott Naturals Wipes 51 count



Choose-A-Sheet **Viva Paper Towels** Reg. or Vantage 6 big rolls

Flexible Fit

Baby Basics Diapers

23 to 50 count

Without coupon 8.49, limit 3 per coupon







Carefree Liners

Orig., Body Shape 36 to 60 ct.

or Stavfree Pads

Maxi or Ultra Thin 14 to 24 ct.

ea. set

Without coupon 2 for 6.00, limit 3 sets per coupon Coupon price good on set purchase only.







Depend Savings!

Adjustable, Fit-Flex Underwear 15 to 21 ct., Protection with Tabs 16 to 20 ct., Silhouette Briefs 10 to 12 ct. or Guards for Men 52 ct.

Without coupon 13.49, limit 5 per coupon







Comfort Plus or Tube Free

Scott Bath Tissues 12 double rolls

Without coupon 5.59. limit 3 per coupon





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Paper or Plastic?

Paper bags are ubiquitous and for the most part, we don't even give them much thought.

It was in 1852 that American inventor Francis Wolle got a patent for a machine that made paper bags. For more than a century since then, paper bags for groceries and other shopping became something consumers took for granted.

In the tumultuous circa-1960s America, the ecological movement raised concerns. Acreage was being stripped of trees — which are crucial for environmental health — for the sake of paper bags for shoppers' convenience.

Stores then would give shoppers a choice: "Paper or plastic?"

The popularity of the latter saw plastic bags replace paper—and we now know, from ocean pollution, how that turned out. Now that recycling technology has improved, paper bags, often made with recycled paper themselves, are popular again.

Gaining even more popularity, are reusable bags that are made from recycled paper — like the limited edition Mountain Apple Brand Washable Paper Bag offered for online purchase at shop.ktasuperstores.com!

One consumer responsibility that has remained constant, is to be responsible with our waste and make sure it doesn't accidentally become litter. We're often told, "malama ka 'aina," and one way to do that is to make sure trash that we throw away, whether in plastic bags or paper bags, is disposed of in a proper receptacle where it won't blow around and become litter.

Hawaiian Designs The Islander **Group Playing** Cards 1 deck



Selected Designs ECO Friendly Shopping Bags 1 count







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Gentle for Everyday Kleenex Fresh on the **Go Wipes**

10 count



Sneeze shield! Kleenex **Upright Tissues** 68 to 80 count



Flexible Essential Everyday Straws

100 count





Storage or Freezer **Essential Everyday**

Reclosable Bags 14 to 24 ct. - Quart or Gallon

Dixie Bowls 36 ct. - 10 oz., **Plates** 50 ct. - 6%" or

Vanity Fair Plates 14 ct. - 10"



Perfect Touch Dixie to Go **Hot Cups** & Lids 10 to 14 count



One Press Seal or Twist n' Loc

Ziploc Plastic Containers 2 to 8 count



Easy Open Tabs

Ziploc Snack Bags 90 count







Kleenex Brand Family Size Tissues

Trusted Care 210 ct., Ultra Soft or Soothing Lotion 170 ct.

Without coupon 2.37, limit 4 per coupon









Paper

Essential Everyday Casual Napkins

250 count

Without coupon 2.29, limit 4 per coupon







Everyday

Dixie Paper Plates

48 count - 81/2"

Without coupon 2.19, limit 5 per coupon







Saran Clear Plastic Wrap

Premium 100 sq. ft. or Cling Plus 200 sq. ft.

Without coupon 2.29, limit 4 per coupon









Reynolds Kitchens Foil Baking Cups 32 count

|29



Reynolds Wrap Aluminum Foil Heavy Duty 37.5 square feet

67

Liquid Softsoap Hand Soap 11.25 oz.



Lemon Splash Scent Palmolive Eco Dishwasher **Detergent** Gel 45 oz.



Fresh Scent Action Pacs

Cascade Dishwasher Detergent 12 count



Eliminate odors!

Febreze Fabric Refresher 27 oz.



Natural Value Sandwich Bags Recloseable 50 count

Castile or Raw Black Dr. Woods **Naturally** Soap Liquid 32 oz.



Keeps food fresh!

Reynolds Wrap Aluminum Foil

200 square feet







Without coupon 9.97, limit 3 per coupon

Stronger than grease!

Aiax Ultra Dish Liquid

12.6 oz.

Without coupon 99¢, limit 2 per coupon





Ivory, Safeguard 4 bars or

Olay Bath Soap 2 bars

Without coupon 2 for 5.50, limit 4 sets per coupon Coupon price good on set purchase only.





Castile or Raw Black

Dr. Woods **Naturally Soap**

5.25 oz. bar

Without coupon 3.19, limit 5 per coupon







Triple Clean Sun Liquid Laundry **Detergent** 45.4 oz.







All or Snuggle Dryer Sheets 70 to 80 count

Helps remove fresh food & drink stains!

Tide to Go **Instant Stain Remover Pen** 1 count



Non-Concentrated Downy **Ultra Fabric** Softener Liquid 34 oz.





Scotch-Brite Scour Pads 1 count - 6" x 9"

Cleaning Pad Scotch-**Brite** Dobie 1 count



Natural **Boulder** Clean Cleaner

28 oz.



Multi-Surface Mrs. Meyer's **Clean Day** Cleaner 16 oz.



All Laundry Detergent

Liquid 30 to 50 oz. or Pacs 18 to 24 count

Without coupon 5.59, limit 4 per coupon









3in1 or 4in1

Tide PODS Laundry Detergent

15 to 16 count

Without coupon 6.47, limit 5 per coupon







Ocelo Scrub Sponges

#7216 Heavy Duty or #7215 No-Scratch 1 ct.







Without coupon 5 for 5.99, limit 4 sets per coupon Coupon price good on set purchase only.

May be used around food, humans & pets!

Orange Guard Home Pest Control

32 oz.

Without coupon 9.97. limit 4 per coupon







Chicken, Indoor or Salmon Recipe

Goodlife **Dry Cat** Food 3.5 lbs.



Complete Nutrition Pedigree Adult Dry Dog Food

17 lbs.



Prepared Meals

Purina Beneful Dog Food 10 oz.



Cookout Classics Alpo Come & Get It! **Dog Food** Dry 16 lbs.



9Lives Cat Food 4 cans - 5.5 oz.

Cat Food Meow Mix Simple Servings 2 count



Premium

Wild Harvest Dog Biscuit Treats

12 oz.



Simple Wholesome Ingredients

Wild Harvest Dry Dog Food 3.5 to 4 lbs.



Meaty or Seafood Selections

Whiskas Drv Cat Food

15 lbs.

Without coupon 10.99, limit 3 per coupon







Pampered Meals Inspired by Small Dogs

Purina Bella Natural Bites Dog Food

Dry 3 lbs.

Without coupon 5.57, limit 4 per coupon





Homestyle

Milo's Kitchen **Dog Treats** 2.5 to 3 oz.

Without coupon 2.99, limit 5 per coupon



Simple Wholesome Ingredients

Wild Harvest Drv Cat Food 3 lbs.

Without coupon 6.59, limit 4 per coupon







Spray or Solid Glade Air Freshener 6 to 8 oz.



Pro Strength Drāno Max **Gel Clog** Remover 80 oz.



Just light the bag! **Kingsford**

BBQ Bag Charcoal 2.8 lbs.



Instant Briquets Kingsford Match Light Charcoal 6.2 lbs.



Duracell **Alkaline Batteries**

C, D 4 count or 9V 2 count

188



Duracell **Alkaline 6V Battery With Spring** 1 count



EZ Foil by Hefty Pans

Round, Square Cake, Pie, Loaf 3 count or Baby Loaf 5 count



For portable gas ranges!

Sun Butane Fuel Cartridge 8 oz.



Kills on contact!

Raid Ant & Roach Killer

17.5 oz.

Without coupon 3.97, limit 4 per coupon







Original

Kingsford Charcoal Briquets

15.4 lbs.

Without coupon 12.99, limit 4 per coupon







AA or AAA Alkaline

Duracell Coppertop Duralock Batteries 8 count

Without coupon 7.97, limit 4 per coupon







Black with Selected Strap Colors #1350L

Locals Rubber Slippers

1 pair - Sizes 6.5 to 13







Without coupon 2 for 5.99, limit 4 sets per coupon Coupon price good on set purchase only.

Maui, Waikiki, Hawaii Nui or **Mehana Brewing Company Beer** 6 cans

Stella Artois 12 bottles/cans or Michelob Ultra **Pure Gold** Beer 12 btls.

Kendall-Jackson,



Barefoot 1.5 liters, Ménage à Trois, or Clos du Bois Wines 750 ml.

Q99



750 ml.

or Bogle

Wines



JaM Cellars, **Hess Select** or Coppola Wines 750 ml.



Bombay Sapphire Gin or Dewar's **Scotch Whisky** 750 ml.



Bacardi Rum 1.75 liters or **Cazadores** Teguila 750 ml.



Maker's Mark **Bourbon Whisky** or Grey Goose Vodka 750 ml.



Grocery

7. UP, A&W, Sunkist, Diet Rite, Canada Dry or RC Cola Soda

Dallila Pasta	12
Best Foods Mayonnaise	16
Betty Crocker Helper Meals	6
Big Island Delights Party Mix or Cookies	34
Bumble Bee Salad Kit or Snow's Clams	
Bush's Best Organic Beans	
Capri Sun Juice Drinks	10
Chicken of the Sea Sardines	
CJ Korean BBQ Sauce	
Crystal Geyser Spring Water	22
Diamond Bakery Crackers	34
Dole Fruits in Syrup	26
Family Brand Mushrooms	42
Fisher Chef's Naturals Walnuts	
Folgers Classic Roast Coffee	
Condens of Fatin Dive Tartille Chine	10
Garden of Eatin' Blue Tortilla Chips	30
General Mills Chex or Cheerios Cereal	
Ghirardelli Baking Chips	
Green Giant Sweet Corn	
Hawaiian Host Caramacs or Island Macs	38
Hawaiian Sun Natural Drinks	24
Heinz Apple Cider Vinegar	
Hershey's White Milk	
Hime Japanese Noodles	
Hormel Spam	b
Hormel Turkey, Chicken or Smoked Ham	8
House Vermont Curry Sauce Mix	
Hunt's Pasta Sauce	12
Keebler Cookies	34
Kellogg's Fruit Snacks	
Kellogg's Raisin Bran Cereal	
Kettle Brand Potato Chips	
Kikkoman Soy Sauce	
King Arthur All-Purpose Flour	
Kraft Barbecue Sauce & Dip	14
Kraft Macaroni & Cheese Dinner	6
La Lechera Sweetened Condensed Milk	30
LaCroix Sparkling Water	22
Lay's Potato Chips	36
Lee Kum Kee Panda Brand Cooking Sauce	
Libby's Corned Beef Hash	
Lindsay Medium Olives	
Lipton Pure Green Tea	
Love*s Hawaii's Hearth Bread	28
Mauna Loa Macadamia Nuts	38
McCormick Gravy or Chili Seasoning Mix	16
Mezzetta Peppers, Peperoncini or Vegetables	
Mott's Applesauce or 100% Juice	
Nabisco Chips Ahoy! Cookies, Ritz Crackers or Newtons	
Nature Valley Crunchy Granola Bars	
Nestlé Candy	
Nestlé Coffee-mate Coffee Creamer	
Ocean Spray Cranberry Drinks	24
Oroweat Bread	28
Pillsbury Cake & Cupcake Mix	30
Planters Peanuts	
Red Vines, Charms Fluffy Stuff Cotton Candy, Choco Treasure,	
Frankford Wonder Ball or Loacker Wafers	77
Rice Dream Classic Rice Drink	22
Rudi's Gluten Free Bakery Bread	
Shirakiku Cooked Rice	
	10
Star Olive or Grapeseed Oil	lö
Star Olive or Grapeseed Oil	42
Star Olive or Grapeseed Oil	42
Star Olive or Grapeseed Oil Super Q Noodles Swiss Miss Hot Cocoa Mix Taco Bell Thick & Chunky Salsa	42 20
Star Olive or Grapeseed Oil	42 20 12 30
Star Olive or Grapeseed Oil	42 20 12 30 16
Star Olive or Grapeseed Oil	42 20 12 30 16

Perishables

Ajinomoto Gyoza Dumplings	52
Aguamar Classic Crab Flavored Seafood	46
Banquet Crispy Fried Chicken	52
Ben & Jerry's Ice Cream, Frozen Yogurt or Pint Slices	54
Busseto Classico Antipasto	48
Challenge Butter	
Cherry Lane Medium Eggs	
Flav•R•Pac Vegetables	52
Frank's Foods Franks or Sausage	4
Hillshire Farm Sausage	48
Kraft Singles or Velveeta Slices	54
Meadow Gold Ice Cream	54
Mountain Apple Brand 100% Orange Juice	44
Oscar Mayer Bacon	
Oscar Mayer Meats	
Tyson Chicken Thighs	

Health & Beauty

Andalou Naturals Body Lotion or Shower Gel	60
Baby Basic Diapers	64
Balsam Hair Color	62
Banana Boat Sport Performance Sunscreen	56
Crest Toothpaste	58
Depend Underwear, Briefs or Guards	64
Equaline Bandages	62
Equaline Pure Cotton	62
Freeman Hair Care	58
G•U•M Toothbrushes	58
Herbal Essences Shampoo, Conditioner or 2in1	62
Natrol Gummies Dietary Supplement	60
Stayfree Pads or Carefree Liners	64
Suave Body Wash	58

Non-Foods

Ajax Ultra Dish Liquid	7
All Laundry Detergent	
Dixie Paper Plates	6
Or. Woods Naturally Soap	7
Ouracell Coppertop Duralock Batteries	
ssential Everyday Casual Napkins	6
io LoLo Wet Noodles	6
vory, Safeguard or Olay Bath Soap	7
Cingsford Charcoal Briquets	
Cleenex Brand Family Size Tissues	6
ocals Rubber Slippers	
Ailo's Kitchen Dog Treats	
Ocelo Scrub Sponges	
Orange Guard Home Pest Control	
Purina Bella Natural Bites Dog Food	
Raid Ant & Roach Killer	
Reynolds Wrap Aluminum Foil	7
aran Clear Plastic Wrap	6
cott Comfort Plus or Tube Free Bath Tissues	6
ide PODS Laundry Detergent	
Whiskas Dry Cat Food	7
Vild Harvest Dry Cat Food	7

DOWNTOWN, HILO

Mon-Sat 7am to 9pm, Sun 7am to 7pm 321 Keawe St......935-3751

PUAINAKO, HILO

5:30am to Midnight

50 East Puainako St......959-9111 Pharmacy959-8700

WAIMEA

6am to 11pm

Waimea Center...... 885-8866 Pharmacy 885-0033



KTA EXPRESS, KEALAKEKUA 5am to 10pm 81-6602 Mamalahoa Hwy.......323-1916

WAIKOLOA VILLAGE

6am to 10pm

Waikoloa Highlands Center ... 883-1088 Pharmacy 883-8434

KAILUA-KONA

5am to 11pm

Kona Coast Shopping Center.... 329-1677

KEAUHOU. KONA

6am to 10pm

Keauhou Shopping Center..... 322-2311 Pharmacy 322-2511

New Location!

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