

Introducing
NutriCare

Meat Facts

The More You Know About Today's Leaner Red Meat, The Better You'll Feel.

Today's fresh beef, pork and lamb are leaner, lower in fat and calories. And they're more delicious than ever.

Fact is, the average cut has 10% less fat than the average 30 years ago. Yet fresh beef, pork and lamb have always been outstanding sources of protein, vitamins and minerals.

Now you can learn all the facts about all your favorite cuts of beef, pork and lamb.

Introducing NUTRI CARE™ Meat Facts.

Our Meat Department can now do more than offer you the choicest cuts of all your favorite fresh meats. We can provide complete nutrition facts and cooking recommendations on many cuts of fresh beef, pork and lamb.

What's more, you'll also take home free recipe cards and buying tips for any of 35 different fresh cuts.

Health conscious communication. That's the whole idea behind our NUTRI CARE™ Meat Facts program!

Pick up your **FREE** brochure today and get the facts...

FRESH
Ground Beef

\$1.09

LB.



QUALITY
SLICED
Armour Star Bacon

\$1.69

1 LB.
PKG.



HEAVY
NORTHERN
Boneless Chuck Roast

\$1.29

LB.

U.S.D.A. CHOICE BONELESS
Beef Strip Steaks

\$3.99

LB.



FOR FAJITAS
Beef Skirt Steaks

\$2.09

LB.



HEAVY NORTHERN BONELESS
Beef Chuck Steak

\$1.59

LB.



U.S.D.A. CHOICE BONELESS BEEF
Top Sirloin Steaks

\$2.59

LB.



MINIMAX MEANS MORE...CONFIDENCE!!



93% FAT FREE BONELESS
TV Half Hams

\$1.89

LB.



THORN APPLE VALLEY HOT DOGS OR
Beefeaters

\$1.69

1 LB.
PKG.



CHEF'S PANTRY
Turkey Nuggets

\$1.99

12 OZ.
PKG.

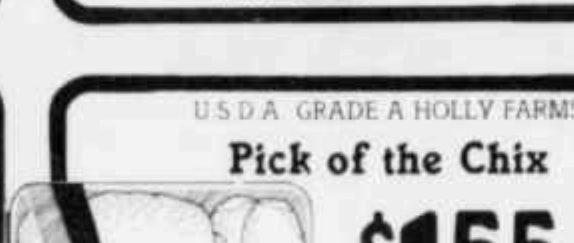


REGULAR OR CHEESE
Rudy's Farm Sausage & Biscuits

\$1.59

9.5 OZ.
PKG.

9.5 OZ. RUDY'S FARM OLD FASHIONED
Sausage n' Biscuits PKG. \$1.79



U.S.D.A. GRADE A HOLLY FARMS
Pick of the Chix

\$1.55

LB.



LEAN TENDER
Gravy Steaks

LB. \$2.59

LEAN BONELESS
Stew Meat

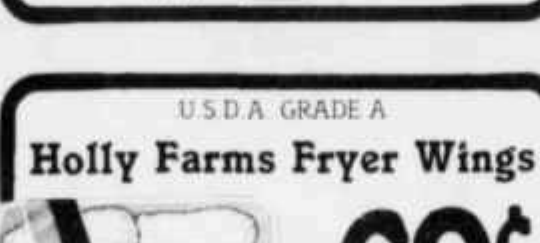
LB. \$1.99

TV BRAND YOUNG
Smoked Turkeys

LB. \$1.29

HORMEL
Little Sizzlers

12 OZ. PKG. \$1.45



U.S.D.A. GRADE A
Holly Farms Fryer Wings

69¢

LB.



KAHN'S CHUNK
Braunschweiger

1 LB. PKG. \$1.39

OSCAR MAYER ALL MEAT OR
Beef Bologna

8 OZ. PKG. \$1.19

WHOLE OR HALF
Claussen Pickles

32 OZ. JAR \$1.79

ARMOUR LOW SALT BEEF BOLOGNA OR SALAMI
Luncheon Meats

8 OZ. PKG. \$1.35



Bakery & Deli Specials!

AT ALL STORES WITH
IN-STORE BAKERY & DELI!

DELICIOUS
Large Sugar Cookies

\$1.39

DOZEN

DELICIOUS FILLED
Fried Apple Pies

4 \$1

FOR

OSCAR MAYER
Tasty Light Ham

\$2.99

LB.

FRESH BAKED GOLDEN
Dinner Rolls DOZEN .89
ASSORTED FRUIT FILLED MELT-A-WAY
Sweet Rolls 6/\$1.39

FRESH BAKED
Peach Pies EACH \$1.89
LAND-O-LAKES JALAPENO
Deli Cheese LB. \$2.89

REGULAR OR MUSTARD STYLE
Potato Salad LB. .99
12 PIECE BUCKET O'
Fried Chicken EA. \$6.59