



BETTER

Better Living Thru

For You

SALE

Better Eating



September 23rd - September 29th

Free Samples
Saturday, Sept. 26th
10 am-2 pm

4.99^{lb}

Miller Poultry
Chicken Breast

Miller Chicken has no antibiotics, hormones or steroids.

10.99^{lb}

Salmon Fillets
Fresh

Salmon is rich in Omega-3 fatty acids which have been shown to reduce inflammation, lower blood pressure, and help prevent heart disease.

4.99

Fox Bros
Chicken Brats
19 oz

Approximately 50% fewer calories and 70% less fat than regular brats. And a great source of protein.

8.99^{lb}

Petite
Sirloin

Petite Sirloin is a lean protein and rich in vitamin B12.

7.99

Grass Fed
Ground Beef
1 lb 85% Lean

A leaner choice of beef and has a more favorable ratio of Omega fatty acids which helps reduce the risk of heart disease, stroke and cancer.

10.99

CenSea
Cooked Shrimp
16-20 ct, 1 lb pkg

A 3-ounce serving of cooked shrimp delivers about 20 grams of protein for fewer than 100 calories and less than a gram of fat.

1.29^{ea}

Mangoes

One cup of mango has your daily dose of vitamin C.

When sliced and exposed to sunlight for 15 to 30 minutes, white mushrooms can synthesize and supercharge their vitamin D content.

Tomatoes are loaded with potassium and lycopene to help regulate blood pressure and lower cardiovascular risks.

Mix & Match!

2/\$5

Organic Whole
White Mushrooms
8 oz

Organic
Grape Tomatoes
Pint

2.99

Organic Gala Apples
2 lb Bag

Gala apples contain polyphenols and dietary fiber that help lower inflammation, reduce risk factors for heart disease, and support healthy cholesterol levels.

2.99^{lb}

Green
Grapes

Green Grapes are high in potassium and fiber and a great source of Vitamin C.

1.29

Bolthouse
Baby Carrots
1 lb Pkg

Carrots are rich in beta-carotene, which your body turns into vitamin A to support good vision and prevent night blindness.

3.99

Belgoloso
Wedges
8 oz Parmesan,
Romano or Asiago

1 ounce of parmesan cheese has 25% of daily calcium and 10 grams of protein.

2/\$7

Wood River
Gruyere
Cheese Chunks
8 oz

A rich source of calcium and phosphorus, which builds skeletal density.

3/\$2

Red Apple
Grab-N-Go
Cheese Sticks
1 oz

Gouda offers 7g of protein per stick and only 100 calories for an easy snack on the go!

50%

OF ALL SPECIALTY CHEESE
MADE IN THE U.S.
COMES FROM
WISCONSIN

PROUDLY
CHEESE
WISCONSIN

SOLD Daily Farmers of Wisconsin • Source: Cheese Market Advantage

2.99

Made Good
Granola or
Oat Bars
5-6 ct

4.99

Sigg's Skyr
Yogurt
4 pk Select

5.99

Purely Elizabeth
Cereal Granolas
8-12 oz Select

2/\$5

David
Protein Bars
2.19 oz

3.49

Izzlo
Sourdough
Bread
24 oz

3.99

Simple Mills
Almond Flour
Crackers
4.25 oz Select

4.99

Catalina Crunch
Snack Mix
5.25 oz

3.49

Mary's Gone
Crackers
4 oz Select

6.99

Athletic
Brewing
6-pk, 12 oz Cans

9.99

Seaglass
Non-Alcoholic
Pinot Grigio or
Sauvignon Blanc
750 ml Bottle

15.49

Carbliss
Variety
8-pk, 12 oz Cans

15.79

Blue Moon
Light
12 pk, 12 oz Cans

Save \$4 off Seafood
with Purchase!

*Price Without Rebate \$8.99

*Price Without Rebate \$18.49

Mayville & Beaver Dam Only
12 pk, 12 oz Cans

Blue Moon Light... 15.99

While supplies last. We reserve the right to limit quantities and correct all printed errors. Not all varieties available at all locations. Prices subject to state and local taxes, if applicable. No sales to dealers. Purchase requirements are calculated after promotional discounts, and before tax, and does not include: gift cards, lottery, tobacco, bottle deposits or other service desk services. All prices are discounted by using your Pig Points Rewards membership. Free promotions will be applied to item of least value. Gluten free information comes direct from the manufacturer (Always check the label, as ingredients may change. Contact the manufacturer with additional questions).