

Grocery List July 29, 2012 Hannaford

Produce	Dairy	Meat	Canned Foods	Frozen
Seedless Watermelon \$4.99	ME Sour Cream \$1.50	Boneless Chuck Steak \$3.49 lb.	ME Canned Veggies \$.59	ME Waffles \$1.99
Oranges \$.79	ME Half & Half \$1.49	Hannaford Chicken Breast \$1.79 lb.	ME Tomato Paste \$.47	ME Frozen Pizza \$.89
Cherries \$1.88 lb.	ME Cheese Slices \$1.99	Boneless NY Sirloin Steak \$4.99 lb.	ME Tuna \$.89	Hannaford Spinach \$.99
Russet Potatoes 5 lb. 2.99	ME Butter \$2.55	Hannaford Bacon \$3.89	Hannaford Sliced Black Olives \$.99	ME Pot Pies \$.89
	ME Yogurt \$.50	Rotisserie Chicken \$4.99	ME Pasta Sauce \$.95	ME Burritos \$.50
	ME Homestyle/Butter milk Biscuits \$.50	Boneless Port Sirloin Steak \$1.89 lb.	ME Canned Beef Ravioli \$.79	ME Whipped Topping \$.99
	Hannaford Flavored Coffee Creamer \$2.99		ME Tomato/Chicken Noodle Soup \$.69	
	ME Shredded Cheese \$2.29			
Sweets & Snacks	Baking	Bread/Cereal	Dry Food	Condiments
ME Kettle Chips \$2.29	ME Brownie Mix \$1	ME Bread \$1.25	ME Mac & Cheese \$.50	Hannaford Salad Dressing \$1.69
Hannaford Assorted Candies 2.5-10 oz. bag \$.99		Hannaford Instant Breakfast \$2.19	ME Pasta \$1.07	ME Ketchup \$1.89
Hannaford Cereal Bars \$2		Hannaford Bagels \$1.49	Hannaford Taco Seasoning \$.59	ME Yellow Mustard \$.87
ME Cracker Rounds \$1.99		Hannaford Fruit Rings \$1.99		
Nabisco Oreo				

cookies \$2.99 Use \$1/2 www.smartsources.com \$2.49				
Beverages	Health /Beauty	Cleaning	Paper	Miscellaneous
ME 12 Pk Soda \$2.50	ME Facial Tissues \$.99	ME Bleach \$1.69		ME Baby Wipes \$1.99

Hannaford Deal - Buy any 4 Hannaford or My Essentials (ME) products and get \$1 coupon. \$10 max reward (40 products) in one transaction.

Rite Aid Deal \$15.50 for \$.50!!

Here is the deal:

Buy 1 Lanacane - \$5

Buy 2 Crest Pro Rinse (500ml & 1 Liter) @ \$5 = \$10

Buy 2 Pantene @3.50 - \$7

Buy 3 Oral-B Indicator Toothbrush @ \$1 = \$3

Use FREE Crest Rinse (500-ml.) when you buy 1 Crest Rinse (946-ml.+) (P&G 07/29/12)

PLUS Use \$1/1 Crest Rinse (P&G 07/01/12)

Use \$3/2 Pantene (P&G 07/29/12)

Use \$.50/1 Oral-B Pulsar, 3D White, Pro-Health, Complete, Indicator or Cavity Defense Toothbrush (P&G 07/01/12)

Get \$5 in Up Rewards for Lanacane

Get \$6 in Up Rewards for 2 Crest Rinses

Get \$2 in Up Rewards for Pantene

Get 2 in Up Rewards for Toothbrushes

Total - \$15.50 Out of Pocket GET \$15 in Up Rewards