



At The Beginning since 1931

Prices Effective
March

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6

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7

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sun
11

mon
12



PAYING TOO MUCH FOR
**Amlodipine or
Simvastatin?**
Then Check Out Dahl's
\$4.00
DRUG PROGRAM PLAN
to learn how you can
save on this medication
& others!

Farmland
Good Food from the Heartland®
ALL NATURAL*
Pork

**Spring Ahead
to Daylight
Savings!**

Scan This For
Nutritional Facts
and Recipe From
Margie's Kitchen!

1.99_{lb}

**Farmland All Natural
Center Cut Boneless
Pork Roast**



.59_{lb}

**California
Extra Large
Fancy Navel Oranges**

LOOK IN
PARTICIPATING
DAHL'S STORES
FOR "SHAMROCKS"
TO BENEFIT THE
MUSCULAR
DYSTROPHY
ASSOCIATION.

76¢ OF EVERY DOLLAR
COLLECTED GOES TO
SERVICES
FOR THOSE WITH
MUSCULAR DYSTROPHY

Thanks for Helping
Jerry's Kids!

AND THE MUSCULAR
DYSTROPHY ASSOCIATION.
*AT PARTICIPATING STORES ONLY

**BUY A
SHAMROCK
\$1**
OR GO
FOR THE
COLDS

Dahl's

HELPING OVER 3,000 IOWA RESIDENTS REGISTERED WITH MDA

www.mda.org



3.99

18 lb Bag
**Best Choice Charcoal
Hardwood Briquettes**
fast lighting!



5.99

12 oz. Selected Varieties
Coke Products
24-Pack Cans



2/1

15 oz.
**Van Camp's
Pork and Beans**



1.47

12 oz. CheeseFood
**Crystal Farms
American Singles**



4.87

1.44 oz Pail, Selected Varieties
**Blue Bunny
Ice Cream Pails**



6/10

12.14-14.34 oz. Selected Varieties
**Tony's Original
Crisp Crust Pizza**



Prices in this ad good March 6th through March 12th only at Dahl's Foods.

Find us on Facebook



twitter

VISIT US ONLINE AT
www.dahlsfoods.com



GROCERY



2/4
5.5-10 oz. Selected Varieties
**Nabisco
Snack Crackers**



2/6
10-10.5 oz. Selected Varieties
**Frito-Lay
Lay's Potato Chips**



4/10
12 ct. Selected Varieties
**Kellogg's
Big Box Pop-Tarts**



1.79
24 oz. Selected Varieties
**American Beauty
Pasta**



2.00
7-10 ct. Selected Varieties
**Crystal Light Drink
Mix On The Go Packets**



3.99
**Angel Soft
6 Double Roll or
12 Regular Roll Bath Tissue**



3.49
12-15 oz. Selected Varieties
**Nabisco
Family Size
Snack Crackers**



2/5
9 oz. Selected Varieties
**Old Dutch
Ripples
Potato Chips**



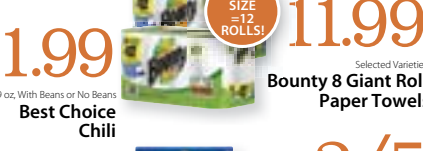
2/4
16 oz. Selected Varieties
**Best Choice
Pickles**
6.99
20-32 use, Selected Varieties
**Tide Liquid
Laundry Detergent**



2/4
9-16.5 oz. Soup & Oyster Crackers or
Selected Varieties
**Nabisco Premium
Saltine Crackers**



2/4
12-15 oz. Selected Varieties
**Old Dutch
Pretzels**



1.99
19 oz. With Beans or No Beans
**Best Choice
Chili**
11.99
Selected Varieties
**Bounty 8 Giant Roll
Paper Towels**



2/5
10-14.4 oz. Original Grahams or Selected
Varieties
**Nabisco
Honey Maid or
Teddy Grahams**



2/6
10.5-15 oz. Selected Varieties
**Chex Mix or
Bugles Corn
Big Bag Snacks**



1.00
20 oz.
**Best Choice
Squeeze Yellow
Mustard**
2/5
2 ct. Kitchen Scrubber or Extra Power
**Mr. Clean
Magic Eraser
Cleaning Pads**



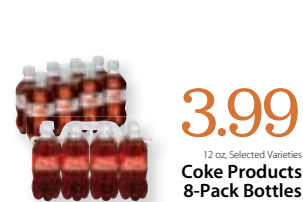
3.29
9-10.5 oz. Selected Varieties
**Frito-Lay Sun Chips
Multigrain Snacks**



1.00
1.9-2.44 oz. Selected Varieties
**Kraft
Mac & Cheese
EZ Cups**



1.79
10.9-16.2 oz. Selected Varieties
**Best Choice
Instant Oatmeal**
6.99
90 use, Selected Varieties
**Downy Ultra Liquid
Fabric Softener**



3.99
12 oz. Selected Varieties
**Coke Products
8-Pack Bottles**



2.99
5-6 oz. Selected Varieties
**Pam No Stick
Cooking Spray**
3.99
12 oz cans or 24 oz bottles,
Selected Varieties
**Pepsi Products
12-Pack Cans
or 6-Pack Bottles**



2.99
50-75 sq ft roll, Selected Varieties
**Best Choice
Aluminum Foil**
2.89
1 ct or 9.7 oz. Selected Varieties
**Febreze Air Effects
or Set & Refresh
Air Freshener**



2/3
Selected Varieties
**Coke Products
2-Liter Bottles**



5.99
5 Ltr. Selected Varieties
**Lipton Tea
12-Pack Bottles**



3.99
5 Ltr.
**Deja Blue Purified
Drinking Water
24-Pack Bottles**



4/5
Selected Varieties
**7-Up Products
2-Liter Bottles**

MANUFACTURER'S COUPON EXPIRES 3/12/12

GET FIVE (5) FREE 32 oz bottles of POWERADE ION4® or POWERADE ZERO.

when you **BUY** ten (10) 32 oz bottles of POWERADE ION4® or POWERADE ZERO.

Maximum Retail Value \$5.00

CASHER: Enter retail price here: _____

CONSUMER: Only one coupon per purchase. You pay sales tax and/or deposit charge. Coupon may not be assigned, transferred, purchased, sold or reproduced. Any other use constitutes fraud. Cash value 1/100 of 1¢. **RETAILER:** We will reimburse you for the retail price of the specified product up to the maximum value listed on the front of this coupon, plus 8¢ handling allowance, if you and the consumer have complied with our coupon redemption policy available at the redemption address. Mail coupons to: CMS Dept. 49000, One Fawcett Drive, Del Rio, TX 78840. ©2012 The Coca-Cola Company.

0049000-160329

49000 25300 4

**Buy (10) Ten
Powerade Sports Drinks**
32 oz, Selected Varieties
at 10 for \$10
GET FIVE (5) FREE
With In-Ad Coupon

15/10 final price



Featuring All Natural Fresh
Beef, Pork & Chicken!

MEAT DEPARTMENT



2.99^{lb}

Certified Angus Beef
All Natural Boneless
7-Bone Roast

.99^{lb}

Pilgrim's
Chicken
Whole Fryers

2.99^{lb}

Colorado Gold
Extra Lean
Brisket Flats

1.69^{lb}

Solid Frozen
Honeysuckle
Turkey Breast



3.49^{lb}

Farmland All
Natural Boneless
Pork Top Chops

3.49^{lb}

Certified Angus
Beef All Natural
Boneless Country
Style Ribs

5.49^{lb}

Certified Angus
Beef All Natural
Boneless
Del Monico Steak

3.69^{lb}

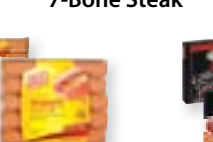
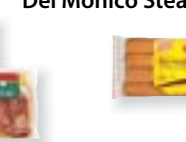
Certified Angus
Beef All Natural
Boneless
7-Bone Steak

3.99^{lb}

Certified Angus
Beef All Natural
Extra Lean Stew

2.99^{lb}

Farmland All
Natural Bone-In
Thin Sliced
Pork Loin
Breakfast Chops



2/5

6 oz.
Selected Varieties
Butterball Grilled
Chicken Breast
Strips

2.99

16 oz. Regular or Thick
Best Choice
Sliced
Bacon

2.49

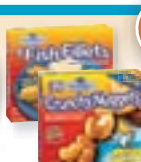
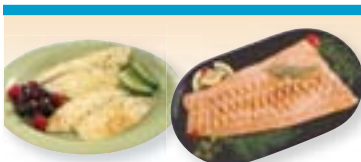
16 oz. Selected Varieties
Oscar Mayer
Meat Wieners
or Franks

2/3

12 oz. Original or Maple
Hormel Little
Sizzlers Pork
Sausage Links

4.99

26-36 oz. Selected Varieties,
Nuggets, Strips, Bites or
Fast Fixin'
Breaded Chicken
Breast Patties



3.99^{lb}

Tilapia
Fillets

5.99^{lb}

AquaStar
Pacific Frozen
Salmon Fillets

3.99

18-24 oz. Shrimp Poppers,
Fisher Boy Fish
Fillets, Sticks,
Nuggets
or Tenders

6.99

2 lb bag
AquaStar
Pure & Natural
Swai Fillets

Your neighborhood Dahl's
**SEAFOOD
MARKET**

1.99^{lb}

Frozen
Catfish
Nuggets



PRODUCE



1.00^{ea}

12-14 oz. Selected Varieties
Dole
Classic Salad or
Cole Slaw Mix



THE BEST OF THE BEST!
*A Unique Taste Guarantee,
Guaranteed Flavor!*

www.tastemark.com

1.49^{lb}

TasteMark™
Fuji
Apples



**SPOTLIGHT
of the week**

3.99^{ea}

8-12 oz.
Selected Varieties
Cool Creations
Roasters Vegetable
Combos



2/5

8 oz. Whole or Sliced
Green Giant
Baby Bella
Mushrooms



.99^{lb}

Roma
Tomatoes



2.99^{ea}

5 lb
Best Choice
Klondike
Gold or Rose
Potatoes



.99^{lb}

Yellow or Zucchini
Squash



4.49

16 oz. Selected Varieties
POM Wonderful
Juice



3.99

12 oz. Selected Varieties
Marzetti
Simply Dressed
Dressings



2/1

Extra Large
Sunkist Lemons



2/3

Hot House
Cucumbers



2.99

8 oz.
Eat Smart
Sugar Snap or
Snow Peas



MERLE HAY
4343 MERLE HAY ROAD
DES MOINES, IA. 50310
278.0435
PHARMACY: 276.4845
STORE DIRECTOR: KENNY KANE
MANAGER: RICK LANE

PROSPECT
1208 PROSPECT
WEST DES MOINES, IA. 50265
223.1571
PHARMACY: 223.4626
STORE DIRECTOR: KEVIN HELM
MANAGER: HECTOR TEJADA

EP TRUE
5003 E.P. TRUE PARKWAY
WEST DES MOINES, IA. 50265
224.0111
PHARMACY: 224.2111
STORE DIRECTOR: MARK PEARSON
MANAGER: CJ FRAZIER

FLEUR
4121 FLEUR DRIVE
DES MOINES, IA. 50321
285.5481
PHARMACY: 285.5927
STORE DIRECTOR: MICHAEL HIXSON
MANAGER: DENISE BEENER

JOHNSTON
5440 NW 86TH ST.
JOHNSTON, IA. 50131
278.0300
PHARMACY: 331.0300
STORE DIRECTOR: JOE McDONALD
MANAGER: JENNIFER BEARD

HICKMAN
8700 HICKMAN ROAD
CLIVE, IA. 50325
276.4955
PHARMACY: 276.8784
STORE DIRECTOR: PATRICK CHILDRESS
MANAGER: LOYD NICKEL

156TH STREET
15500 HICKMAN ROAD
CLIVE, IA. 50325
987.0366
PHARMACY: 987.0377
STORE DIRECTOR: MARK SPARLAND
MANAGER: STEVE TAYLOR

EUCLID
1320 E. EUCLID
DES MOINES, IA. 50316
265.4257
PHARMACY: 265.5946
STORE DIRECTOR: JAMES MARTIN
MANAGER: DON MARK

33RD STREET
3400 E. 33RD ST.
DES MOINES, IA. 50317
262.5635
PHARMACY: 262.7942
STORE DIRECTOR: LYLE ELLENWOOD
MANAGER: WILLIAM ANDERSON

INGERSOLL
3425 INGERSOLL AVENUE
DES MOINES, IA. 50312
255.3118
PHARMACY: 255.8642
STORE DIRECTOR: JEFF HUDSON
MANAGER: RYAN HALVERSON

ANKENY
1802 N. ANKENY BLVD.
ANKENY, IA. 50023
289.0908
PHARMACY: 289.0911
STORE DIRECTOR: PAUL JOHNSON
MANAGER: SCOTT HORNBERG

BEAVER
1819 BEAVER AVENUE
DES MOINES, IA. 50310
255.3151
PHARMACY: 279.4382
STORE DIRECTOR: DAVID WILSON
MANAGER: TROY BOND

AMES
3121 GRAND AVENUE
AMES, IA. 50010
817.2871
PHARMACY: 817.2879
STORE DIRECTOR: MIKE LEE
MANAGER: ROB GUTIERREZ



DAIRY

2/5

59 oz. Selected Varieties

Minute Maid
Premium
Orange Juice



1.19

Dozen

Dahl's Extra Large
White Eggs



2/4

7-8 oz. Selected Varieties

Crystal Farms
Shredded or
Chunk Cheese



2/5

6 ct. Selected Varieties

Jell-O Pudding,
Gelatin or
Temptations
Snacks



2/1

7.5 oz.

Buttermilk or Homestyle
Best Choice
Biscuits



2.49

45 oz.

Best Choice
Vegetable Oil
Spread



1.99

4 ct. Selected Varieties

Yoplait Original
or Light Yogurt
4 Pack



2.79

14-16 oz. Sugar, Peanut Butter
or Chocolate Chip

Pillsbury
Cookie Dough



.39

6 oz. Selected Varieties

Best Choice
Yogurt



FROZEN FOOD

4/10

6-11.7 oz. Selected Varieties

Weight Watchers
Smart Ones Entrees



4.99

18.45-23.5 oz. Selected Varieties

Palermo's
Hand Tossed
Style Pizza



2.79

28 oz. Selected Varieties

On-Cor
Traditionals
Family Size
Entrees



2/5

32 oz. Selected Varieties

Best Choice
Burritos



2.00

16.4 ct. Original or Buttermilk

Pillsbury
Microwave
Pancakes



2/5

11.5 oz. Selected Varieties

Pillsbury
Toaster Strudel
or Scrambles



2/6

19.8 oz. Selected Varieties

Totino's
Pizza Rolls



4.99

6-12 ct. Sandwiches, Cones or Bars

Weight
Watchers
Ice Cream
Novelties



3.99

10-12 ct. Selected Varieties

Blue Bunny
Ice Cream
Sandwiches

WINE & SPIRITS

Dahl's has it all.



17.95

12 oz. Coors or Coors Light, Lite,
Genuine Draft or Genuine Draft 64

Coors or Miller
24-Pack Cans



13.99

750 ml, Original
or Assorted Flavors

Smirnoff
Vodka



9.99

Selected Varieties

Yellow Tail
1.5 Liter Wines

7.99

12 oz.
Busch Light
or Busch
12-Pack Cans

6.99

12 oz. Lemonade, Raz or Limon
Bacardi Silver
6-Pack Bottles

14.99

750 ml, Gold or Blanco
Sauza
Tequila

11.99

750 ml
Clan
MacGregor
Scotch Whisky

7.49

750 ml, Selected Varieties
Meridian
Vineyards
Wines

5.99

Selected Varieties
Livingston
Collars
1.5 Ltr. Wines



HOME & HEALTH



19.99

Proctor Silex
4 Quart
Slow Cooker



3.59

1 ct 9 Volt,
2 ct C or D or 4 ct AA or AAA
Duracell
Batteries



11.69

10 ct,
Selected Varieties
Claritin
Allergy Relief



9.79

8 oz. Selected Varieties
Glucerna
Shakes
6-Pack Bottles



4.79

20-24 ct.
Aleve Caplets,
Gel Caps
or Tablets



13.59

14 ct.
Prilosec OTC
Acid Reducer
Tablets



3.49

14-40 ct. Selected Varieties
Always Pads,
or Tampax
Tampons

FLORAL

March 8th is
International Woman's Day!



14.99

Woman's Day
Bouquet

DAHLS



8.99

Citrus Surprise
Bouquet



14.99

8 inch
Hanging
Plants

0306_DAHLS GATE 2