

You're Someone Special

Over \$150 in Savings!

Offers Good Sept. 24 to Oct. 7, 2025

Roasted Kabocha with Sesame Miso Sauce

pg.40



Garlic Herb Baby Potatoes & Green Beans pg. 10

> Baked Pear & Dried Cherry Crumble pg.26



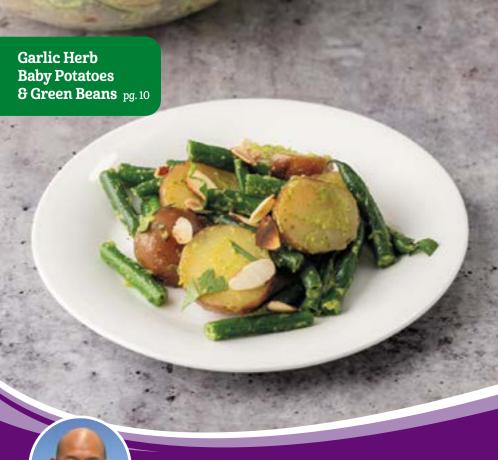














Aloha KTA 'ohana, the first days of fall are here, bringing a new energy to our island. The air feels a little crisper, the days a little shorter—and for Kailua-Kona, it's also the exciting countdown to the Ironman World Championship. Whether you're cheering from the sidelines, welcoming visiting athletes or just soaking in the vibrant atmosphere, this season is all about strength, endurance and community spirit.

At KTA, we're here to help you make the most of it. From fresh, local produce and hearty grab-and-go meals to island snacks, BBQ favorites and post-race treats, we've got everything you need—whether you're planning a healthy week, stocking up for race-day gatherings or just enjoying the season with 'ohana.

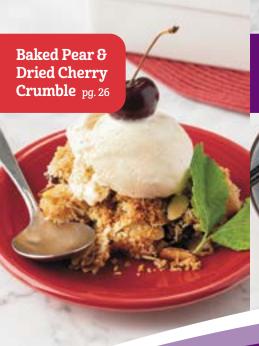
Thank you for letting us be a part of your table and your traditions. Since 1916, we've been proud to serve our island community and we look forward to sharing this exciting season with you. With aloha, Your KTA 'Ohana.











Roasted Kabocha with Sesame Miso Sauce pg. 40



Coupons

Grocery	4
Perishables	42
Health & Beauty	48
Household	52
Wines & Spirits	60
Coupon Index	63

Featured Chef

Alyssa Moreau

Alyssa Moreau is a personal chef for private households, focusing on healthy, vegetarian meals. Her recipes have been featured in Vegetarian Times, Eating Well, Better Homes and Gardens, the Honolulu Advertiser and local cookbooks, A DASH of Aloha and A Sweet DASH of Aloha.



Sign up to receive our Coupon Book with Quick & 'Ono recipes and \$150 in savings at ktasuperstores.com/stay-in-touch or scan the code!

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.

Wild-Caught Chicken of the Sea Chub Mackerel 15 oz.



Regular or Maple Chicken of the Sea **Smoked Alaskan Pink Salmon**

3 oz. pouch



Wild Caught **Bumble Bee Pink** Salmon

7.5 oz.



Snow's Minced, **Chopped Clams** 6.5 oz. or

Clam Juice



Hot dog topper! **Hormel No Beans Chili**

15 oz.



In Water **Hormel** Chicken **Breast** 10 07.



With Chicken & Pork Libby's

Luncheon Loaf

12 07.



In Chicken Broth

Libby's Vienna Sausage

18 cans



Chicken of the Sea **Wild Caught Tuna**

Chunk Light 5 oz. can or 2.5 oz. pouch

Without coupon 1.27, limit 10 per coupon









Wild Caught

Beach Cliff Sardines or Fish Steaks

3.75 oz.

ea. set

Without coupon 4 for 5.50, limit 3 sets per coupon





Coupon price good on set purchase only.

Corned or Roasted Beef

Hormel Mary Kitchen Home Style Hash 14 oz.

Without coupon 2 for 7.00, limit 4 sets per coupon Coupon price good on set purchase only.





1333-50



Original or Less Sodium Libby's

Corned Beef

12 oz.



Strawberry, Blueberry or Apricot

Bonne Maman Fruit Spread Savings!

Saving 11.8 oz.

669





Wide or Hearth Style
DaVinci Egg
Noodles 12 oz.

Z19

Cut Yams in Light Syrup
Princella
Sweet
Potatoes

29 oz. **7 j Š Z**



Traditional or Rich & Hearty

Progresso Soup Deals! 18.5 to 19 oz.

349



Crunchy, Sweet & Salty Nut or Fruit & Nut

Nature Valley Granola Bars 7.2 to 8.94 oz.

439



Old Fashioned or Quick 1-Minute

Quaker Whole Grain Oats

6⁹⁷



Crafted
Lindsay
Green Ripe
Pitted Olives

279

6 07.



Sliced or Chopped Bell's Ripe Olives

2.25 to 4.25 oz.

2.25 to 4.25 oz.



Make spaghetti! **DaVinci**

Pasta 16 oz.

2°55 ea. set

Dollars Com





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

Assorted

Essential Everyday Pasta Sauce

24 oz.

2°54_{ea. set}

Without coupon 2 for 5.00, limit 4 sets per coupon Coupon price good on set purchase only.





24 to 0ct. 7,

1322-100 oct. 7, 2025

Green Beans, Corn or Sweet Peas

Green Giant Vegetables

14.5 to 15.25 oz.

149 ea.

Without coupon 1.79, limit 8 per coupon





1313-30



ct. 7, 2025



Chicken, Beef or Vegetable

Knorr Bouillon Cubes 6 count

97¢



Cooks in minutes!

Knorr Pasta Sides 4 to 4.4 oz.

2:\$3



Microwave

Orville Redenbacher Popcorn 3 bags





100% Natural Hunt's Tomato Sauce 33.5 oz.

288



Bush's Best Beans

Cannellini, Pinto, Great Northern, Black, Kidney or Garbanzo 15 to 16 oz.

4:\$5



Excludes Organic

Mild Chili Sauce
Bush's Best
Chili
Beans
15.5 to 16 oz.

2:\$3



Sliced or Pitted Greek

Mezzetta Kalamata Olives

5.75 oz.

2¦\$6



Chop and add to salad!

Mezzetta Olives Sale! 10 to 16 oz.

5²⁹



Soup or Soup & Dip Mix

Lipton Recipe or Soup Secrets

2 count

159

Without coupon 1.89, limit 8 per coupon







100% Natural

Hunt's Diced or Stewed Tomatoes

14.5 oz.

197 ea.

Without coupon 2.27, limit 8 per coupon





24 to 0c



High in fiber!

Bush's Best Baked Beans 15.8 to 16 oz.

2:\$4

ea. set

Without coupon 2 for 4.50, limit 5 sets per coupon Coupon price good on set purchase only.





1344-50



Oct. 7, 2025

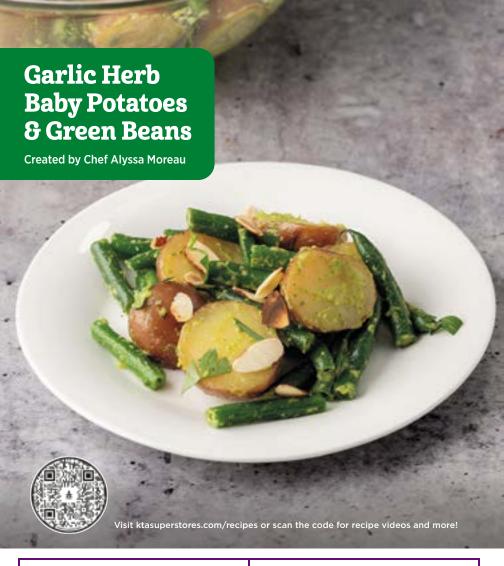
Mezzetta Peppers or Peperoncini

7:\$550





Prices good in-store only. Not valid on online and KTA Delivery purchases. 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.





5 07.



Original or Country Grey Poupon Dijon **Mustard** 8 07.



Garlic Herb Baby Potatoes & Green Beans

1½ lbs. yellow or red baby potatoes, washed and halved

1 lb. green beans cut into 1" pieces pg.7

4 cloves of garlic, crushed

3 tbsp. olive oil pg.13

1 tbsp, cider pg.11 or rice vinegar pg.40

2 tsp. mustard pg.10

3 tbsp. fresh herbs (rosemary, parsley, chives), 1 tbsp. reserved for garnish

½ tsp. salt

¼ tsp. pepper

1/4 cup toasted sliced almonds (optional)

Steam the potatoes until tender. In a separate steamer or pot, steam the green beans with the crushed garlic until just cooked. Remove the garlic and set the green beans aside.

To make the vinaigrette, blend the steamed garlic with the olive oil, vinegar, mustard, fresh herbs, salt and pepper until smooth and creamy. Add one to two tablespoons of water if needed to thin the dressing.

Toss the warm potatoes and green beans with the garlic herb vinaigrette until well coated.

Sprinkle sliced toasted almonds over the dish as a garnish just before serving.

Servings

4 to 6 servings

Total Time:

30 minutes

Pair With:

Cold Stella Artois Liberte Alcohol Free Beer pg.60

Distilled

Heinz Apple Cider Flavored Vinegar

128 oz.

479

Without coupon 5.29, limit 5 per coupon





1335-50



24 to Oct. 7, 20:

In Tomato Sauce Van Camp's Pork and Beans 15 oz.

4:\$5



Chunky
Dennison's
Chili Con Carne
with Beans
15 oz.

2:\$5



Real or Light

Best

Foods

Mayonnaise
20 oz.

599



Made with Organic Free-Range Eggs

Best Foods Organic Mayonnaise

679



Sliced

Essential Everyday Ripe Olives

2:53



Assorted Pitted Essential Everyday Ripe Olives

189



White or Red

Star Wine Vinegar

329



Star Grapeseed Oil

33.8 oz.



Enjoy with fries!

Hunt's Tomato Ketchup

32 oz.

Without coupon 2.99, limit 5 per coupon







Real or Light Best Foods Mayonnaise 30 oz.

Without coupon 7.49, limit 5 per coupon







Distilled

Essential Everyday White Vinegar

128 oz.

Without coupon 5.29, limit 5 per coupon





1323-50



Star Olive Oil

Original Pure, Extra Virgin or Light 16.9 oz.

ea.







Kraft Dressings perfectly top your salads, sides and more.



The Flavor You're After

Traditional Classico Pizza Sauce

749



For steak, pork & chicken!

A.1. Original Sauce





Add Kraft Dressings to your meal creations for instant flavor. Each blend has its own flare with a different mix of herbs and spices. From pasta salad to marinated meats, get ready to create with Kraft Dressings.



www.kraftheinz.com/kraft-salad-dressing/recipes

Drizzle over salad! **Kraft Dressing** or Vinaigrette 16 oz.

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







Original or Butter Flavor

Crisco Shortening Sticks 20 oz., 3 count



All-Vegetable
Crisco
Shortening
Savings!
48 oz.

899



Premium

Yuban Instant Coffee

969



Whole Bean or Ground
Gevalia 100%

Arabica Coffee

10¹⁹



Chocolate

Nestlé Nesquik Drink Mix 10 oz.

139



French Vanilla or Hazelnut Nestlé Coffee Zero Sugar Creamer

549



Stay hydrated!

Crystal Light Drink Mix





Liquid Drink Mix Deals! Kool-Aid, mio,

Crystal Light or Tang 1.62 oz.

2;\$7



Canola or Vegetable
Crisco
Pure Oil

1399

128 oz.

Without coupon 14.29, limit 5 per coupon







Good to the last drop!

Maxwell House Ground Coffee 23.1 to 27.5 oz.

1399

Without coupon 14.19, limit 3 per coupon





ept. 24 to 0



The Original

Nestlé Coffee mate Coffee Creamer 35.3 oz.

6⁹⁹

Without coupon 7.19, limit 3 per coupon





1349-20



OCT. /, 2025

Capri Sun Drinks or Country Time Lemonade

10 pouches

3:59



Original or Extra
Reed's
Ginger
Beer
4 bottles

679 6_{ea.}



Crunchy or Creamy MaraNatha Almond Butter 12 oz.

10⁹⁹



Starbucks
Frappuccino
Coffee Drink

13.7 oz.

399



Australian
Bundaberg
Ginger
Beer
4 bottles

749



Organic Nixie Zero Sugar Soda 12 oz.

4:\$7



Vitamin Enhanced Roar Organic Hydration Drinks

3:\$650



Natural Flavors
Bubly
Sparkling
Water

8 cans - 12 oz.

3¦\$12





Aquafina Purified Drinking Water 24 bottles - 16.9 oz.

Assorted **Bigelow** Tea

18 to 20 bags

Without coupon 3.19, limit 5 per coupon







Soda Buy!

Pepsi, Mtn Dew, Mug Root Beer, Schweppes Ginger Ale, Squirt, Starry, Crush or Lipton Iced Tea 12 cans - 12 oz.

Without coupon 6.39, limit 4 per coupon





1346-22



Good for your gut!

Halfday **Iced Tea**

12 oz.





1342-50



Without coupon 2 for 4.50, limit 4 sets per coupon Coupon price good on set purchase only.

Thirst Quencher Gatorade Sports Drinks 28 oz.



Natural Organic Açaí Sambazon Amazon Energy Drink 12 oz.

2:\$4



Pauwela Beverage Soda

2¦\$**4**50



Natural Flavored Hawaiian Sun Pancake Mix

6 oz.

2:\$7



Coconut, Guava or Lilikoi Hawaiian Sun Tropical Syrup 12.5 oz.

799





On-the-Go

Ocean Spray Original Craisins

6 boxes - 1 oz.

249

Sweetened Dried Cranberries

Ocean Spray Original Craisins

429



Go or Organic **Kashi Cereal**

Sale! 12.3 to 17.7 oz.

597



Kellogg's Cereal Apple Jacks, Froot Loops, Corn Pops, Cocoa Krispies, Frosted Flakes, Frosted

Frosted Flakes, Frosted Mini Wheats 8.8 to 16 oz. or Fun Pak 8 count

5²⁹



Natural Artesian

Hawaiian Springs Water Savings!

1.5 liters

2°550

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







Fruit or Tea

Hawaiian Sun Natural Drinks

6 cans - 11.5 oz.

2^f\$750 ea. set





24 to Oct. 7



Without coupon 2 for 8.00, limit 6 sets (3 cases) per coupon Coupon price good on set purchase only.

Original or Infused with Cherry Juice

Ocean Spray Craisins Dried Cranberries

6 oz.

229

Without coupon 2.49, limit 5 per coupon







1351-20



JCT. /, 2025

Cereal deals!

Kellogg's Special K or Raisin Bran 11.2 to 16.1 oz.



Premium
Franz
Mini
Bagels
12 count

6⁹⁷



Franz Gluten Free Bread

Hawaiian, 7 Grain 18 oz. loaf, Hot Dog or Hamburger Buns 4 count

897



Pre-Sliced
Ball Park
Hot Dog or
Burger Buns
8 count

479



White or Wheat La Tour Japanese Style Bread 21 oz. loaf

559



Apricot

Essential Everyday Preserves

799



Enjoy with some lemon!

Essential Everyday Black Tea

159





Wild Harvest Green Split Peas Organic 16 oz.

269

High in fiber & protein!

Wild Harvest Organic Tahini



Classic White or 100% Whole Wheat

Hearth & Harvest Bread Sale!

22 oz. loaf

529

Without coupon 5.69, limit 4 per coupon







Original Sweet or Savory Butter

King's Hawaiian Bread Rolls

12 count

539

Without coupon 5.79, limit 4 per coupon







t. 24 to 0ct.



Fill with ice cream!

Essential Everyday Sugar Cones

5 oz., 12 count

219

Without coupon 2.39, limit 3 per coupon





20



Oct. 7, 2025





Chocolate Chip or Peanut Butter

Betty Crocker Cookie Mix

17.5 oz.
419



Extra Virgin
PAM Olive Oil
Cooking
Spray
5 oz.

579



Unflavored
Knox
Original
Gelatine
1 oz., 4 count

249





Sweetened
Baker's Angel
Flake Coconut 14 oz.

329

Rosemary Garlic Parmesan

Red Lobster Biscuit Mix

2:56



Krusteaz Corphroa

Cornbread & Muffin Mix

769



Vitamin D Added

Essential Everyday

Evaporated Milk

12 oz.

3;\$5



Pure Granulated
Essential
Everyday
Sugar
4 lbs.



Original or Baking

PAM No-Stick Cooking Spray

5 to 6 oz.

379 ea.

Without coupon 3.99, limit 5 per coupon







Regular or Zero Sugar

Jell-O Gelatin Dessert Mix

.3 to 3 oz.

5°, 6 ea. set

Without coupon 5 for 6.50, limit 3 sets per coupon Coupon price good on set purchase only.





) 6



Quick & easy!

Krusteaz Pancake or Waffle Mix 25.2 to 32 oz.

329

Without coupon 3.49, limit 5 per coupon





111-20



ct. 7, 2025

Pre-Sifted

Essential Everyday All-Purpose Flour

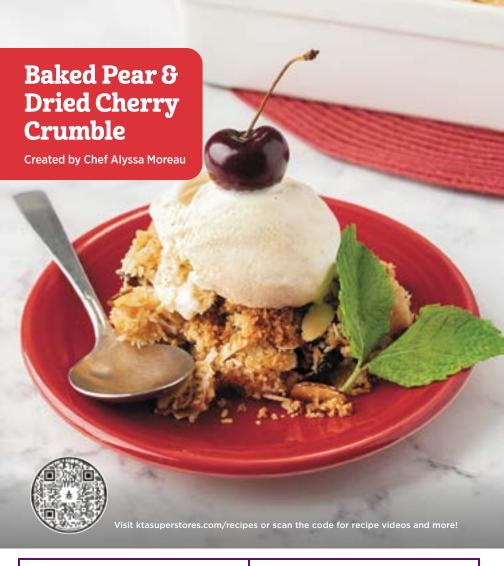
5 lbs.

2:\$7











King Arthur Bread Mix Kit 15.25 to 18.4 oz.

539



Neapolitan-Style

King Arthur '00' Pizza Flour



Baked Pear & Dried Cherry Crumble

4 pears, peeled, cored, and cut into ½" wedges (about 5 cups)

3/4 cup dried cherries

5 tbsp. brown sugar, divided

1 tbsp. cornstarch

½ tsp. cinnamon

1/4 tsp. nutmeg

½ cup flour pg.25,27

pinch of salt

3 tbsp. butter pg.47 or margarine

½ cup shredded coconut pg.24

½ cup sliced almonds

Preheat the oven to 350°F. Toss together the pears, cherries, 2 tbsp. brown sugar, cornstarch, cinnamon and nutmeg in a mixing bowl, then transfer to a deep pie plate or baking dish.

To prepare the topping, in a bowl combine the flour, 3 tbsp. brown sugar, salt and mix together. Then add in and combine the butter or margarine until the mixture is crumbly and well incorporated. Stir in the shredded coconut and sliced almonds, then sprinkle evenly over the fruit mixture.

Bake until the top is golden brown and the juices have thickened, about 20 minutes. Serve with your favorite ice cream or frozen yogurt and enjoy.

Servings:

4 servings

Total Time:

40 minutes

Pair With:

Bigelow Classic Green Tea pg.19

Whole Wheat, White or Bread King Arthur Baking Co. Flour Sale!

649

Without coupon 6.79. limit 5 per coupon



Chewy or Dark Chcolate Fudge

Duncan Hines Brownie Mix

2:\$5

18.2 to 18.3 oz.



Popping & Topping
Orville
Redenbacher's
Buttery Oil
Flavored 16 oz.

429







Candy Buy!

Ferrero, Ferrara Concession Boxes 2.8 to 5 oz. or Sweet Tarts Ropes 3 oz. bag **1**79



Sweet Deals!

Ferrara Brach's Nips 3.25 oz., Ferrero Kinder Joy Egg .7 oz., Trolli Gummies 4 to 5 oz. or Tic Tac Mints 1.7 oz. 199



Mamba, Sour Punch, Red Vines 2 to 2.8 oz., Werther's, Mentos, Annabelle, Good News Candy or Nature Valley Granola Bars 1.2 to 1.8 oz.

\$100



Loacker Wafers, Sour Punch Gummies 5.29 to 6.75 oz., Violet Crumble or Russell Stover Sugar Free Bags 1.75 to 2.4 oz.

2:\$5

Chocolate

Ghirardelli Premium Baking Bar

379



Ghirardelli Hot Cocoa

Mix 10.5 oz.

Premium

5³⁹



Pudding, Juicy Gels or Tapioca

Hunt's Snack Pack

4 cups

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



112-50



Assorted

Ferrero or Ferrara **Candy Singles**

.92 to 2.44 oz.

ea. set

100 GRAND Butterfinge



Without coupon 2 for 3.50, limit 6 sets per coupon Coupon price good on set purchase only.

Candy Savings!

Coffee Rio, Creme Savers, Storck Werther's, Riesen or Mamba Magic Sticks 2.75 to 6.3 oz.

Without coupon 2 for 5.50, limit 5 sets per coupon Coupon price good on set purchase only.





1365-50



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

ea.





EXPERIENCE A BOULDER TASTE.

Gluten Free **Angie's Boom** Chicka Pop

Popcorn 4.5 to 7 oz.



Real Veggies

Breton Veggie Crisps 6 oz.



Rich & Creamy or Whipped

Betty Crocker **Frosting**

12 to 16 oz.



Wild Blueberry

Betty Crocker Muffin & Quick Bread Mix 16.9 07.



The Boulder Canyon brand uses better-for-you oils, like olive oil or avocado oil for healthier but equally delicious potato chips. Experience unsurpassed quality and distinct flavors.



www.bouldercanyon.com







All Natural

Boulder Canyon Potato Chips

5.25 to 6.5 oz.

Without coupon 2 for 8.50, limit 5 sets per coupon Coupon price good on set purchase only.





12-50



Super Moist

Betty Crocker Cake Mix 13.25 to 14.25 oz.

Without coupon 2.49, limit 5 per coupon





119-20



Nabisco Snacks

Premium Crackers 9 to 16 oz., Sargento Cheese Bakes 4.5 oz., Ritz Toasted

Chips or Crisp & Thins 7.1 to 8.1 oz.

2:58



Nabisco Savings!

Newtons 10 oz., belVita Biscuits, Energy Snack Bites 5 to 8.8 oz. or Honey Maid Graham

Crackers 12.2 to 14.4 oz.



Never Fried

PopCorners Popped-Corn Snacks

311dCKS 6.5 to 7 oz.

2¦\$9



Enjoy with chips!

Fritos Cheese or Bean Dip 9 oz.

2:58



Trail Mix

Planters Nuts, Seeds & Cranberries

769



Halves & Pieces
Planters
Cashew
Nuts
8 oz.

819



Smok A Roni or Cocktail Pep

Oberto Smoked Sausage

259



Oberto Smoked Sausages Cocktail Pep 9.6 to 12 oz.

Or Jerky Thin Style 7 oz.



Nabisco Snacks Family Size Chips Ahoy! 9.9 to 19.5 oz., Oreo Cookies 17 to 18.71 oz., Thins 11.78 oz., Ritz 17.8 to 20.5 oz., Snack Crackers 11.5 to 14 oz., Oreo Limited Edition, Gluten Free 10.68 to 12.47 oz., Loaded 13.38 oz. or Chips Ahoy! Limited Edition 9.9 oz.





1355-30



Without coupon 5.29, limit 12 per coupon

Snack savings!

Cheetos, Fritos or **Funyuns Chips** 5.25 to 10 oz.





Without coupon 4.49, limit 5 per coupon While supplies last, sorry no rainchecks!

Cocktail or Dry Roasted

Planters Peanuts

16 oz.



1348-20



Without coupon 4.39, limit 5 per coupon

Oberto Jerky Assorted 2.2 to 2.7 oz. or **Smoked Sausages** Cocktail Pep Bites 5 oz.





Macadamia
Big Island Delights
Shortbread 10 oz.

Macadamia

10 79

Big Island Delights Cookies 21 oz. or Party Mix Jar 14 oz.

1599



Chocolate Covered
Hawaiian Host
Flavored
Macadamias
4 oz.

6⁹⁹



Hawaiian Host

Hawaiian Hos Island Macs 5 boxes - 4.3 oz. **22**⁹⁹

Nongshim Shrimp Crackers, Onion Rings or Tako Chips

2:\$4



Regent Flavored Snack Savings!

Shrimp Tempura, Labzter Lobster or King Crab Crackers 3 to 3.5 oz.

2:\$5



Ready in 3 minutes!

Mama
Instant
Noodles

2.47 oz.

5:\$5



Add flavors!
Silver Swan
Vinegar or
Soy Sauce
33.81 to 34 oz.



Big Island Delights Cookies 14 oz. or Party Mix

759 ea.

Without coupon 7.99, limit 12 per coupon







Chocolate Covered Macadamias

Hawaiian Host Island Macs 4.3 oz.

499

Hamaiian



ept. 24 to C

11-30

Without coupon 5.29, limit 5 per coupon

Strawberry, Green Tea, Tiramisu or Maple

Royal Family Flavored Mochi

6.34 to 6.35 oz.

249

Without coupon 2.89, limit 5 per coupon





1312-40



t. 7, 2025

Nature's Charm

Coconut Condensed, Evaporated Milk or Whipping Cream 11.25 to 13.5 oz.





Enhance, integrate and elevate your dish with Bachan's BBQ Sauce made with umami-rich, non GMO soy sauce.





Ideal as a marinade or sauce for meat, fish, veggies or anything in-between.

Marinate. Dip. Drizzle.

Ready to eat! Fillo's **Walking Tamales** 4 oz.



Original or Sweet & Spicy

Bachan's **Dipping** Sauce 16 07.



Plant-Based Hippie Snacks Crisps

2.5 07.



On The Go Packs Olyra Breakfast **Biscuits or Bites**

5.3 07.



At Bachan's, crave-worthy flavor always comes from simple, clean ingredients. Every bottle is cold filled to eliminate the need for preservatives, additives or flavorings.







Add a rich flavor to your dish with Bachan's NEW Dipping sauces made with a creamy, thick, stone-ground sesame base. Ideal for chicken, spring rolls, appetizers and veggies.

www.bachans.com









Original, Miso, Yuzu or Gluten Free

Bachan's Japanese Barbecue Sauce

17 oz.

Without coupon 7.99, limit 5 per coupon





1357-30



Multi Grain, Sourdough or Light Rye

Wasa Crispbread 9.5 to 9.7 oz.







1358-100

Without coupon 2 for 8.00. limit 5 sets per coupon Coupon price good on set purchase only.

Mild, Medium Hot or Hot

S&B Golden Curry Sauce Mix

3.2 oz.

279



DIY Candy for Kids Kracie Popin' Cookin' .92 to 1.45 oz.

379



Ready in minutes!

Kikkoman

Soup

Mix
.33 to 1.34 oz.

279



Seasoning
Kikkoman
All-Purpose
Soy Sauce
2 quarts

999



Convenient!

Lee Kum Kee Minced Garlic or Ginger

379



Chili, Mayo or Honey Lee Kum Kee Sriracha Sauce 15 to 20 oz.

399



NOH Sauce or

No Added MSG

Cooking Sauce & Marinade

13.5 to 14.5 oz.

469



For Chicken, Pork, Beef & Fish
NOH Hula-Hula

Cooking Sauce & Marinade

20 oz.



Regular or Brown **Dynasty Jasmine Rice** 5 lbs.

Without coupon 6.49, limit 5 per coupon





1345-50



Udon, Somen or Buckwheat

J-Basket **Noodles** 25.4 to 28.21 oz.

Without coupon 5.19, limit 5 per coupon







Flavored

Lee Kum Kee **Oyster Sauce**

17 oz.

Without coupon 1.99, limit 5 per coupon





1360-30

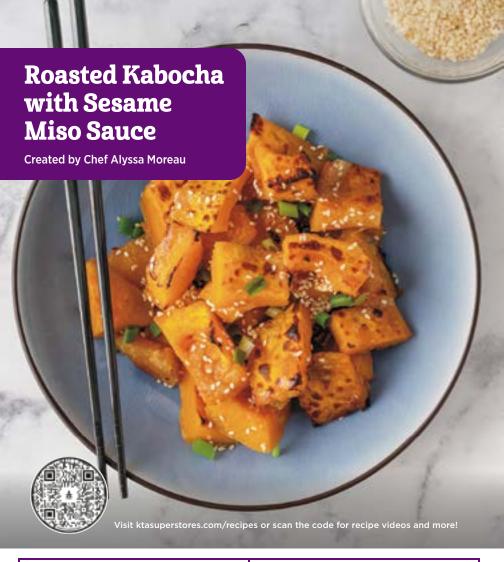


Sauce, Seasoning or Iced Tea **NOH Foods of**

Hawaii Mixes

Assorted 1 to 3 oz.









Natural Mild & Mellow Mizkan Rice Vinegar 24 oz.



Roasted Kabocha with Sesame Miso Sauce

Kabocha pumpkin, about 2 lbs., cut and peeled, 2" pieces

3 tbsp. light miso

1/4 cup water pg.21

1 tbsp. honey pg.23

1 tbsp. toasted sesame oil

1 tbsp. light oil pg.17

1 tbsp. rice vinegar pg.40

1 tsp. finely grated ginger

2 tbsp. toasted white sesame seeds

2 tbsp. green onions, sliced thin

In a medium bowl or jar, whisk together the miso, water, honey, toasted sesame oil, light oil, rice vinegar and grated ginger to create the sauce.

Arrange the kabocha on a parchment-lined baking sheet and baste with the sauce. Cook at 350°F for 25 minutes, or until easily pierced with a toothpick. Transfer using a spatula to a serving dish and drizzle with additional sauce; top with toasted sesame seeds and green onion slices.

Servings:

4 servings

Total Time:

40 minutes

Pair With:

Bonterra Sauvignon Blanc pg.62

Seasoned Roasted Seaweed

Shirakiku Korean Nori 3 pack

189

Without coupon 2.19, limit 5 per coupon





1362-30



0 Oct. 7, 202

Japanese Style
Shirakiku
Tomoshiraga
Somen Noodles

119



Mild, Medium-Hot or Hot House Vermont Curry Sauce Mix 4.05 oz.

349 3 49 6 a.



Frozen Vegetable Sifco Yasai Kakiage Tempura 8.46 oz., 6 ct.

139



Vegetable, Corn or Creamy
Sanmaruko
Frozen
Croquettes
10.58 to 15.51 oz.

499



Frozen Selected Birds Eye Steamfresh Vegetables 10 oz.

2:\$5



Frozen Sausage Links or Patties

Banquet Brown 'N Serve

3;\$8



Comfort Cravings
Lean Cuisine
Frozen
Meals
8.5 to 9.5 oz.

2¦\$7



Frozen
Lean Cuisine
Protein Kick
Meals
7-5 to 11-5 oz.



Plain Young Soybeans Nishimoto Edamame in Pod

Frozen 14.1 oz.

Without coupon 2.49, limit 3 per coupon









Edamame Soybeans or Canola Flower

Wel•Pac Frozen **Vegetables**

16 oz.

Without coupon 3.29, limit 3 per coupon









Family Size

Banquet Frozen Meals 24 to 27 oz.

Without coupon 5.79, limit 3 per coupon





1525-40



Frozen Classic Party Size Stouffer's Lasagna with Meat & Sauce 90 oz.





Frozen Mary's Ground Turkey 16 oz.



Chilled Gift Pack Miso Butterfish Fillet 1.5 lbs.

Frozen Breast

Tyson Chicken **Tenderloins** 40 oz.

P99



Frozen Sections

Tyson Chicken Wings 4 lbs.



Frank's **Foods**

Sausage 12 07.

C39



Frank's Foods Smoked, Sliced Mild **Portuguese Brand** Sausage 12 oz. or **Portuguese Brand** Hot Dogs 16 oz.



Char-Grilled or Chipotle

Delimex Cocina Crispy Chicken Quesadillas

Frozen 8 oz.



Classic, Jumbo or Bun-Length

Oscar Mayer 100% Beef **Franks** 15 07.



1916 EZ Peel Shrimp

2 lbs. - 16 to 20 count

Without coupon 17.99, limit 2 per coupon





1522-100



Boneless & Skinless

Tyson Frozen **Chicken Thighs** 40 oz.

Without coupon 7.49, limit 3 per coupon





1524-50



Frank's Foods

Franks, Mild Longanisa or Portuguese Brand **Cocktail Sausage** 12 to 16 oz.

Without coupon 5.99, limit 3 per coupon





1528-30



Hardwood Smoked Oscar Mayer Bacon 12 to 16 oz.





Rich & Bold **Kraft Cracker Barrel Cheese** Cubes 6 oz.

|59



Cheddar, Swiss or Provolone

Kraft Natural Cheese Slices

7 to 8 oz.



Regular or Zero Sugar

Jell-O Gelatin or Pudding **Snacks**

4 cups



Cheese Product Kraft Singles or Velveeta Slices 10.7 to 12 oz.

189



Chilled Crescents or Cinnamon

Pillsbury Assorted Rolls 8 to 13 oz.



Sea Salted or Unsalted

Challenge Whipped **Butter** 8 07-



POG, Chocolate Haupia or Waiawi

Meadow Gold Ice Cream Dream Bars

2.5 07.



Meadow Gold **Ice Cream** 1.5 quarts



Chunk, Shredded or Crumbles

Kraft Natural Cheese

5 to 8 oz.

419









Without coupon 4.59, limit 3 per coupon

Original or 1/3 Less Fat

Kraft Philadelphia Cream Cheese

8 oz. brick

399 ea.

Without coupon 4.39, limit 3 per coupon





4 to 0ct. 7, 2

1527-40

Salted or Unsalted Challenge Butter 16 oz.

759

Without coupon 7.99, limit 3 per coupon





1530-40



Ct. /, 2025



Meadow Gold Drink Sale!

Fruit Punch, Grape, Lychee Lemonade or Haleakala Dairy Iced Tea 1 gallon

599



Guava or Passion Orange
Mountain
Apple Brand
Nectar
1 gallon

6⁹⁷



Bakery Ubae Ube Crinkle Cookies 8.47 oz.

949



Hormel
Gatherings
Party Tray
28 oz.

1999



Deep Dish or French Bread

Red Baron Frozen Pizza

Singles 8.8 to 11.6 oz.

479



Regular, Non-Dairy or Topped

Ben & Jerry's Ice Cream Sale!

599



Moisturizing
Dove
Body Wash
Savings!

3dVIIIGS! 11 to 13.5 oz.

489



White, Cool Moisture or Sensitive Skin

Dove Bar Soap 2 count



From Concentrate

Mountain Apple Brand 100% Orange Juice

64 oz.

517 ea.



Without coupon 5.57, limit 3 per coupon







Jon Donaire Cake Savings! 28 to 33 oz.

18⁴⁹

Without coupon 18.99, limit 2 per coupon





Sept. 24 to



All Natural

Mikawaya Mochi Ice Cream

6 count

549

Without coupon 5.89, limit 3 per coupon





1532-40



ct. /, 2025



Children's or Adult
Delsym
Cough
Suppressant



3 to 6 oz. liquid

35% OFF
REGULAR
REGULAR

16 to 20 count, 6 oz. liquid or Night Shift Cold & Flu 6 oz. liquid

Mucinex

FastMax, SinusMax

Mucnex Arrange Gill Mucnex Turners



Family Size
Ricola
Cough
Drops
34 to 50 count





Ricola Cough Drops 9 count 99¢

All Day Strong
Aleve
Pain
Reliever
20 to 50 count



Salonpas
Pain Relief
Patch 3 to 60 ct.,
Roll-On Liquid,
Cream Spray or

Cream, Spray or Gel 2.75 to 4 oz.

AN OFF REGULAR



Once or Twice Daily

Pataday Eye Drops



2.5 to 5 oz.

25% OFF
REGULAR
DDICES

Systane Lubricant Eye Drops

10 to 15 ml. or 30 ct. - .7 ml.

30% OFF REGULAR PRICES

Gummies, Chewable or Effervescent Tablets

Airborne Immune **Support Supplements**

10 to 32 count

Without coupon 6.49, limit 5 per coupon





1324-50



All Natural Ricola **Cough Drops**

17 to 24 count

ea. set

Ricola licole Ricola

1350-25

Without coupon 2 for 5.25, limit 5 sets per coupon Coupon price good on set purchase only.

Children's Chewable, Regular or Low Dose

Bayer Aspirin Pain Reliever 24 to 36 count

Without coupon 3.29, limit 5 per coupon





1309-30



Pure Moist or Replenish

Alcon Opti-Free Disinfecting Solution

Twin Pack 2 count - 10 oz.



Nutrex Supplements

BioAstin 12mg - 50 ct., TurmericAstin 30 ct., Joint Astin 120 ct. or EyeAstin 60 ct.

18⁹⁹



Nutrex Savings!

BioAstin Supreme 60 ct., Spirulina Powder 5 oz. or Gummies 60 ct.

2399



Deodorant sale!

Speed Stick or Lady Speed Stick

2.3 to 3 oz.

2;\$5²⁵



24 Hours Fresh Irish Spring Body Wash 20 oz.

499





Huggies Wipes
Natural Care or Simply
Clean 56 to 64 count

Regular or Skin Essentials
Huggies Pull•Ups
Training
Pants
16 to 23 count

10⁹⁹



Ultra

Kleenex On the Go Tissues 8 packs

257



A clean, fresh towel every time!

Kleenex Hand Towels



Nutrex Supplements

BioAstin Hawaiian Astaxanthin 12mg - 25 ct., 4mg - 60 ct. or Pure Hawaiian Spirulina 500mg - 200 ct.

Without coupon 14.99, limit 5 per coupon





1310-100



Colgate Toothpaste

Baking Soda & Peroxide Whitening, Triple Action, **Cavity Protection or** Sparkling White 6 oz.

ea.

Without coupon 2.19, limit 5 per coupon







Little Snugglers or Movers

Huggies Diapers

16 to 32 count





1307-100



Without coupon 11.99, limit 5 per coupon

Kleenex Tissues

Trusted Care 160 ct... **Soothing Lotion** or Ultra Soft 120 ct.



Quality
Vanity Fair
Classic
Napkins
40 count



Everyday 8½"
Dixie
Paper
Plates
48 count



Flexible
Essential
Everyday
Straws
100 count

227



Clear Plastic

Essential

Everyday

Party Cups
18 to 20 count

2:\$5



Platinum

Cascade Dishwasher Detergent

649



Erasing

Dawn Ultra Platinum Dish Foam 10.1 oz.

297



Laundry In-Wash

Downy Scent Booster

488



2in1 Soft & Fresh

Downy Fabric Softener



Regular or Ultra Angel Soft Bath Tissues 6 to 8 mega rolls

769

Without coupon 7.99, limit 4 per coupon







Aluminum

Essential Everyday Foil

75 square feet

419





.

1330-40

Without coupon 4.59, limit 5 per coupon

Original, Anti-Bacterial or Platinum

Dawn Dishwashing Liquid Savings!

18 oz.

299

Without coupon 3.49, limit 5 per coupon





1331-50



ct. /, 2025

All In One or Free & Sensitive **Tide Simply**

Laundry Detergent



Fresh Scent Hanging Bag

DampRid Moisture Absorber 1 count

599



No clinging odor! **Enoz Para**

Moth **Balls** 20 oz.

149



All Purpose Cleaning Pads

Essential Everyday Eraser 2 count

99



All Purpose Scented

Essential Everyday Cleaner 28 07-



Great for training!

Milk-Bone **Soft & Chewy Dog Treats** 4.5 to 5.6 oz.



Dog Dental Treats

Milk-Bone **Brushing** Chews 18 to 48 ct.



Natural Brown Basket

Fssential Everyday Coffee Filters 100 count



Coffee Cone #4 **Essential Everyday Coffee Filters** 100 count



Eliminates tough lingering odors!

Febreze Mist Air Freshener

8.8 oz.

Without coupon 3.99, limit 5 per coupon







Fresh or Lemon Scent

Essential Everyday Disinfecting Wipes

75 count

Without coupon 5.29, limit 5 per coupon





1306-30

Assorted Flavors

Pup-Peroni **Dog Snacks** 22.5 oz.

Without coupon 9.99, limit 5 per coupon





1332-40

White Basket Style

Essential Everyday Coffee Filters

100 count



4.5" to 7" **Kyocera Assorted Knives**1 count

20% OFF REGULAR PRICES



Red, Blue or Green Kyocera Cutting Mat 1 count

\$**10**



Charcoal Briquets
Essential
Everyday
Instant Light

Q99



Ridge or Mesquite Essential Everyday Charcoal 14.6 to 15.4 lbs.

1499



#LC199

6.2 lbs.

BIC Lighter Deal!

2:\$5



Premium Portable MS-3800

U Cook Butane Stove

3999



AA or AAA
Duracell
Batteries
Savings!

6⁹⁹



Duracell 9V, C or D Batteries 2 to 4 count



Adjustable or Julienne

Kyocera Mandoline Ceramic Slicer

1 count

22⁹⁹

Without coupon 23.99, limit 2 per coupon







Odorless

Essential Everyday Charcoal Lighter Fluid 32 oz.

499

Without coupon 5.49, limit 3 per coupon





:4 to Oct

1339-50 Cf. 7, 2025

For portable gas ranges!

Sun Butane Fuel Cartridge 8 oz.

4;\$1**2**_{ea. set}

Without coupon 4 for 13.00, limit 3 sets per coupon Coupon price good on set purchase only.





1337-100



ct. 7, 2025

AA

Duracell Coppertop Alkaline Batteries



Liquid Aloha

Kona Brewing Company

Beer

12 btls./cans



Island Brewed Maui **Brewing** Co. Beer 6 cans



Michelob Ultra Beer

Reg. 12 btls./cans, **Organic Pure** Gold or Zero 12 cans





American Lager Natural Light or Ice Beer 15 cans

1799



Stella Artois **Beer Buy!**

Original Lager 12 btls./cans or Liberte Alcohol Free 12 cans



Corona Beer

Familiar, Light, **Sunbrew Citrus** Cerveza 12 btls., **Premier or Extra** 12 btls./cans



Variety Pack

Happy Dad Hard Tea or Seltzer

12 cans



Asian Inspired **Nectar Hard** Seltzer or Juice 12 cans



Pineapple or Mango

Maui Island Spirits Vodka Soda 6 cans

1579



ViBE by
Vendange
Wine Cocktails
500 ml.

3:59



Original or Flavored New Amsterdam Vodka 750 ml.

10⁵⁹



Original New Amsterdam Gin Sale! 750 ml.

1399



Made in Kauaʻi Koloa Rum Co. Flavored Rum 750 ml.

28⁹⁷



Selected
Crown Royal
Canadian
Whisky
750 ml.

2399



Kentucky Straight
Evan Williams
Bourbon
Whiskey
750 ml.

12⁴⁹



Original or Flavored
Jim Beam
Bourbon
Whiskey

15⁵⁹



Selected
La Crema
Wine
Sale!
750 ml.

1499



California
Lillie's
Collection
Wines
750 ml.

1099



Beaujolais or Rosé Louis Jadot Wines 750 ml.

13⁹⁷



Selected
Josh Cellars
Wines
Sale!
750 ml.

1399



Product of Italy
Risata Prosecco
or Moscato
d' Asti Wine
750 ml.

10⁸⁸



Made with organic grapes!

Bonterra
California
Wine
750 ml.

1179



Japanese Sparkling

TaKaRa Chu-Hi Cocktails

3¦\$9



Classic Sho Chiku Bai Junmai Sake 1.5 liters



Grocery

Bachan's Japanese Barbecue Sauce	37
Beach Cliff Sardines or Fish Steaks	5
Best Foods Mayonnaise	13
Betty Crocker Cake Mix	
Big Island Delights Cookies or Party Mix	
Bigelow Tea	
Boulder Canyon Potato Chips	31
Bush's Best Baked Beans	
Cheetos, Fritos or Funyuns Chips	33
Chicken of the Sea Wild Caught Tuna	5
Coffee Rio, Creme Savers, Storck Werther's, Riesen	
or Mamba Magic Sticks	29
Crisco Pure Oil	17
DaVinci Pasta	7
Dynasty Jasmine Rice	39
Essential Everyday Pasta Sauce	
Essential Everyday Sugar Cones	
Essential Everyday White Vinegar	
Ferrero or Ferrara Singles	
Green Giant Vegetables	
Halfday Iced Tea	
Hawaiian Host Island Macs	
Hawaiian Springs Water	
Hawaiian Sun Natural Drinks	
Hearth & Harvest Bread	
Heinz Apple Cider Flavored Vinegar	
Hormel Mary Kitchen Home Style Hash	
Hunt's Diced or Stewed Tomatoes	
Hunt's Snack Pack	
Hunt's Tomato Ketchup	
J-Basket Noodles	
Jell-O Gelatin Dessert Mix	
King Arthur Baking Co. Flour	
King's Hawaiian Bread Rolls	
Kraft Dressing or Vinaigrette	
Krusteaz Pancake or Waffle Mix	
Lee Kum Kee Ovster Sauce	
Lipton Recipe or Soup Secrets	
Maxwell House Ground Coffee	
Nabisco Snacks	
Nestlé Coffeemate Coffee Creamer	
Ocean Spray Craisins Dried Cranberries	11-
PAM No-Stick Cooking Spray	25
PAM No-Stick Cooking Spray Pepsi, Crush, Mug Root Beer, Mtn Dew, Squirt, Starry,	
PAM No-Stick Cooking Spray Pepsi, Crush, Mug Root Beer, Mtn Dew, Squirt, Starry, Schweppes Ginger Ale Soda or Lipton Iced Tea	19
PAM No-Stick Cooking Spray Pepsi, Crush, Mug Root Beer, Mtn Dew, Squirt, Starry, Schweppes Ginger Ale Soda or Lipton Iced Tea Planters Peanuts	19 33
PAM No-Stick Cooking Spray Pepsi, Crush, Mug Root Beer, Mtn Dew, Squirt, Starry, Schweppes Ginger Ale Soda or Lipton Iced Tea Planters Peanuts Royal Family Flavored Mochi	19 33 35
PAM No-Stick Cooking Spray Pepsi, Crush, Mug Root Beer, Mtn Dew, Squirt, Starry, Schweppes Ginger Ale Soda or Lipton Iced Tea Planters Peanuts	19 33 35 41

Perishables

1916 EZ Peel Shrimp	45
Banguet Frozen Meals	43
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Jon Donaire Cake	49
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Kraft Philadelphia Cream Cheese	47
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Mountain Apple Brand 100% Orange Juice	
Nishimoto Edamame in Pod Soybeans	
Tyson Frozen Chicken Thighs	
Wel-Pac Frozen Vegetables	

Health & Beauty

Airborne Immune Support Supplements Bayer Aspirin Pain Reliever	
Huggies Diapers	53
Nutrex Supplements	53
Ricola Courth Drons	51

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Essential Everyday Charcoal Lighter Fluid	59
Essential Everyday Disinfecting Wipes	57
Essential Everyday Aluminum Foil	55
Febreze Mist Air Freshener	57
Kyocera Mandoline Ceramic Slicer	59
Pup-Peroni Dog Snacks	
Sun Butane Fuel Cartridge	

DOWNTOWN, HILO

Mon-Sat 7am to 8pm, Sun 7am to 7pm 321 Keawe St......935-3751

PUAINAKO, HILO

5:30am to 10pm 50 East Puainako St......959-9111 Pharmacy959-8700

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6am to 8pm

Waimea Center...... 885-8866 Pharmacy885-0033

KTA EXPRESS, KEALAKEKUA

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6am to 8pm

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

KAILUA-KONA

6am to 9pm

Kona Coast Shopping Center.... 329-1677

KEAUHOU. KONA

7am to 8pm

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

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