



You're Someone Special

**Over \$200
in Savings!**

**Offers Good
Sep. 25 to Oct. 8, 2019**

Kim Chee Stew

pg. 10



www.ktasuperstores.com

Kona Coffee MacNut Scones pg. 32

Tofu Casserole (Tai Wayn Mushi) pg. 42

**Kim Chee
Stew**
pg. 10



Jeff Ganzagan
KTA Downtown, Hilo Store Director

Autumn is upon us, and even if this seasonal transition is not as marked in Hawai'i as it can be in more temperate regions on the mainland, we nonetheless see and feel the climate's changes to some degree. The coolness of the early mornings and nights can be very refreshing and make it easier to sleep and the changing colors of the foliage can be a pleasing change after an endless summer of heat and sunshine.

With these climatic changes come some wonderful autumn fruits and vegetables (pg.48). It's also the perfect time to go bird watching. A variety of both migratory and native species can be seen on the Hawai'i Island Coast to Coast Birding Trail. (pg.66). And if you are as proud of your appearance as many of our fastidious feathered friends, you might want to take a look at these natural hair care ideas (pg.58).

In November, we welcome the 49th Kona Coffee Cultural Festival. If you're up for the challenge to create a dish incorporating Kona coffee, enter the KTA Kona Coffee Recipe Contest for a chance to win great prizes (pg.4).

I hope you enjoy the features and the savings in this coupon book and I look forward to seeing you in the store during your next visit to KTA.

**Kona Coffee
MacNut Scones**

pg. 32



**Tofu Casserole
(Tai Wayn Mushi)**

pg. 42



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Featured Chef

**Elden
Rodrigues**



At home while creating a 4-star meal as an Executive Chef or enjoying a good bowl of saimin with family and friends, Chef Elden Rodrigues has traveled the world honing his craft. Possessing a strong desire to create, wanting to do more and never being satisfied with status quo led to the start of uCook Hawai'i, a company and line of unique, locally produced sauces, available now 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.



Diamond Bakery

Royal Cream, Soda, Graham
or Saloon Pilot Crackers
8 to 9.75 oz.

2⁹⁹
ea.

Diamond Bakery

Animal Cookies 32 oz.,
Graham, Saloon Pilot,
Soda, Royal Cream
Original or Lemon
Crackers 24 to 30 oz.

7⁴⁹
ea.



Brewing Up A Recipe

The Kona Coffee Cultural Festival celebrates its 49th year and wants your recipe!

First held in 1970, the festival will again shine a spotlight on this much coveted coffee, and the richly diverse cultures of those who have built Hawai'i's world-renowned industry over nearly two centuries.

Throughout the 10 day event that begins November 1, visitors will have a chance to learn about the history and business of Kona Coffee — how it is grown, harvested, roasted and marketed, and to meet some of the fifth generation of coffee industry workers who continue to enrich our Hawai'i island culture today.

And, the Festival is not just about sipping some of the best coffee in the world, it's about the food, too! Here at KTA, we are honored to once again present our Kona Coffee Recipe Contest. It's a unique event to showcase the many ways it can be used to infuse taste and aroma into our cooking and baking.

Savory or sweet, it's an opportunity for professionals, amateurs, culinary students and keiki, who aspire to show off their original Kona Coffee recipes. And, to do so in front of a panel of expert judges scoring on presentation, harmony of ingredients, craftsmanship and design; for both a few minutes of fame, and of course, prizes!

Kona Coffee Cultural Festival events include a Lantern Parade and Bon Dance at historic Kailua Village, Holualoa Coffee and Art Stroll through Holualoa town, UCC Hawai'i Miss Kona Coffee Scholarship Competition at the Aloha Theater and the KTA Super Stores Kona Coffee Recipe Contest on November 3, from 9am to 2pm at the Hawai'i Community College Palamanui. To enter, log on to www.konacoffeefest.com and complete the simple application form.

Diamond Bakery Soda Crackers 13 oz. or Shortbread

Hawaiian Cookies 4.4 oz.

**2^f
o
r** \$6^{ea. set}

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



1394-100



Excludes Mac Nut Shortbread

Good Sept. 25 to Oct. 8, 2019

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

In Water
**Hormel Turkey,
 Smoked Ham
 or Chicken**
 5 oz. chunk

1²⁹
 ea.



Premium in Water
**Hormel
 Chicken
 Breast**
 10 oz. chunk

2⁷⁹
 ea.



No Preservatives
**Dinty
 Moore
 Beef Stew**
 20 oz.

2⁹⁹
 ea.



Regular, Hot, Turkey or Vegetarian
**Hormel
 Chili with
 Beans**
 15 oz.

2¹⁹
 ea.



Solid White Tuna
**Chicken of
 the Sea
 Albacore**
 In Water 5 oz.

1⁷⁷
 ea.



**Chicken of the
 Sea Pacific Pearl**
 Fancy Crabmeat
 6 oz. or Whole
 Cove Oysters
 8 oz.

2^f_o\$5^r



Soup savings!
**Progresso
 Vegetable
 Classics**
 18.5 to 19 oz.

1⁹⁹
 ea.



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

2^f_o\$5^r



Premium Quality
Hormel
Corned Beef
12 oz.

3⁹⁹
ea.

Without coupon 4.49, limit 6 per coupon



1328-50



Good Sept. 25 to Oct. 8, 2019

Corned or Roast
Hormel Mary
Kitchen Beef Hash
14 oz.

1⁹⁹
ea.

Without coupon 2.49, limit 6 per coupon



1329-50



Good Sept. 25 to Oct. 8, 2019

In Oil, Water or 50% Less Sodium

Chicken of the Sea
Chunk Light Tuna
5 oz.

3^f 0^d \$3^r
ea. set

Without coupon 3 for 3.75, limit 3 sets per coupon
Coupon price good on set purchase only.



1349-75



Good Sept. 25 to Oct. 8, 2019

Hamburger, Chicken or Tuna
Betty Crocker
Helper Meals
5 to 8.7 oz.

1⁵⁷
ea.

Without coupon 1.97, limit 6 per coupon



1350-40



Good Sept. 25 to Oct. 8, 2019

Barilla Gluten Free Pasta

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

2³⁹
ea.



No Preservatives

Barilla Pasta Sauce

24 oz.

2⁴⁹
ea.



Black, Garbanzo, Kidney or Pinto

Bush's Best Organic Beans

15 oz.

1³⁹
ea.



Black, Pinto, Kidney or Red

Bush's Best Chili Beans

15.5 to 16 oz.

2^f_o\$3^r



Heat & eat!

Bush's Best Savory Beans

15.3 to 15.5 oz.

2^f_o\$3^r



Southern Pit Barbecue or Steakhouse Recipe

Bush's Best Grillin' Beans

22 oz.

2⁶⁹
ea.



Enjoy as an easy side dish!

Green Giant Three Bean Salad

15 oz.

1⁹⁷
ea.



Extra Long Green Giant Asparagus Spears

15 oz.

2⁹⁹



Barilla Pasta

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

2^f_o\$3^r ea. set

Without coupon 2 for 3.50, limit 4 sets per coupon
Coupon price good on set purchase only.



1347-50



Good Sept. 25 to Oct. 8, 2019

Regular or Reduced Sodium

Bush's Best Beans

Garbanzos, Black, Kidney, Pinto,
Cannellini, Great Northern or
Blackeye Peas 15 to 16 oz.

99¢ ea.

Without coupon 1.29, limit 6 per coupon



1351-30



Good Sept. 25 to Oct. 8, 2019

Bush's Best Baked Beans

Original, Maple Cured Bacon,
Homestyle, Vegetarian,
Brown Sugar Hickory
or Barbecue 28 oz.

2^f_o\$5^r ea. set

Without coupon 2 for 5.50, limit 3 sets per coupon
Coupon price good on set purchase only.



1330-50



Good Sept. 25 to Oct. 8, 2019

Green Giant Vegetables

Green Beans, Sweet Peas,
Whole Kernel Sweet or
Cream Style Corn
4 cans

3⁹⁹ ea.

Without coupon 4.99, limit 4 per coupon



1352-100



Good Sept. 25 to Oct. 8, 2019

Kim Chee Stew

Created by Chef Elden Rodrigues



Chopped or Minced
**Snow's by
Bumble Bee
Clams**
6.5 oz.

3^f_o_r \$5



**Bumble Bee Chub
Mackerel** 15 oz.
or **Snow's
Clam Juice**
8 oz.

2^f_o_r \$4



Kim Chee Stew

2½ lbs. pork butt, ¼" x 1½" slice **pg.50**

salt, to taste

¼ cup vegetable oil **pg.17**

6 cups chicken broth **pg.11**

1½ tsp. chicken base, optional

1 tbsp. hondashi

½ cup gochujang paste

2½ lbs. kim chee, ½" slice

20 oz. tofu, firm, medium dice

green onion, optional

Season the pork butt with salt and set aside.

Heat oil in a large pot over medium heat until lightly smoking; add the pork and gently stir until it begins to brown, about 3 to 4 minutes.

Add the chicken broth, chicken base (if using), hondashi and gochujang paste to the pork and stir to combine. Simmer 10 to 12 minutes, or until the pork is tender.

Add the kim chee and tofu and bring to a quick boil. Remove from heat, portion as desired and top with green onion. Serve immediately with a bowl of rice.

Chef's Tip: For a curly green onion garnish, slice the green portion thinly and drop into a bowl of ice water.

Servings:

Serves 24

Total Time:

65 minutes

Pair With:

Stella Artois Beer
pg.78

Beef or Chicken
Sweet Sue
Broth
14.5 oz.

79¢
ea.

Without coupon 99¢, limit 6 per coupon



1348-20



Good Sept. 25 to Oct. 8, 2019

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

Sliced or Extra Large

Lindsay Recloseables Olives

5 to 5.5 oz.

1⁸⁹
ea.



California Black Ripe

Lindsay Naturals Sliced Olives

3.8 oz.

1⁹⁹
ea.



Kalamata, Martini or Castelvetrano

Mezzetta Specialty Olives

5.75 to 6 oz.

2⁹⁹
ea.



Jalapeno or Garlic

Mezzetta Stuffed Olives

6 oz.

3⁶⁹
ea.



Salsa Picante

Tapatio Hot Sauce

5 oz.

89¢



In Adobo Sauce

Embasa Chipotle Peppers

7 oz.

2¹⁹
ea.



Gluten Free

Old El Paso Tostada Shells

4.5 oz., 12 ct.

2¹⁹



Crispy Bread Crumbs

Progresso Plain Panko

8 oz.

2³⁹



California Ripe Pitted
**Lindsay Large
 Black Olives**

6 oz.

149
 ea.

Without coupon 1.69, limit 5 per coupon



1339-20



Good Sept. 25 to Oct. 8, 2019

**Mezzetta Peppers,
 Peperoncini or
 Vegetables**

16 oz.

**2^f
 0 \$
 r 5** ea. set

Without coupon 2 for 5.50, limit 3 sets per coupon
 Coupon price good on set purchase only.



1340-50



Good Sept. 25 to Oct. 8, 2019

Verde, Ranchera or Casera

**Herdez
 Salsa**

7 oz.

99¢
 ea.

Without coupon 1.19, limit 5 per coupon



1368-20



Good Sept. 25 to Oct. 8, 2019

Plain, Italian Style or Garlic & Herb

**Progresso
 Bread Crumbs**

15 oz.

159
 ea.

Without coupon 1.79, limit 5 per coupon



1363-20



Good Sept. 25 to Oct. 8, 2019

Original or Thick & Chunky
**Hunt's Manwich
 Sloppy Joe
 Sauce**

15 to 15.5 oz.

1⁴⁹
 ea.



Premium
**Hunt's
 Chili
 Kit**

44.8 oz.

3⁹⁹
 ea.



Great for seafood!
**Kraft Tartar
 or Cocktail
 Sauce**

12 oz. squeeze

1⁹⁹
 ea.



Original
**Kraft
 Miracle Whip
 Dressing**

30 oz.

5⁹⁹



Relish
**Best Foods
 Sandwich
 Spread**

15 oz.

2⁹⁹



With Olive Oil
**Best Foods
 Mayonnaise
 Dressing**

30 oz.

5⁶⁹



Beef, Chicken or Vegetable
**Kitchen Basics
 Stock for
 Cooking**

8.25 oz.

4^{f o r} \$5



Coarse Ground with Parsley
**Lawry's
 Garlic
 Salt**

11 oz.

2⁹⁹
 ea.



No Preservatives
**Hunt's Tomato
Ketchup**

20 oz. squeeze

1.29
ea.

Without coupon 1.59, limit 5 per coupon



1321-30



Good Sept. 25 to Oct. 8, 2019

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

17.5 to 18 oz.

2.03
r ea. set

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



1327-50



Good Sept. 25 to Oct. 8, 2019

Real or Light
**Best Foods
Mayonnaise**

20 to 30 oz.

3.99
ea.

Without coupon 4.99, limit 5 per coupon



1333-100



Good Sept. 25 to Oct. 8, 2019

**McCormick
Gravy Mixes**

.75 to 1 oz.

Excludes Gluten Free

5.05
r ea. set

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



1346-100



Good Sept. 25 to Oct. 8, 2019

Family Pack
Hunt's
Snack Pack
Pudding

12 ct. - 3.25 oz.

2^f_o\$7_r



Original or Baking
PAM No-Stick
Cooking
Spray

5 to 6 oz.

3^f_o\$5_r
ea.



Imported
Star
Nonpareil
Capers

4 oz.

1^f_o\$6_r9
ea.



White or Red
Star
Wine
Vinegar

12 oz.

2^f_o\$4_r9
ea.



Original
A.1.
Steak
Sauce

10 oz.

4^f_o\$9_r



America's favorite!
Heinz Chili
or Cocktail
Sauce

12 oz.

2^f_o\$5_r



Crunchy!
Vlasic
Sweet
Relish

12 oz.

1^f_o\$9_r9



Snack'mms or Stackers
Vlasic
Pickles
Sale!

16 to 24 oz.

2^f_o\$9_r9
ea.



Canola or Vegetable

Wesson Pure Oil

64 oz.

4⁹⁹
ea.

Without coupon 5.99, limit 5 per coupon



1320-100



Good Sept. 25 to Oct. 8, 2019

Original, Extra Virgin or Light

Star Olive Oil

16.9 oz.

5⁹⁹
ea.

Without coupon 6.99, limit 6 per coupon



1331-100



Good Sept. 25 to Oct. 8, 2019

Distilled

Heinz Apple Cider Flavored Vinegar

64 oz.

2⁹⁹
ea.

Without coupon 3.99, limit 5 per coupon



1326-100



Good Sept. 25 to Oct. 8, 2019

No artificial flavors!

Wish-Bone Dressing

15 oz.

2^f o \$5^r ea. set

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



1322-100



Good Sept. 25 to Oct. 8, 2019



EACH BLEND IS
SELECTED
FROM FIVE
DIFFERENT
TYPES OF BEANS.



**Taco Bell Crunchy
Taco Shells**
6.75 oz., 18 count

1⁷⁹

Mild or Medium
**Taco Bell
Salsa Con
Queso**
15 oz.

2⁶⁹
ea.



Regular, Lightly Salted or Unsalted
**Planters
Mixed
Nuts**
10.3 oz.

4⁸⁹
ea.



Planters Regular or Lightly Salted
**Cashews
Halves &
Pieces**
8 oz.

5⁴⁹
ea.



CUSTOM ROASTED FOR A PERFECTLY BALANCED TASTE.



Moist
Sour Cream
Coffee Cake



Mocha
Cheesecake Minis

WWW.MAXWELLHOUSE.COM

Good to the last drop!

Maxwell House Ground Coffee

24.5 to 30.6 oz.

7⁹⁹
ea.

Without coupon 8.19, limit 3 per coupon



1360-20



Good Sept. 25 to Oct. 8, 2019

Regular or Lightly Salted

Planters Cocktail Peanuts

12 oz.

2⁵⁹
ea.

Without coupon 2.79, limit 5 per coupon



1361-20



Good Sept. 25 to Oct. 8, 2019

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

Mild
Rosarita
Enchilada
Sauce
 20 oz.



1⁸⁹



Marshmallow Madness or Lovers

Swiss Miss
Hot Cocoa Mix
 6 count

2⁶⁹
 ea.



Lipton Pure
Green Tea 40 bags
Excludes Decaffeinated

3⁷⁹



Lipton Organic
Black Tea 72 bags
 Tastes great hot or iced!

5¹⁹

Glacéau Vitamin
Water 20 oz. or
Peace Tea
Drinks
 23 oz.



4^f_o\$5^r

BodyArmor Sports
Drinks 16 oz. or
Gold Peak
Iced Tea
 18.5 oz.



3^f_o\$5^r

Purified
Hawaiian
Mountain
Fresh Water
 1.5 liters



79¢
 ea.

Distilled or Purified
Hawaiian
Mountain
Fresh Water
 128 oz.



2⁴⁹
 ea.

Marshmallow, Milk Chocolate, Variety Pack or Dark Chocolate

Swiss Miss Hot Cocoa Mix

8 count

2¹⁹
ea.

Without coupon 2.39, limit 5 per coupon



1365-20



Good Sept. 25 to Oct. 8, 2019

Quality Lipton Black Tea

100 bags

4⁵⁹
ea.

Without coupon 4.79, limit 4 per coupon



1364-20



Good Sept. 25 to Oct. 8, 2019

Dasani Sparkling

8 cans - 12 oz. or

Zico Coconut Water

1 liter

3⁹⁹
ea.

Without coupon 4.99, limit 6 per coupon



1341-100



Good Sept. 25 to Oct. 8, 2019

Natural Alpine Crystal Geyser Spring Water

24 bottles - 16.9 oz.

6⁴⁹
ea.

Without coupon 6.99, limit 8 per coupon



1344-50



Good Sept. 25 to Oct. 8, 2019

NEW



propel VITAMIN BOOST



**Gatorade
Sports Drinks**
12 bottles - 12 oz.

6⁹⁹
ea.

Flavored Electrolytes & Vitamins

**Propel
Water
Beverage**
24 oz.



1²⁹
ea.

ELECTROLYTES, MEET VITAMINS.

100% DAILY VALUE OF VITAMINS B3, B5, B6, C AND E

Made with no artificial sweeteners,
colors or flavors, and only 10 calories
per 20-ounce bottle.

WWW.PROPELWATER.COM



Flavored Electrolyte Water

**Propel Vitamin
Boost Beverage**

20 oz.

99¢
ea.

Without coupon 1.49, limit 6 per coupon



1337-50



Good Sept. 25 to Oct. 8, 2019

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

Stewart's Fountain Classics Soda

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

119
ea.



7•UP, A&W, Canada Dry or Sunkist Soda

2 liters

197
ea.



Naturally Flavored Hawaiian Sun Pancake Mix

6 oz.

229
ea.



Coconut, Guava or Lilikoi Hawaiian Sun Premium Syrup

15.75 oz.

569
ea.



Flavored with Nata de Coco

Mogu Mogu Drinks

320 ml.

119
ea.



100% All Natural

Alō Aloe Vera Pulp & Juice

16.9 oz.

159
ea.



Wild Harvest Organic Juice Beverage

Flavored 10 pouches

549

From Concentrate Wild Harvest 100% Tart Cherry Juice

32 oz.

569



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

12 cans - 12 oz.

4¹⁹
ea.

Without coupon 4.69, limit 4 per coupon



1355-50



Good Sept. 25 to Oct. 8, 2019

**Flavored Drink Mix
Hawaiian Sun
Luau Syrup**

128 oz.

8⁴⁹
ea.

Without coupon 8.99, limit 5 per coupon



1319-50



Good Sept. 25 to Oct. 8, 2019

**Fruit or Tea
Aloha Maid
Natural Drinks**

6 cans - 11.5 oz.

**2^f
o
r \$5**
ea. set

Without coupon 2 for 6.00, limit 6 sets (3 cases) sets per coupon
Coupon price good on set purchase only.



1318-100



Good Sept. 25 to Oct. 8, 2019

**Organic
Wild Harvest
Apple Juice**

64 oz.

3⁹⁹
ea.

Without coupon 4.99, limit 6 per coupon



1343-100



Good Sept. 25 to Oct. 8, 2019



**Hershey's
Chocolate Drink**
3 count

1⁷⁹



**Hershey's 2%
Reduced Fat Milk**
White or Chocolate 3 ct. - 8 oz. **2³⁹** ea.

**Fair Trade Certified
Stash
Organics
Tea**
18 bags

3⁵⁹ ea.



**Unsweetened Plain
Westsoy
Organic
Soy milk**
32 oz.

3⁵⁹



**Essential Everyday
Concord
Grape
Jelly**
18 oz.

2¹⁹



**U.S. Grade A
Essential
Everyday
Clover Honey**
16 oz.

4⁸⁹



Love's Bread
King White or Golden Wheat
20 oz. loaf

3⁵⁹ ea.

**Loaf or Round
Soleil d' Hawaii
Bakery Sweet
Bread**
20 oz.

5²⁹ ea.



Hershey's White Milk

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

169
ea.

Without coupon 1.89, limit 5 per coupon



1362-20



Good Sept. 25 to Oct. 8, 2019

Original or Vanilla Rice Dream Classic Rice Drink

32 oz.

259
ea.

Without coupon 2.79, limit 5 per coupon



1367-20



Good Sept. 25 to Oct. 8, 2019

Fill with ice cream! Essential Everyday Ice Cream Cups

1.75 oz., 12 count

119
ea.

Without coupon 1.39, limit 3 per coupon



1369-20



Good Sept. 25 to Oct. 8, 2019

Baked fresh in Hawai'i! Love's Hawaii's Hearth Bread

24 oz. loaf

459
ea.

Without coupon 4.99, limit 3 per coupon



1316-40



Good Sept. 25 to Oct. 8, 2019

Organic
**Dave's Killer Bread
 Bagels**
 5 count

4⁷⁹
 ea.



**Dave's Killer Bread
 English Muffins**
 Organic 6 count

5⁵⁹

Gluten Free
**Nature's Path
 Waffles**
 Frozen 7.4 oz.

3⁹⁹
 ea. *Not available at KTA Downtown*



Frozen Organic Coconut Flour
**The Real
 Coconut
 Tortillas**
 5.6 to 7.5 oz.

5¹⁹
 ea. *Not available at KTA Downtown*



Toaster Pastries
**Kellogg's
 Pop•Tarts
 Simply**
 13.5 oz.

2⁹⁹
 ea.



Brown Sugar Cinnamon or Strawberry
**Kellogg's
 Pop•Tarts
 Cereal**
 11.2 oz.

3⁹⁹



Nature Valley Bars
 Protein Chewy 7.1 oz. or
 Roasted Nut Crunch 7.44 oz.

3⁶⁹
 ea.



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

5⁹⁹

Regular or Thin-Sliced

Dave's Killer Organic Bread

18 to 27 oz.

5⁶⁹
ea.

Without coupon 5.99, limit 3 per coupon



1315-30



Good Sept. 25 to Oct. 8, 2019

Chilled Low Glycemic

Alvarado St. Bakery Diabetic Lifestyles Bread

24 oz. loaf

5¹⁹
ea.

Not available at KTA Downtown

Without coupon 5.49, limit 3 per coupon



1311-30



Good Sept. 25 to Oct. 8, 2019

Kellogg's Pop•Tarts Toaster Pastries

10.5 to 14.7 oz.

Excludes Simply

2⁴⁹
ea.

Without coupon 2.79, limit 6 per coupon



1332-30



Good Sept. 25 to Oct. 8, 2019

Oats 'N Honey, Oats 'N Dark Chocolate or Cranberry Almond

Nature Valley Protein Granola

11 oz.

3⁷⁹
ea.

Without coupon 3.99, limit 6 per coupon



1324-20



Good Sept. 25 to Oct. 8, 2019

In 100% Juice or Heavy Syrup

Dole Pineapple Chunks, Slices or Crushed

8 to 8.25 oz.

99¢
ea.



Dole Fruits

Tropical Mixed
Fruit, Mandarin
Oranges or
Mango Slices
15 to 15.5 oz.

**3^f
o
r** \$5



Chopped or Pitted

Dole California Dates

8 oz.

2⁹⁹
ea.



California

Dole Golden Raisins

12 oz.

4⁶⁹



Easy

Libby's Pumpkin Pie Mix

30 oz.

3⁴⁹



Nestlé Carnation

Sweetened Condensed Milk

14 oz.

2⁶⁹
ea.



Unflavored

Knox Original Gelatine

8 oz., 32 ct.

10⁹⁹



Classic Mix

Jell-O No Bake Cheesecake

11.1 oz.

2⁶⁹



In 100% Juice, No Sugar Added or Coconut Water

Dole Fruit Cups

4 cups - 4 oz.

2^f_or **\$5** ea. set

Without coupon 2 for 6.00, limit 4 sets per coupon
Coupon price good on set purchase only.



1353-100



Good Sept. 25 to Oct. 8, 2019

100% Natural Dole California Seedless Raisins

12 oz.

3^f_or **\$3.99** ea.

Without coupon 3.59, limit 4 per coupon



1366-20



Good Sept. 25 to Oct. 8, 2019

Vitamin D added!

Nestlé Carnation Evaporated Milk

12 oz.

2^f_or **\$3** ea. set

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



1338-50



Good Sept. 25 to Oct. 8, 2019

Regular or Sugar Free Jell-O Gelatin Dessert Mix

.3 to 3 oz.

4^f_or **\$3** ea. set

Without coupon 4 for 4.00, limit 3 sets per coupon
Coupon price good on set purchase only.



1325-100



Good Sept. 25 to Oct. 8, 2019

Kona Coffee MacNut Scones

Created by Chef Elden Rodrigues



From Concentrate
**Essential
Everyday
Lemon Juice**
32 oz.

2⁹⁹



Halves & Pieces
**Essential Everyday
Walnuts** 16 oz.

6⁴⁹

Kona Coffee MacNut Scones

¾ cup half & half

1 tsp. vanilla extract

4 tsp. Kona coffee, finely ground

2 to 2¼ cups all-purpose flour

1 tbsp. baking powder

pinch salt

1 cup light brown sugar, packed

1 stick unsalted butter, chilled, small cube

½ cup macadamia nuts, small dice

non-stick cooking spray [pg.16](#)

Preheat oven to 350°F.

In a small mixing bowl, combine the half & half, vanilla and coffee; let soak for 10 minutes.

Place the flour, baking powder, salt and brown sugar in a large mixing bowl; stir to combine. With a pastry blender, fork or electric mixer with paddle attachment, cut the butter into the dry ingredients until the dough is crumbly, about 2 to 3 minutes.

Add the macadamia nuts and mix about 30 seconds; then add the coffee mixture to the dough until just combined. Do not overmix.

Spray a cookie sheet with non-stick spray or line with parchment paper. Using an ice cream scoop, portion the dough into approximately 2 oz. servings. Place onto a cookie sheet, 2" apart and bake for 18 minutes.

Enjoy these taste-of-Hawai'i-Island scones for breakfast or brunch with a cup of freshly brewed Kona coffee.

Servings:

Serves 18

Total Time:

38 minutes

Pair With:

Kona Coffee

Granulated
Essential Everyday
Pure Sugar
4 lbs.

189
ea.

Without coupon 2.99, limit 5 per coupon



1345-110



Good Sept. 25 to Oct. 8, 2019

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

Home-Style
Duncan Hines
Creamy
Frosting
 16 oz.

2^f29
 ea.



Microwaveable Dessert Mix
Duncan Hines
Perfect Size
for 1
 9.17 to 10.6 oz.

2^f0^r\$6



Chocolate
Ghirardelli
Baking
Bar
 4 oz.

2^f0^r\$5



Premium
Ghirardelli
Baking or
Hot Cocoa
 8 to 10.5 oz.

3^f99
 ea.



Assorted
Pearson Nips
or Nestlé
Candies
 3.1 to 5 oz. box

99¢
 ea.



Assorted
Nestlé
Candy
Pouch
 8 to 12 oz.

3^f29
 ea.



Air Heads or
Mentos Candy
 1.32 to 2.75 oz.

79¢
 ea.

Kidsmania
Candies

Fire Extinguisher,
 Soda Cans Fizzy,
 Laser or Flash Pop
 .17 to 2.05 oz.

5^f0^r\$5



Classic or Signature
Duncan Hines
Moist Cake Mix
 15.25 oz.

1⁹⁹
 ea.

Without coupon 2.29, limit 6 per coupon



1323-30



Good Sept. 25 to Oct. 8, 2019

Premium
Ghirardelli Chocolate
Baking Chips
 10 to 12 oz.

2⁰\$7⁹
 ea. set

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



1342-50



Good Sept. 25 to Oct. 8, 2019

Assorted
Nestlé Candy
Singles
 .92 to 2.44 oz.

4⁰\$3⁹
 ea. set

Without coupon 4 for 3.50, limit 3 sets per coupon
 Coupon price good on set purchase only.



1313-50



Good Sept. 25 to Oct. 8, 2019

Salted Caramel, Truffle, Espresso or Almond Butter
Chocolove Dark
Chocolate Bites
 3.5 oz.

2⁹⁹
 ea.

Without coupon 3.19, limit 3 per coupon



1314-20



Good Sept. 25 to Oct. 8, 2019

Nabisco Snacks

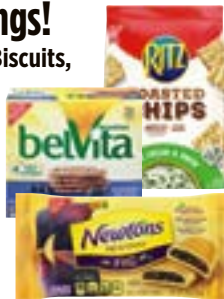
Oreo or Chips Ahoy!
Thin Bites 6 to 6.4 oz.,
Snak-Saks 8 oz. or
Premium Crackers
9 to 16 oz.



**2^f
o
r** \$5

Nabisco Savings!

BelVita Breakfast Biscuits,
Ritz Toasted Chips,
Crisp & Thins
7.04 to 8.8 oz.
or Newtons 10 oz.



**2^f
o
r** \$6

Blue Corn, Multigrain or Sweet Potato
**Food Should
Taste Good
Tortilla Chips**
5.5 oz.



**2^f
o
r** \$5

Sea Salt
**Good Health
Veggie Chips,
Stix or Straws**
6.75 oz.



**2^f
o
r** \$6

Gluten Free
**Lay's Baked
Potato
Chips**
6.25 oz.



**2^f
o
r** \$7



**Frito-Lay Snacks
Variety Pack**
16 to 18 count

7⁹⁹

Flavored Corn Snacks
**Leslie's
Clover
Chips**
85 grams



**3^f
o
r** \$4

Honey-Dipped
**Leslie's
Banana
Thins**
100 grams



**1³⁹
ea.**

Nabisco Snacks

Honey Maid Grahams 12.2 to 14.4 oz.,
Snack Crackers 3.5 to 9.1 oz., Nutter
Butter Fudge Covered or Oreo
Cookies 7.9 to 15.35 oz.

2^f_o\$6^r ea. set

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



1393-100



Good Sept. 25 to Oct. 8, 2019

Original, Red Hot Blues or No Salt Added

Garden of Eatin' Blue Tortilla Chips

8.1 oz.

2^f_o\$6^r ea. set

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



1397-100



Good Sept. 25 to Oct. 8, 2019

Snack savings!

Cheetos, Funyuns or Fritos Snacks

6 to 9.25 oz.

2^f_o\$5^r ea. set

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



1399-100



Good Sept. 25 to Oct. 8, 2019

Leslie's Cheezy Corn Crunch or Baked Puffs

55 to 70 grams

89¢ ea.

Without coupon 1.19, limit 5 per coupon



1398-30



Good Sept. 25 to Oct. 8, 2019

TERRA

real vegetable chips



snack in **TERRAcolor**™

Assorted
**Back to
Nature
Crackers**

4 to 8.5. oz.

**2^f
o
r** \$7



Plant Based
**Brad's Organic
Crunchy
Kale**

2 oz.

**4^f
o
r** \$69
ea.



Baked
**Stacy's
Pita
Chips**

7.33 oz.

**2^f
o
r** \$5



Original or Fruit
**Nature's Bakery
Fig Bar or
Brownie**

6 count - 2 oz.

**3^f
o
r** \$49
ea.





You've never
experienced
vegetables like this.

Terra chips are made from real whole vegetables,
sourced by a diverse range of root vegetables to
create each delicious TERRA® blend.

www.terrachips.com

Sweets & Beets, Sweet or Exotic Potato

Terra Real Vegetable Chips

5.5 to 6 oz.

2⁶⁹
ea.

Without coupon 2.99, limit 5 per coupon



1395-30



Good Sept. 25 to Oct. 8, 2019

Great taste...naturally!

Kettle Brand Potato Chips

5 oz.

**2^f
o
r \$5** ea. set

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



1396-100



Good Sept. 25 to Oct. 8, 2019

Actual coupon required to obtain coupon price. Limit 1 coupon per product, per visit, per customer.
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Original or Spicy
Ono
Hawaiian
Seasoning
 8 oz.

4⁹⁷
 ea.



Cocktail Pep or Smok A Roni
Oberto Smoked
Sausage
Sticks
 3 oz.

2^f_o\$5_r



Macadamia Nuts Covered in Milk Chocolate
Mauna Loa
Mountains
 5 oz.

2^f_o\$6_r

Seasoned, Roasted or Chocolate Covered
Mauna Loa
Macadamias
Sale!
 10 oz. bag

8⁹⁹
 ea.



Shiofuki Kombu
Trader's
Choice
Seaweed
 Salted 1.5 oz.

2⁹⁹



Dried
Trader's
Choice
Shrimp
 3 oz.

8⁹⁹



Regular 3 in 1
Vinacafé
Instant
Coffee Mix
 20 count

5⁴⁹



Chicken or Tom Yum Kung
Tao Kae Noi
Instant Ramen
with Nori
 4 count

2⁹⁹
 ea.



All Natural or Classics

Oberto Jerky

2.2 to 3.25 oz.

3⁹⁹
ea.

Without coupon 4.99, limit 4 per coupon



1354-100



Good Sept. 25 to Oct. 8, 2019

Roasted, Maui Onion or Island Classic

Mauna Loa Macadamias Gift Collection

6 cans

23⁹⁹
ea.

Without coupon 24.99, limit 3 per coupon



1317-100



Good Sept. 25 to Oct. 8, 2019

Roasted, Glazed or Flavored

Hawaiian Host Macadamias

4.5 oz.

4⁶⁹
ea.

Without coupon 4.99, limit 3 per coupon



1309-30



Good Sept. 25 to Oct. 8, 2019

Classic, Spicy or Pho Flavor

Tao Kae Noi Roasted Seaweed

3 count

99¢
ea.

Without coupon 1.19, limit 3 per coupon



1308-20



Good Sept. 25 to Oct. 8, 2019

Tofu Casserole (Tai Wayn Mushi)

Created by Chef Elden Rodrigues



Calbee Snacks

Snow Pea Crisps,
Seaweed & Salt, Hot &
Spicy Potato, Reg. or
Wasabi Shrimp Chips
2.47 to 4 oz.

1.99
ea.



Teriyaki, Yakitori or Korean BBQ

J-Basket Sauce & Marinade

14.7 to 15.6 oz.

2.49
ea.



Tofu Casserole (Tai Wayn Mushi)

6 tbsp. sugar [pg.33](#)

6 tbsp. soy sauce [pg.43](#)

2 tbsp. rice vinegar

3 tbsp. sake

1 tbsp. lime juice

½ lime, zest only

1 tsp. salt, divided

1 tbsp. oil [pg.17](#)

1 lb. ground pork [pg.50](#)

1 small onion, sliced thin

1 tsp. garlic, minced

¼ cup Shiitake mushrooms, hydrated, chopped

¼ cup bamboo shoots, chopped

20 oz. block tofu, firm, ¾" cube

3 eggs, beaten

green onion, sliced thin, optional

pickled ginger, optional

Preheat oven to 350 °F. In a small bowl, combine the sugar, soy sauce, rice vinegar, sake, lime juice, lime zest and ¼ tsp. salt. Stir until the sugar is dissolved; set the sauce aside.

Add oil to a large frying pan over medium high heat. Add the pork, seasoned with ¾ tsp. salt and cook until just done, about 3 to 4 minutes. Drain and discard the oil, then place the pork into a large mixing bowl.

Add the onions to the same frying pan and cook over medium heat until translucent, 8 to 10 minutes. Add the garlic, mushrooms and bamboo shoots; cook for 1 to 2 minutes more; remove from heat and add to the pork. Add the sauce to the pork mixture and stir to combine well.

Place the tofu cubes in the bottom of a medium casserole dish. Pour the pork mixture on top of the tofu; spread evenly. Pour the beaten eggs over the top to cover.

Bake for 30 minutes or until set. Portion the casserole into 4 servings; garnish as desired. Enjoy this easy-to-prepare Autumn dish with an ice-cold Asahi beer.

Servings:

Serves 4

Total Time:

50 minutes

Pair With:

Asahi Super Dry Beer

Traditionally Brewed

Kikkoman

Soy Sauce

2 quarts

6⁷⁹
ea.

Without coupon 7.39, limit 3 per coupon



1304-60



Good Sept. 25 to Oct. 8, 2019

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

Flavored
Milkita
Milkshake
Candy
4.23 oz.

2¹⁹
ea.



Mixed Fruit or Mandarin Oranges
Shirakiku
Fruits in
Light Syrup
11 oz.

1¹⁹
ea.



Medium Grain
Nishiki
Premium
Grade Rice
10 lbs.

12⁷⁹



Add to rice or noodles!
S&B Crunchy
Garlic
Chili Oil
3.9 oz.

4⁵⁹
ea.



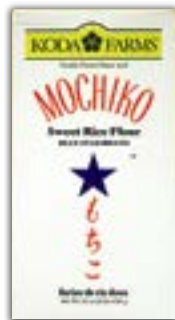
Make mochi!
Shirakiku
Coconut
Milk
13.5 oz. can

99¢
ea.



Sweet Rice Flour
Koda
Farms
Mochiko
16 oz.

1⁶⁹



Unleash the taste!
Tiger Tiger
Simmer
Sauce
10.5 oz.

3¹⁹
ea.



Hot & Spicy
Patak's
Simmer
Sauce
12.3 to 15 oz.

4⁶⁹
ea.



Premium Quality
**Shirakiku Oyster
Flavored Sauce**

18.69 oz.

149
ea.

Without coupon 1.79, limit 3 per coupon



1302-30



Good Sept. 25 to Oct. 8, 2019

Mild, Medium Hot or Hot
**S&B Golden Curry
Sauce Mix**

3.2 oz.

219
ea.

Without coupon 2.49, limit 3 per coupon



1305-30



Good Sept. 25 to Oct. 8, 2019

Nutri-Whole Grain

**Gen-Ji-Mai
Brown Rice**

15 lbs.

15⁹⁹
ea.

Without coupon 16.49, limit 3 per coupon



1301-50



Good Sept. 25 to Oct. 8, 2019

**Near East Rice Pilaf,
Couscous or
Tabouleh**

5.25 to 10 oz.

259
ea.

Without coupon 2.89, limit 3 per coupon



1312-30



Good Sept. 25 to Oct. 8, 2019

Microwaveable Noodles

Maruchan Yakisoba or Bowl Ramen

3.37 to 4.05 oz.

99¢
ea.



Soy Sauce or Spicy Miso

Maruchan Gold Craft Ramen Noodles

3.79 to 4.21 oz.

219
ea.



Pur Sugar-Free Gum

Aspartame Free
9 count

179
ea.



Bobo's Oat Bar

Gluten Free
3 oz.

279
ea.

Made with real Java coffee!

Kopiko Coffee or Cappuccino Candy

4.23 oz.

99¢
ea.



Kamayan Fruits

Kaong Palm Nut, Coconut
Gel, Macapuno Coconut
Sport String, Halo-Halo
Mix or Ube Purple
Yam 12 oz.

299
ea.



Original, Strawberry, Lychee or Mango

Calpico Flavored Drinks

16.9 oz.

199
ea.



Japanese Style

Shirakiku Tomoshiraga Somen Noodles

16 oz.

139



With Flavored Soup Base
Maruchan Ramen
Noodle Soup

24 count

6⁹⁹
 ea.

Without coupon 7.39, limit 3 per coupon



Single Case Flavor Only



1307-40



Good Sept. 25 to Oct. 8, 2019

Made with Organic Noodles

Koyo
Ramen

2 to 2.1 oz.

99¢
 ea.

Without coupon 1.19, limit 3 per coupon



1310-20



Good Sept. 25 to Oct. 8, 2019

Canton Noodle or Bihon Rice Sticks

UFC Pancit
Noodles

8 oz.

1⁸⁹
 ea.

Without coupon 2.19, limit 3 per coupon



1306-30



Good Sept. 25 to Oct. 8, 2019

Japanese Style Dried Noodles

Shirakiku
Chuka Soba

Yellow 8 oz.

99¢
 ea.

Without coupon 1.29, limit 3 per coupon



1303-30



Good Sept. 25 to Oct. 8, 2019



Mountain Apple Brand

**Fruit
or Tea
Drinks**

64 oz.

5^f_o\$5_r



Fruit Nectars

**Meadow
Gold
Drinks**

64 oz.

3^f_o\$5_r



Seasonal Eating

Autumn on Hawai'i Island offers up a bounty of healthy and fresh produce.

We sometimes think that a great selection of fresh produce is only available in late spring or in the summertime but here on Hawai'i island we are also blessed to have an abundance of fresh fruits and vegetables during these cooler autumn months. With so many micro-climates and different growing elevations on the island, we find a diverse variety of produce including different squashes, mountain apples, zucchini, star fruit, bell peppers, feijoa (aka pineapple guava), tomatoes, lychee, red onions and ginger, to name a few.

Autumn is a great time to add some locally-grown seasonal vegetables such as Kabocha or Summer Squash to the menu and these are perfect additions to your home-made ratatouille or platter of roast vegetables. While pumpkins will be in plentiful supply this month for Halloween celebrations, they also make a great addition to a roast vegetable platter and form the base of a yummy pumpkin pie.

Oven roast zucchini, vine tomatoes, red onions and bell peppers with a drizzle of olive oil and seasoned to taste, to preserve all their goodness. Fresh ginger, when washed and dried can be stored in a zip-top bag in the freezer for many months, and can be grated finely, still frozen, on top of your roasted vegetables adding a healthy, tasty twist.

Much of this fresh produce goes well together or can be accompanied by other fruits and vegetables which have longer growing seasons, beyond just autumn. Enjoy together in a fresh fruit salad or blended into a nourishing smoothie, with the addition of locally made or homemade fresh yogurt.

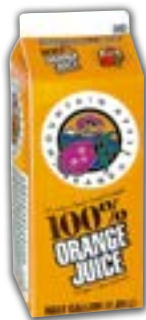
From Concentrate

**Mountain Apple Brand
100% Orange Juice**

64 oz.

2⁸⁹
ea.

Without coupon 3.19, limit 3 per coupon



1535-30



Good Sept. 25 to Oct. 8, 2019

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

Boneless & Skinless
**Tyson Chicken
 Breast Portions
 or Tenderloins**

Frozen 40 oz.

6⁹⁷
 ea.



All Natural Sections

**Tyson
 Chicken
 Wings**

Frozen 4 lbs.

12⁹⁷



Frozen Steam of the Crop

**Flav•R•Pac
 Vegetables** 12 oz.

2¹⁹
 ea.



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

3⁸⁷
 ea.



*serving
 suggestion*

**Chilled Family Pack
 Ground Pork
 Or Mainland Boneless
 Pork Butt Shoulder Steak**

2⁸⁹
 lb.



*serving
 suggestion*

**Frozen
 Squid Combo
 Kara-age**

9⁹⁹
 lb.



**Portuguese Brand Sausages
 Hawaiian Sausage
 Co. or Gouvea's** 5 oz.

4^f_o\$5^r



**Portuguese Brand
 Gouvea's or
 Purity Sausages** 10 oz.

2^f_o\$6^r

Frozen Boneless & Skinless

Tyson All Natural Chicken Thighs

40 oz.

4⁹⁹
ea.

Without coupon 5.49, limit 3 per coupon



1532-50



Good Sept. 25 to Oct. 8, 2019

Frozen

PanaPesca Hardshell Clams

16 oz.

4⁸⁹
ea.

Without coupon 5.29, limit 3 per coupon



1530-40



Good Sept. 25 to Oct. 8, 2019

In Bunches

Marca El Rey Chorizos

3 lbs.

19⁹⁹
ea.

Without coupon 20.99, limit 2 per coupon



1520-100



Good Sept. 25 to Oct. 8, 2019

May's Hawaiian Style

Frozen Premium, Teriyaki Beef Patties, Local Boy Sliced Pork or Boneless & Skinless Teriyaki Chicken Thighs 2 lbs.

9⁴⁹
ea.

Without coupon 9.99, limit 3 per coupon



1526-50



Good Sept. 25 to Oct. 8, 2019

Lunch Combinations

Oscar Mayer Lunchables with Drink

8.9 to 10.7 oz.

2^f_o^r \$5



Classic, Bun-Length or Jumbo Angus

Oscar Mayer Beef Franks

15 oz.

2^f_o^r \$7



Naturally Smoked Frank's Foods Smoked Sausage

12 oz.

4⁹⁷ ea.



Frozen with Vinegar

Frank's Foods Longanisa Sausage

20 oz.

5⁷⁹ ea.



Non or Low-Fat

Chobani Greek Yogurt

5.3 oz.

3^f_o^r \$5



Ham or Turkey Slices

Hormel Natural Choice

8 oz.

4²⁷ ea.



Original or 1/3 Less Fat

Kraft Philadelphia Cream Cheese

8 oz. brick

2^f_o^r \$5



Bologna or Cotto Salami

Oscar Mayer Turkey

16 oz.

2^f_o^r \$5

Oscar Mayer Bacon

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

5⁴⁹
ea.

Without coupon 5.89, limit 3 per coupon



1524-40



Good Sept. 25 to Oct. 8, 2019

Frank's Foods

Franks 16 oz., Longanisa,
Blood or Portuguese
Brand Cocktail
Sausages 12 oz.

3⁹⁹
ea.

Without coupon 4.39, limit 3 per coupon



1525-40



Good Sept. 25 to Oct. 8, 2019

Fully Cooked

Hormel Ham Patties

12 oz. can

3¹⁹
ea.

Without coupon 3.59, limit 3 per coupon



1527-40



Good Sept. 25 to Oct. 8, 2019

Deli Fresh or Carving Board

Oscar Mayer Meats

6 to 9 oz.

2⁸⁷
ea.

Without coupon 3.27, limit 5 per coupon



1523-40



Good Sept. 25 to Oct. 8, 2019

Frozen
**Marie Callender's
Dinners**

11.85 to 14 oz.

2^f_o^r\$8



Beef, Turkey or Chicken
**Banquet
Frozen
Pot Pies**

7 oz.

3^f_o^r\$4



Frozen Selected
**Lean Cuisine
Favorites
Meals**

8.5 to 11.5 oz.

2^f_o^r\$6



Frozen Selected
**Stouffer's
Classics
Meals**

8.875 to 12.875 oz.

2^f_o^r\$7



Cook & Serve
**El Monterey
Frozen
Burrito**

5 oz.

**89¢
ea.**



Beef or Chicken
**El Monterey
Frozen
Taqitos**

21 oz.

**6²⁷
ea.**



Bakery
French Bread

16 oz. loaf

3⁷⁷



serving
suggestion

Bakery 8-inch
Apple Pie 24 oz.

Excludes No Sugar Added

6⁹⁹

Frozen Original or Southern

Banquet Crispy Chicken

29 oz.

8⁵⁹
ea.

Without coupon 8.99, limit 3 per coupon



1531-40



Good Sept. 25 to Oct. 8, 2019

Frozen Classics Party Size Stouffer's Lasagna with Meat & Sauce

90 oz.

16⁹⁷
ea.

Without coupon 17.97, limit 3 per coupon



1528-100



Good Sept. 25 to Oct. 8, 2019

Frozen Family Size

El Monterey Burritos

32 oz., 8 ct.

4⁴⁹
ea.

Without coupon 4.89, limit 3 per coupon



1529-40



Good Sept. 25 to Oct. 8, 2019

Deli Meat, Cheese & Crackers

Hormel Gatherings Snack Tray

14 oz.

7⁸⁹
ea.

Without coupon 8.29, limit 2 per coupon



1521-40



Good Sept. 25 to Oct. 8, 2019

Chunk, Shredded or Crumbles

Kraft Natural Cheese

5 to 8 oz.

**2^f
o
r** \$6



Cheddar, Swiss or Provolone

Kraft Natural Cheese Slices

7 to 8 oz.

3⁵⁹
ea.



Popsicle, Fudgsicle, Creamsicle Ice Pops

12 to 20 count or

Mikawaya Mochi Ice Cream

6 count

4⁹⁹
ea.



Frozen Bertolli Skillet Meal

24 oz.

7⁹⁹
ea.



Ice Cream Bars or Sandwiches

Meadow Gold Frozen Treats

6 count

**2^f
o
r** \$5



Dairy Pure or TruMoo

Meadow Gold Milk

128 oz.

5⁵⁷
ea.



Zone Perfect Bar Classic Nutrition

1.58 to 1.76 oz.

99¢
ea.

Fat-Free

Ensure Clear Nutrition Drinks

4 btl. - 10 oz.

7⁹⁹
ea.



Selected
**Kraft Singles or
Velveeta Slices**
10.7 to 12 oz.

3.79
ea.

Without coupon 4.19, limit 3 per coupon



1522-40



Good Sept. 25 to Oct. 8, 2019

Classic or Brick Oven
**Red Baron
Frozen Pizza**
17.82 to 23.45 oz.

4.89
ea.

Without coupon 5.39, limit 3 per coupon



1533-50



Good Sept. 25 to Oct. 8, 2019

A variety of flavors!
**Meadow Gold
Ice Cream**
1.5 quarts

3.59
ea.

Without coupon 3.99, limit 3 per coupon



1534-40



Good Sept. 25 to Oct. 8, 2019

Original
**Ensure Nutrition
Shakes**
6 bottles - 8 oz.

8.99
ea.

Without coupon 9.49, limit 5 per coupon



1391-50



Good Sept. 25 to Oct. 8, 2019



Heritage Store

Vegetable Glycerin,
Rosewater or
Rosewater &
Glycerin
4 oz.

5⁹⁹
ea.



Argan Oil & Shea or Lavendar & Biotin

Andalou Naturals
Shampoo or
Conditioner

11.5 oz.

6⁹⁹
ea.



Natural Hair Care Products

Taking care of our crowning glory.

If there is one element of our appearance that is important to almost all of us, it is our hair. Sometimes referred to as our crowning glory, a head of thick, shiny hair is something to be cherished and cared for. Straight, wavy or curly, your hair needs to be cared for to prevent, dryness, breakage or hair loss.

So whether you are purchasing a ready-made product, or some of the individual natural ingredients, it is a good idea to look carefully at the label when making your choice. You might consider adding your own measure of a coveted natural ingredient to your favorite hair care product. In many cases you can make your own blend, or simply use some products raw.

A selection of the most beneficial natural products for good hair and scalp health include coconut oil, aloe vera, honey, almond oil, rosemary, seaweed, agave oil and oat protein but there are many natural food items that when taken or blended correctly can bring balance back to our bodies and improve our sense of wellbeing — products such as fresh or ground ginger; cinnamon; lemons and limes; honey and avocados. Interestingly, these products can either be simply consumed or they can be a component of a paste or pomade that is applied to the hair or the skin.

The health and beauty aisles of KTA are a treasure trove of care choices, so don't hesitate to ask our pharmacist or store director for help.

Ginseng, Jasmine, Rose or Sandalwood

Bee & Flower Bar Soap

2.65 oz.

99¢
ea.

Without coupon 1.29, limit 5 per coupon



1379-30



Good Sept. 25 to Oct. 8, 2019

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

Nutrex Supplements

BioAstin Supreme Hawaiian
Astaxanthin 60 ct.
or Pure Hawaiian
Spirulina Spearmint
Flavor 180 ct.



14⁹⁹
ea.

Hawaiian Astaxanthin
BioAstin
JointAstin
Supplements
120 v-gels



17⁹⁹

Allegra 12HR
Tablets 12 ct. - 60 mg
or **Xyzal Allergy**
Relief 24HR
Tablets 10 ct.



7⁹⁹
ea.

Original Prescription Strength
Xyzal 24HR
Allergy
Relief
Tablets 35 count



17⁹⁹

Congestion or Pressure + Pain

Sudafed
PE Sinus
Relief
18 to 24 count



5⁹⁹
ea.

Pain Reliever & Fever Reducer

Children's
Tylenol
or **Motrin**
Liquid 4 oz.



5⁹⁹
ea.



Ricola Cough
Drops Stick
10 count

99¢
ea.

Family Pack
Ricola
Cough
Drops
45 to 50 count



4³⁹
ea.

Nutrex Supplements

BioAstin Hawaiian Astaxanthin
Reg. 60 ct. - 4 mg., Once Per Day
25 ct. - 12 mg. or Spirulina Pacifica
Nature's Multi-Vitamin Tablets 200 ct.

11⁹⁹
ea.

Without coupon 12.99, limit 5 per coupon



1390-100



Good Sept. 25 to Oct. 8, 2019

Nasacort Nasal Spray .37 oz.
or Allegra 24 HR
Allergy Relief
15 tablets

11⁹⁹
ea.

Without coupon 12.99, limit 3 per coupon



1388-100



Good Sept. 25 to Oct. 8, 2019

Tylenol Pain Relief

8 HR Muscle Aches & Pain,
Arthritis or Extra Strength
Rapid Release or PM
24 count

4⁴⁷
ea.

Without coupon 4.97, limit 5 per coupon



1383-50



Good Sept. 25 to Oct. 8, 2019

Made from Swiss herbs!

Ricola
Cough Drops
19 to 24 count

1⁹⁹
ea.

Without coupon 2.29, limit 5 per coupon



1389-30



Good Sept. 25 to Oct. 8, 2019

Antiperspirant Solid
**Arm & Hammer
or Arrid XX
Deodorant**

2.6 oz.

**2^f
o
r \$5**



**Arm & Hammer
Toothpaste**
4.3 to 6 oz.

**3²
9**
ea.

Anticavity Fluoride
**Listerine
Smart
Rinse**
500 ml.

**3⁹
9**
ea.



Ultraclean or Total Care
**Listerine
Antiseptic
Mouthwash**
1 liter

**6⁵
9**
ea.



Love your lather!
**St. Ives
Body
Wash**
13.5 oz.

**2^f
o
r \$5**



Professional Quality
**TRESemmé
Mousse or
Hair Spray**
10 to 11 oz.

**4⁹
9**
ea.



Rave Hairspray
4X Mega 11 oz. or
**LA Looks
Hair Gel**
20 oz.

**1⁹
9**
ea.



Aqua, Blissful or Sauna
**Zest
Body
Wash**
18 oz.

**3⁹
9**
ea.



Anticavity Fluoride
**Pepsodent or
Aim Toothpaste**
5.5 oz.

99¢
ea.

Without coupon 1.29, limit 5 per coupon



Excludes other Aim flavors



1387-30



Good Sept. 25 to Oct. 8, 2019

Original, Cool Mint or Freshburst
**Listerine Antiseptic
or Zero Mouthwash**
1 liter

5³⁹
ea.

Without coupon 5.79, limit 4 per coupon



1384-40



Good Sept. 25 to Oct. 8, 2019

Shampoo or Conditioner
**TRESemmé
Hair Care**
28 oz.

3⁹⁹
ea.

Without coupon 4.39, limit 6 per coupon



1386-40



Good Sept. 25 to Oct. 8, 2019

Shampoo, Conditioner, 2in1 or 3in1
**Alberto V05
Hair Care**
12.5 oz.

99¢
ea.

Without coupon 1.29, limit 6 per coupon



1385-30



Good Sept. 25 to Oct. 8, 2019

Hawaiian Tropic After Sun Care

Silk Hydration Lotion
6 oz., Sheer Touch Ultra
Radiance 8 oz. or Lime
Coolada Moisturizer 16 oz.

5⁹⁹
ea.



Hawaiian Tropic SPF 30 Sunscreen

Silk Hydration Weightless
Face 1.7 oz., Reg. Lotion,
Clear Spray, Antioxidant +
Lotion 6 oz. or Mist 3.4 oz.

6⁹⁹
ea.



**Aveeno Baby
Sensitive Wipes**
64 count

3¹⁹

Johnson's Baby Care Savings!

Wash & Shampoo, Oil,
Lotion, Shampoo,
Powder or Wash
6.8 to 16.9 oz.

3⁹⁹
ea.



Huggies Wipes

Simply Clean, One & Done
or Natural Care 56 to 64 ct.

2⁰\$5



Huggies Little Swimmers Diapers

11 to 12 count

7⁹⁹
ea.

Maxi or Ultra Thin U by Kotex Security Pads

14 to 24 count

3⁴⁹
ea.



Regular, Super or Super Plus

U by Kotex Click Tampons

18 count

3⁹⁹
ea.



Hawaiian Tropic SPF 50

Silk Hydration Weightless Lotion,
Clear Spray, Island Sport Clear
Spray 6 oz., Lotion or Sheer
Touch Lotion Sunscreen 8 oz.

7⁴⁹
ea.

Without coupon 7.99, limit 4 per coupon



1392-50



Good Sept. 25 to Oct. 8, 2019

Johnson's Kids Hair Care

Leave-In Conditioner 6.8 oz.,
Conditioning Spray 10 oz.,
Shampoo, Conditioner or
Shampoo & Body Wash 13.6 oz.

3⁶⁹
ea.

Without coupon 3.99, limit 6 per coupon



1382-30



Good Sept. 25 to Oct. 8, 2019

Little Snugglers or Movers

Huggies Diapers

16 to 32 count

9⁹⁹
ea.

Without coupon 10.49, limit 5 per coupon



1380-50



Good Sept. 25 to Oct. 8, 2019

AllNighter Overnight, Cleanwear or Teen

U by Kotex Pads Sale!

14 to 18 count

4³⁹
ea.

Without coupon 4.69, limit 5 per coupon



1381-30



Good Sept. 25 to Oct. 8, 2019



Selected Designs
**ECO Friendly
 Shopping
 Bags**
 1 count



2^f_o\$4⁹⁹_r

Regular or Jumbo
**Bicycle
 Playing
 Cards**
 1 deck



2^f_o\$5⁰⁰_r

The Celebration of Birds

The arrival of Fall heralds the onset of the annual migration of birds.

As higher latitude temperatures begin to drop, many bird species flee the rigors of the Arctic winter and head south to warmer wintering grounds on Hawai'i Island. The seasonal influx of thousands of birds highlights the significance of Hawai'i's strategic location for these migrating birds, and reminds us of the important role they play in our eco system.

These visitors, and many of our native birds, can be appreciated in the wild by taking an informative, guided bird watching tour through unspoiled landscapes such as the Hawai'i Island Coast to Coast Bird Trail. This magnificent trail traverses varying landscapes matched only by the diversity of birds, including waterbirds and forest birds, migratory waterfowl and shorebirds including such notable species as Nēnē, Hawai'i 'Amakihi, 'Ōmao, Hawai'i 'Elepaio 'Apapane, 'I'iwi, Hawaiian Hawk, Hawaiian Coot, and the endemic sub-species of the Black-necked Stilt, and Short-eared Owl (Pueo) and numerous established non-native species.

When on the trail, birding ethics require us to keep our distance from the birds. Binoculars or telephoto lenses are the best for seeing the birds close-up, and remember to put mobile phones on mute, try to blend with the landscape, park in designated areas, stay safe and hydrated and respect the environment.

Whether migrating, or part of the resident bird population on Hawai'i island, birds of all descriptions bring joy and wonderment as we watch them fly and soar, show off their beautiful plumage or simply lift our spirits with their birdsong. To learn more, visit: www.hawaiibirdingtrails.hawaii.gov.

Double Wall
Natural HI
Insulated Flask
1 ct. - 40 oz. capacity

17⁹⁹
ea.

Without coupon 19.97, limit 6 per coupon



1404-198



Good Sept. 25 to Oct. 8, 2019

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

Fresh Care
Cottonelle
Flushable
Wipes

42 count

2⁹⁷
ea.



Choose-A-Sheet
Scott
Paper
Towels

6 mega rolls

5⁹⁹



Germ Removal
Kleenex
Wet
Wipes

20 count

1⁷⁹
ea.



Paper
Kleenex
Hand
Towels

60 count

2^f_o\$5^r



Hefty
Foam
Everyday
Soak Proof

Snack Plates 54 ct.
or Bowls 45 ct.

2²⁷
ea.



Hefty
Plastic Cups
Bathroom 150 ct.,
Clear 18 to 40 ct.
or Easy Grip
30 to 50 ct.

2⁶⁹
ea.



Paper Pastels
Reynolds
Kitchens
Baking Cups

50 count

88¢
ea.



Drawstring
Hefty
Ultra
Strong Tall
Kitchen Bags

40 ct. - 13 gallon

6⁹⁹
ea.



Ultra Comfort, Clean or Gentle Care

Cottonelle Bath Tissues

12 double rolls

6⁶⁹
ea.

Without coupon 6.99, limit 2 per coupon



1407-30



Good Sept. 25 to Oct. 8, 2019

Kleenex Tissues

Trusted Care 144 count,
Soothing Lotion
or Ultra Soft
110 count

2^f_or **\$3** ea. set

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



1408-50



Good Sept. 25 to Oct. 8, 2019

Soak Proof Foam

Hefty Everyday Lunch Plates

45 count

1⁹⁷
ea.

Without coupon 2.47, limit 4 per coupon



1409-50



Good Sept. 25 to Oct. 8, 2019

Quart or Gallon

Hefty Freezer or Storage Slider Bags

10 to 20 count

1⁹⁹
ea.

Without coupon 2.49, limit 5 per coupon



1410-50



Good Sept. 25 to Oct. 8, 2019

One Press Seal or Twist n' Loc

Ziploc Plastic Containers

2 to 8 count

288
ea.



Ziploc Sandwich
Bags 90 count

379



Storage or Freezer

Essential Everyday Reclosable Bags

14 to 24 ct. - Quart or Gallon

237
ea.

Designer
Essential
Everyday
Paper Cups
54 count - 9 oz.

349



Concentrated
Ivory
Dishwashing
Liquid
24 oz.

297



Platinum Fresh Scent

Cascade
Dishwasher
Detergent
14 action pacs

557



Handy Size
Ocelo
Handy
Sponges
4 count

197



Non-Scratch or Heavy Duty

Scotch-Brite
Scrub Dots
Sponges
3 count

297
ea.



Saran Clear Plastic Wrap

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

1.77
ea.

Without coupon 1.97, limit 3 per coupon



1411-20



Good Sept. 25 to Oct. 8, 2019

Aluminum Essential Everyday Foil

75 square feet

2.99
ea.

Without coupon 3.49, limit 3 per coupon



1453-50



Good Sept. 25 to Oct. 8, 2019

Concentrated Dawn Ultra Dishwashing Liquid

28 oz.

3.69
ea.

Without coupon 3.99, limit 3 per coupon



1451-30



Good Sept. 25 to Oct. 8, 2019

Delicate Care, Heavy Duty or Non-Scratch

Scotch-Brite Scrub Sponge

1 count

4 for \$4.97
ea. set

Without coupon 4 for 5.99, limit 6 sets per coupon
Coupon price good on set purchase only.



1405-102



Good Sept. 25 to Oct. 8, 2019

Chlorine Free
Oxi Clean
Laundry Stain
Remover

21.5 oz. spray

3⁹⁷



Oxi Clean Versatile
Stain Remover

1.77 lbs. powder

4⁹⁹



Bounce or Downy
Fabric Softener

34 to 40 dryer sheets

2⁵⁹ ea.

3in1 or 4in1
Tide PODS
Laundry
Detergent

15 to 16 count

5⁹⁷



Natural
Seventh
Generation
Dish Liquid

25 oz.

4⁴⁷ ea.



Seventh Generation
Dishwasher
Detergent
Powder

45 oz.

5⁷⁹



Kills 99.9% of viruses & bacteria!

Lysol
Toilet Bowl
Cleaner

24 oz.

2⁷⁹ ea.



Disinfecting or Daily Cleansing

Lysol
Wet
Wipes

35 count

2⁹⁷ ea.



Liquid
**Xtra Laundry
Detergent**

75 oz.

2⁶⁹
ea.

Without coupon 2.99, limit 4 per coupon



1412-30



Good Sept. 25 to Oct. 8, 2019

Liquid
**Tide Laundry
Detergent**

75 to 100 oz.

13⁹⁹
ea.

Without coupon 14.99, limit 3 per coupon



1450-100



Good Sept. 25 to Oct. 8, 2019

Natural
**Seventh Generation
Laundry Detergent**

50 oz. liquid

8⁹⁷
ea.

Without coupon 9.97, limit 3 per coupon



1452-100



Good Sept. 25 to Oct. 8, 2019

Kills 99.9% of viruses & bacteria!

**Lysol Disinfectant
Spray**

12.5 oz.

4⁹⁹
ea.

Without coupon 5.69, limit 6 per coupon



1401-70



Good Sept. 25 to Oct. 8, 2019

Stay Fresh Pack
Temptations
Value Size
Cat Treats

16 oz.

6⁹⁹
ea.



Complete Nutrition
Pedigree
Adult
Dog Food

17 lbs.

14⁹⁷



Gourmet
Fancy
Feast
Cat Food

3 oz. can

4^f_o\$3_r



Purina Cookout Classics

Alpo Come
& Get It!
Dog Food

Dry 16 lbs.

8⁹⁹



9Lives
Cat Food

4 cans - 5.5 oz.

2^f_o\$3_r

Chicken or Oceanfish & Tuna

Alley Cat
Dry Cat
Food

3.15 lbs.

2^f_o\$5_r



Non-Clumping
Purina
Tidy Cats
Cat Litter

20 lbs.

4⁴⁹



24/7 Performance or Instant Action

Purina
Tidy Cats
Cat Litter

14 lbs.

6⁹⁹



Dog Food
Cesar Canine Cuisine
 3.5 oz.

5^fo\$4^r ea. set

Without coupon 5 for 4.50, limit 5 sets per coupon
 Coupon price good on set purchase only.



1454-50



Good Sept. 25 to Oct. 8, 2019

Pampered Meals Inspired by Small Dogs
Purina Bella Natural Bites Dog Food
 Dry 3 lbs.

4⁹⁷ ea.

Without coupon 5.57, limit 3 per coupon



1456-60



Good Sept. 25 to Oct. 8, 2019

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

2⁶⁹ ea.

Without coupon 2.99, limit 5 per coupon



1457-30



Good Sept. 25 to Oct. 8, 2019

Purina Friskies
Dry Cat Food
 Tender & Crunchy Combo or
 Seafood Sensations 16 lbs.

12⁶⁹ ea.

Without coupon 12.99, limit 2 per coupon



1455-30



Good Sept. 25 to Oct. 8, 2019

**Glade Air
Freshener
Spray 8 oz.
or Solid
6 oz.**



4^f_o\$4⁹⁹_r

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



7⁹⁹

**Just light the bag!
Kingsford
Easy Light
Bag Charcoal
4 lbs.**



6⁹⁹

**The Original
Kingsford
Charcoal
Briquets
8 lbs.**



7⁹⁹

**Household
Essential
Everyday
Latex Gloves
S, M or L 1 pair**



99¢

**Long Lasting
Essential Everyday
Alkaline Batteries
AA, AAA 12 ct.,
C, D 4 ct. or
9V 2 ct.**



**4⁷⁹
ea.**



**Stainless Steel
Kitchen Helper
Tongs 1 ct. - 7" or 8"**

4^f_o\$5⁹⁹_r

**Nylon
Salux
Wash
Cloth
1 count**



**2⁹⁷
ea.**

Kills on contact!
**Raid Ant &
 Roach Killer**
 17.5 oz.

3.79
 ea.

Without coupon 4.49, limit 6 per coupon



1400-70



Good Sept. 25 to Oct. 8, 2019

Lights instantly!
**Kingsford Match Light
 Charcoal Briquets**
 8 lbs.

9.99
 ea.

Without coupon 10.99, limit 6 per coupon



1403-100



Good Sept. 25 to Oct. 8, 2019

White or Natural Unbleached Paper
**Essential Everyday
 Coffee Filters**
 Basket Style 100 ct.

1.99
 ea.

Without coupon 2.29, limit 6 per coupon



1402-30



Good Sept. 25 to Oct. 8, 2019

Black with Selected Strap Colors #1350L
**Locals Rubber
 Slippers**

1 pair - Sizes 6.5 to 13

2 for \$4.99
 ea. set

Without coupon 2 for 5.99, limit 6 sets per coupon
 Coupon price good on set purchase only.



1406-100



Good Sept. 25 to Oct. 8, 2019



Sierra Nevada Beer

6 cans/bottles

Excludes High Altitude

7⁹⁹
ea.



Beer Buy!

Michelob Ultra Pure Gold,
Infusions or Stella Artois
12 cans/bottles

13⁹⁹
ea.

Bogle Vineyards

Excludes Phantom

or Clos du
Bois Wines

750 ml.

9⁹⁹
ea.



Rodney Strong
Sonoma or
Josh Cellars
Wines

750 ml.

13⁹⁹
ea.



Black Box
Premium
Wines
Sale!

3 liters

18⁹⁹



New Amsterdam
No.485 Gin
or Vodka
Savings!

750 ml.

10⁸⁸
ea.



Bacardi
Assorted
Flavored
Rum

750 ml.

12⁹⁹
ea.



Cazadores
Reposado
or Blanco
Tequila

750 ml.

22⁹⁷
ea.



Grocery

7•UP, A&W, Sunkist, Canada Dry, RC Cola or Diet Rite Soda	25
Aloha Maid Natural Drinks	25
Alvarado St. Bakery Diabetic Lifestyles Bread	29
Barilla Pasta	9
Best Foods Mayonnaise	15
Betty Crocker Helper Meals	7
Bush's Best Baked Beans	9
Bush's Best Beans	9
Cheetos, Funyuns or Fritos Snacks	37
Chicken of the Sea Chunk Light Tuna	7
Chocolove Chocolate Bites	35
Crystal Geyser Spring Water	21
Dasani Sparkling or Zico Coconut Water	21
Dave's Killer Organic Bread	29
Diamond Bakery Soda Crackers or Shortbread Cookies	5
Dole California Seedless Raisins	31
Dole Fruit Cups	31
Duncan Hines Moist Cake Mix	35
Essential Everyday Ice Cream Cups	27
Essential Everyday Pure Sugar	33
Garden of Eatin' Blue Tortilla Chips	37
Gen-Ji-Mai Brown Rice	45
Ghirardelli Chocolate Baking Chips	35
Green Giant Vegetables	9
Hawaiian Host Macadamias	41
Hawaiian Sun Luau Syrup	25
Heinz Apple Cider Flavored Vinegar	17
Herdez Salsa	13
Hershey's White Milk	27
Hormel Corned Beef	7
Hormel Mary Kitchen Beef Hash	7
Hunt's Tomato Ketchup	15
Jell-O Gelatin Dessert Mix	31
Kellogg's Pop•Tarts Toaster Pastries	29
Kettle Brand Potato Chips	39
Kikkoman Soy Sauce	43
Koyo Ramen	47
Kraft Barbecue Sauce & Dip	15
Leslie's Cheezy Corn Crunch or Baked Puffs	37
Lindsay Black Olives	13
Lipton Black Tea	21
Love's Hawaii's Hearth Bread	27
Maruchan Ramen Noodle Soup	47
Mauna Loa Macadamias Gift Collection	41
Maxwell House Coffee	19
McCormick Gravy Mixes	15
Mezzetta Peppers, Peperoncini or Vegetables	13
Nabisco Snacks	37
Nature Valley Protein Granola	29
Near East Rice Pilaf, Couscous or Tabouleh	45
Nestlé Candy Singles	35
Nestlé Carnation Evaporated Milk	31
Oberto Jerky	41
Planters Cocktail Peanuts	19
Progresso Bread Crumbs	13
Propel Vitamin Boost Electrolyte Water	23
Rice Dream Classic Rice Drink	27
S&B Golden Curry Sauce Mix	45
Shirakiku Chuika Soba Noodles	47
Shirakiku Oyster Flavored Sauce	45
Star Olive Oil	17
Sweet Sue Broth	11
Swiss Miss Hot Cocoa Mix	21
Tao Kae Noi Roasted Seaweed	41
Terra Real Vegetable Chips	39
UFC Pancit Noodles	47
Wesson Pure Oil	17
Wild Harvest Organic Apple Juice	25
Wish-Bone Dressing	17

Perishables

Banquet Crispy Chicken	55
El Monterey Burritos	55
Frank's Foods Franks or Sausages	53
Hormel Gatherings Snack Tray	55
Hormel Ham Patties	53
Kraft Singles or Velveeta Slices	57
Marca El Rey Chorizos	51
May's Hawaiian Style Beef Patties, Sliced Pork or Chicken Thighs	51
Meadow Gold Ice Cream	57
Mountain Apple Brand 100% Orange Juice	49
Oscar Mayer Bacon	53
Oscar Mayer Meats	53
PanaPescas Hardshell Clams	51
Red Baron Frozen Pizza	57
Stouffer's Lasagna with Meat & Sauce	55
Tyson Boneless & Skinless Chicken Thighs	51

Health & Beauty

Albeto V05 Hair Care	63
Bee & Flower Bar Soap	59
Ensure Nutrition Shakes	57
Hawaiian Tropic Sunscreen	65
Huggies Diapers	65
Johnson's Kids Hair Care	65
Listerine Mouthwash	63
Nasacort or Allegra Allergy Relief	61
Nutrex BioAstin or Spirulina Pacifica Supplements	61
Pepsodent or Aim Toothpaste	63
Ricola Cough Drops	61
TRESemmé Hair Care	63
Tylenol Pain Relief	61
U by Kotex Pads	65

Non-Foods

Cesar Canine Cuisine Dog Food	75
Cottonelle Bath Tissues	69
Dawn Ultra Dishwashing Liquid	71
Essential Everyday Aluminum Foil	71
Essential Everyday Coffee Filters	77
Hefty Everyday Lunch Plates	69
Hefty Slider Bags	69
Kingsford Match Light Charcoal	77
Kleenex Tissues	69
Locals Rubber Slippers	77
Lysol Disinfectant Spray	73
Milo's Kitchen Dog Treats	75
Natural HI Insulated Flask	67
Purina Bella Natural Bites Dog Food	75
Purina Friskies Dry Cat Food	75
Raid Ant & Roach Killer	77
Saran Clear Plastic Wrap	71
Scotch-Brite Scrub Sponge	71
Seventh Generation Laundry Detergent	73
Tide Laundry Detergent	73
Xtra Laundry Detergent	73



50 East Puainako Street
Hilo, Hawai'i 96720
www.ktasuperstores.com

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
Pharmacy885-0033

WAIKOLOA VILLAGE

6am to 10pm
Waikoloa Highlands Center ...883-1088
Pharmacy883-8434

KAILUA-KONA

5am to 11pm
Kona Coast Shopping Center 329-1677

KEAUHOU, KONA

6am to 10pm
Keauhou Shopping Center..... 322-2311
Pharmacy 322-2511



KTA EXPRESS, KEALAKEKUA

5am to 9pm
81-6602 Mamalahoa Hwy..... 323-1916



Happy hunting @ktasuperstores
for giveaways, specials & more

