

# Island Foods

# DOG DAYS OF SUMMER

Great Valu Markets

Visit us at [www.islandfoodsgreatvalu.com](http://www.islandfoodsgreatvalu.com)



Our Butchers Cut Fresh Beef & Pork Daily



**7.88** lb.

Boneless Top Sirloin Steaks

Family Pack



Sweet Red Or Green Seedless Grapes

**2.48** lb.



**2.48** lb.

Perdue Split Chicken Breasts  
Fresh Grade "A"



**4.98** lb.

Whole Boneless Pork Tenderloin  
Fresh



5 lb. bags - Great On The Grill!

Green Giant Russet Potatoes

**2/\$5**

Deer Park Natural Spring Water

24 pk. 16.9 oz. btl.

Deer Park Sparkling Natural Spring Water

Pomegranate Lemonade

8 pk. 12 oz. cans



**5.99**



See Store For Additional Selected Varieties

Kellogg's Cereal

13.5 oz. Frosted Flakes Or 15.9 oz. Raisin Bran Crunch



**2/\$5**

Folgers, Dunkin' Donuts Or 1850 K-Cups, Whole Bean Or Ground Coffee

Selected Varieties 3.7-5.1 oz. box Or 10-12 oz. pkg.



**5.99**

## DIG INTO SUMMER SAVINGS



Minute Maid Orange Juice

Selected Varieties - 59 oz. cnts.

**2/\$7**



Yoplait Original Or Light Yogurt

Selected Varieties - 6 oz. cups

**10/\$5**



Essential Everyday Sour Cream

8 oz. cnts.

**2/\$3**



Lipton Pure Leaf Tea

Selected Varieties - 59 oz. btl.

Tropicana Lemonade Or Blended Drinks

Selected Varieties - 52 oz. btl.

**2/\$5**



Michelina's Entrees

Selected Varieties - 7.5-8.5 oz. pkgs.

**10/\$10**



Talent Gelato Or Gelato Layers

Selected Varieties - 10.6-16 oz. cnts.

**3/\$10**



Mueller's Pasta

Selected Varieties 12-16 oz. boxes

**10/\$10**



Essential Everyday Butter Quarters

Salted Or Unsalted 1 lb. pkg.

**3.88**

**PRICES GOOD AUGUST 12 - AUGUST 18, 2020**

# Meats



**3.88** lb.  
75% Lean  
Ground Beef  
Fresh

**Family Pack**



Bob Evans Mashed Potatoes Or  
Macaroni & Cheese Side Dishes  
28-32 oz. pkgs.

**2/\$9**



T.O. Williams  
Virginia Smoked Sausage  
Original Or Hot - 1 lb. pkgs.

**2/\$6**



Smithfield  
Ham Or Turkey Breast  
Honey Or Cooked Ham - 10 oz. pkg.

**3.49**



Nathan's  
Beef Franks  
Selected Varieties - 11-12 oz. pkg.

**5.99**



Essential Everyday  
Breakfast  
Sausage Links  
Original Or Maple - 12 oz. pkgs.

**2/\$5**



Essential Everyday  
Corn Dogs  
Regular Or Mini  
16 oz. pkgs.

**2/\$5**



Gwaltney  
Hardwood Smoked  
Sliced Bacon  
12 oz. pkg.

**4.99**



Kunzler  
Meat Franks  
3 lb. pkg.

**7.49**



Johnsonville  
Fully Cooked Meatballs  
Classic Or 3 Cheese - 24 oz. bag

**6.99**



Tony Roma's  
Fully Cooked  
Pulled Pork  
KC Style Or Sweet Smoked  
20 oz. pkg.

**7.99**

# Seafood



26/30 Count E2 Peel Raw Shrimp  
Arctic Shores IQF - 2 lb. bag

**12.99**



26/30 Count Cooked Shrimp  
Arctic Shores IQF - 1 lb. pkg.

**9.99**



Arctic Shores Tilapia Fillets  
IQF - 32 oz. pkg.

**7.99**



Great American Shrimp Scampi  
IQF - 12 oz. box

**7.99**



Legasea Shrimp Entrees  
Selected Varieties - 26 oz. pkg.

**8.99**



Matlaw's Stuffed Clams Or Scallops  
Frozen - 15-20 oz. pkg.

**5.49**



Lobster Tails  
4-5 oz.

**8.99** each



Special Crab Meat  
16 oz. pkg.

**13.99**

# Bakery



8 Inch  
Double Layer  
Coconut  
Cake

**9.99**



J. Skinner  
Danish Strips  
Selected Varieties  
14 oz. pkg.

**3.49**



Hill & Valley  
Sugar Free  
Sliced Creme Cake  
Lemon, Blueberry Or  
Banana Walnut - 16 oz. pkg.

**5.99**



Lofthouse  
Homestyle Cookies  
Selected Varieties  
15 oz. pkgs.

**2/\$7**



Café Valley  
Bundt Cake  
Strawberry, Lemon Or  
Triple Chocolate - 16 oz. pkg.

**5.99**



La Brea  
French Bread  
16 oz. pkg.

**2.99**



La Brea  
Telera Rolls  
4 ct. pkg.

**2.99**

# Deli



Kretschmar  
Turkey Off The Bone  
Deli Fresh Regular Or Honey

**8.99** lb.



Reser's  
Sides Dishes  
Selected Varieties  
12-14 oz. ctn.

**3.99**



Signature Smoked  
Provolone Cheese  
Deli Fresh

**5.99** lb.



Kretschmar  
Ham Off the Bone  
Deli Fresh Honey, Low  
Sodium Or Smoked

**7.99** lb.



Signature  
Baby Swiss  
Cheese  
Deli Fresh

**7.99** lb.



Culinary Circle  
Goat  
Cheese  
Selected Varieties  
4 oz. pkg.

**3.99**



King's Hawaiian  
Rolls  
Original Or  
Savory Butter  
4.4 oz. pkg.

**1.49**



Toufayan  
Wraps  
Selected Varieties  
11 oz. pkg.

**1.99**



Sandridge  
Zesty Bowtie  
Pasta  
Salad  
Deli Fresh

**5.99** lb.



8 Piece  
Fried Chicken  
2 Breasts,  
2 Thighs,  
2 Drumsticks  
& 2 Wings

**7.99**

# Grocery Savings

Ocean Spray 100% Cranberry Juice Or Blends  
Selected Varieties - 60 oz. btl. **2/\$6**

Essential Everyday Vegetable Oil  
48 oz. btl. **2.29**

Nestle Pure Life Purified Water  
24 pk. 8 Or 16.9 oz. btl. **5.99**

Wild Harvest Organic Corn Or Tortilla Chips  
Selected Varieties - 9-10 oz. bags **2/\$4**

Essential Everyday Concord Grape Jelly Or Jam  
30 oz. jars **2/\$4**

Hungry Jack Pancake & Waffle Mix  
Selected Varieties 28-32 oz. box **2.59**

Hungry Jack Pancake Syrup  
Selected Varieties 27.6 oz. jugs **2/\$7**

Lipton Iced Tea Mix  
Natural Lemon Flavor 47.2 oz. ctn. **5.99**

Kraft Salad Dressing  
Zesty Italian Or Classic Ranch 24 oz. btl. **3.49**

Essential Everyday Saltine Crackers  
Salted Or Unsalted 16 oz. boxes **2/\$4**

Barilla Gluten Free Or Plus Pasta  
Selected Varieties 12 oz. boxes **2/\$5**

Starkist Chicken Creations Or Chunk Light Tuna  
Selected Varieties 2.6-3 oz. pouches **2/\$3**

Essential Everyday Instant Oatmeal  
Selected Varieties 11.8-15.1 oz. box **2.29**

Essential Everyday Apple Sauce  
Original, Unsweetened Or Cinnamon 46-48 oz. jar **2.49**

Kellogg's Fruit Flavored Snacks  
Selected Varieties 8 oz. boxes **2/\$6**

Old Orchard 100% Apple Juice  
64 oz. btl. **2/\$6**

## BEAT THE HEAT

Save Money and Time!  
Break out your slow cooker to braise your pork for tacos tonight.

**Whole Pork Butt 1.48 lb.**  
Fresh, Bone-In

See Shopping List and Recipe on Page 4

Heinz BBQ Sauce  
Selected Varieties 18.6-21.4 oz. btl. **2/\$5**

Gatorade Thirst Quenchers  
Selected Varieties All Star 6 pk. 12 oz. btl. **2/\$8**

# Dairy

Kraft Philadelphia Cream Cheese Or Dips  
Selected Varieties Regular Or Whipped 7.5-10 oz. tub **3.99**

Essential Everyday Jumbo Biscuits  
Selected Varieties 16 oz. ctn. **1.99**

Breakstone's Cottage Cheese Doubles  
Selected Varieties 4.7 oz. ctns. **2/\$3**

Coffee-Mate Natural Bliss Coffee Creamer  
Selected Varieties 16 oz. btl. **3.49**

Sargento Shredded Cheese  
Selected Varieties 6-8 oz. pkgs. **2/\$7**

Sargento Natural Deli Style Cheese Slices  
Selected Varieties 5-8 oz. pkgs. **2/\$7**

Fairlife Milk  
Selected Varieties 52 oz. btl. **3.99**

Cabot Bar Cheese  
Selected Varieties 8 oz. pkg. **3.99**

## "Celebrate National Kool-Aid Days"

Kool-Aid Unsweetened Envelopes  
Selected Varieties .13-.23 oz. pkgs. **4/\$1**

Kool-Aid Or Country Time Drink Mixes  
Selected Varieties 18-20 oz. ctns. **3.99**

# Frozen Favorites

Essential Everyday Blends, Southern Or Stir Fry Vegetables  
Selected Varieties 16 oz. bags **2/\$3**

Luigi's Real Italian Ice  
Selected Varieties 36 oz. box **3.49**

FarmRich Appetizers  
Selected Varieties 15.25-26 oz. pkg. **4.99**

North Star Ice Cream Sandwiches  
Original Or Neapolitan 12 ct. 42 oz. boxes **2/\$8**

Red Baron Pizza  
Selected Varieties 20.7-23.54 oz. box **4.99**

P.F. Chang's Home Menu Bowls  
Selected Varieties 9.5-11 oz. pkgs. **2/\$8**

Banquet Value Meals  
Selected Varieties 7.4-11.88 oz. boxes **2/\$3**

Swanson Hungry-Man Dinners  
Selected Varieties 13.1-16 oz. box **3.99**

P.F. Chang's Dinners  
Selected Varieties 20-22 oz. pkg. **7.99**

Bertolli Frozen Pasta  
Selected Varieties 20-22 oz. pkg. **7.99**

# Household Savings

Essential Everyday Casual Foam Plates  
8.875 inch 40 ct. pkgs. **3/\$5**

Glad Cling, Press'n Seal, Freezer Bags Or Gladware Containers  
Selected Varieties 70-200 sq. ft. rolls Or 2-50 ct. pkgs. **2/\$7**

Gain 2x Liquid Detergent  
Selected Varieties 50 oz. btl. **7.59**

Gain Fabric Softener Or flings!  
Selected Varieties 16-120 ct. pkg. Or 50-51 oz. btl. **4.99**

Glad Tall Kitchen Or Trash Bags  
Selected Varieties 25-80 ct. box **8.99**

Scotch-Brite Sorub Sponges  
Selected Varieties 3 ct. pkgs. **2/\$7**

Colgate MaxFresh Or MaxClean Toothpaste  
Selected Varieties 4.6-6 oz. tubes **2/\$6**

SCAN and GO! Use the Great Valu APP and scan your barcode at checkout to receive these EXTRA Savings.

Buy any TWO (2) Bertolli® or P.F. Chang's® Home Menu® Meals, Get **FREE** Garlic Bread (up to \$3.00)

Make tonight AUTHENTIC IN NO TIME

WHEN YOU USE OUR GREAT VALU APP

# SLOW COOKER PORK TACOS



## Shopping List

- 3 whole ancho chiles
- 3 whole pasilla chiles
- 4 cloves garlic, unpeeled
- 2-3 chipotles in adobo sauce
- 1/2 medium white onion
- 3 tbsp extra-virgin olive oil
- 2 tbsp honey
- 1 tbsp cider vinegar
- Kosher salt
- 2 teaspoons dried oregano
- 4 pounds pork, chunked
- Freshly ground pepper
- 2 bay leaves
- 1 cinnamon stick
- Corn tortillas
- Assorted taco toppings

1

Put the ancho and pasilla chiles and the garlic in a bowl; add 2 to 3 tablespoons water. Microwave on high until soft and pliable, 2 to 3 minutes. Stem and seed the chiles; peel the garlic. Transfer the chiles and garlic to a blender.

2

Add the chipotles, onion, 2 tablespoons olive oil, honey, vinegar, 1 tablespoon salt and the oregano to the blender; puree until smooth. Heat the remaining 1 tablespoon oil in a large skillet over high heat; add the chile sauce and fry, stirring, until thick and fragrant, about 8 minutes. Pour in the broth and reduce until slightly thickened.

3

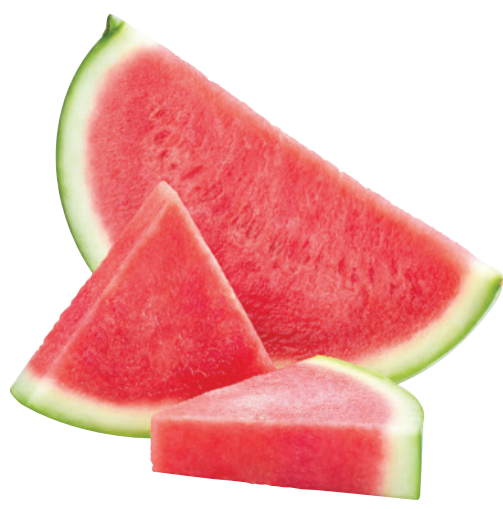
Season the pork all over with salt and pepper and transfer to a large slow cooker. Add the bay leaves and cinnamon stick, then pour in the sauce. Cover and cook on high until the meat is tender, about 5 hours. (Or cook the meat in a large Dutch oven, covered, for 1 hour 45 minutes at 350 degrees; uncover and cook 30 more minutes.)

4

Discard the bay leaves and cinnamon stick. Shred the pork with 2 forks; season with salt and pepper. Serve the shredded pork in the tortillas, along with toppings.

See the full recipe here: <https://www.foodnetwork.com/recipes/food-network-kitchen/slow-cooker-pork-tacos-recipe-1972753>

# Fresh Farm Produce



Whole Seedless Watermelon **5.99** each



Fresh Blueberries **3.99** pint ctn. Rich In Antioxidants



Broccoli Crowns **2.49** lb. Icy Fresh



Green Giant Baby Cut Carrots **2/\$3** 1 lb. bags



Jumbo Sweet Onions **1.29** lb. For Salads Or Sandwiches



Yellow Squash Or Green Zucchini **1.29** lb.



Hass Avocados **2/\$3** Ripe



Super Select Cucumbers **.69** each A Salad Favorite



Dole Salad Blends **2.99** Selected Varieties 5-12 oz. bag



Bolthouse Farms Juices Or Smoothies **5.99** Selected Varieties 32 oz. btl.

# Snack Center



Keebler Elf, Fudge Shoppe Or Sandies Cookies **2.99** Selected Varieties - 6.5-13.6 oz. pkg.



Nabisco Ritz Cracker Sandwiches **2.99** Selected Varieties - 10.8-11.04 oz. pkg.



Nabisco Variety Pack **5.99** Selected Varieties - 12-23.4 oz. pkg.



Cheetos Snacks **2/\$5** Selected Varieties - 6.5-8.5 oz. bags



Snyder's Of Hanover Family Size Pretzels **2/\$5** Selected Varieties - 12-16 oz. bags



Drake's Family Packs **2/\$5** Selected Varieties - 10-18 oz. boxes



Tastykake Pies, Cookies, Donuts Or Pecan Swirls **10/\$10** Selected Varieties - 2-6 oz. pkgs.



Frito Lay 16-18 Ct. Variety Packs **6.99** Selected Varieties - 8-18 oz. pkg.

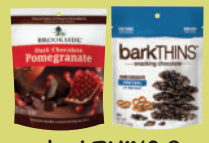


Lay's XL Potato Chips **2/\$6** Selected Varieties - 5-8 oz. bags

# NATURAL SPECIALTY



Brianna's Salad Dressing **3.89** Selected Varieties 12 oz. btl.



barkTHINS Or Brookside Pouches **4.39** Selected Varieties 4.7-7 oz. pkg.



Celestial Seasonings Teas **2/\$7** Selected Varieties 18-20 ct. pkgs.



Raised & Rooted Whole Grain Tenders **2/\$10** 8.1 oz. pkgs.



Terra Exotic Veggie Chips **3.99** Original Or Potato - 5 oz. bag



Califa Farms Almondmilk **3.99** Selected Varieties 48 oz. btl.



Honest Organic Cold Brew Tea **2/\$8** Selected Varieties - 46 oz. btl.



Bear Naked Cereal **2/\$8** Selected Varieties 7.2-12 oz. pkgs.



Rice Dream Organic Rice Drink **3.79** 32 oz. ctn.



Coke, Diet Coke, Caffeine Free Coke, Sprite, Tab, Mello Yello, Fresca, Fanta, Minute Maid, Seagram's Ginger Ale, Pibb, Barq's Root Beer, Coke Zero Or Sprite Zero **3/\$10** Selected Varieties - 12 pk. 12 oz. cans



Coke, Diet Coke, Sprite Or Coke Zero **3/\$10** Selected Varieties - 8 pk. 12 oz. btl.



Yuengling Lager **13.49** Selected Varieties 12 pk. 12 oz. btl.



White Claw Variety Pack Hard Seltzer **19.99** 12 pk. 12 oz. cans

Visit us on the web [www.greatvalu.com](http://www.greatvalu.com)



6277 Cleveland Street, Chincoteague, VA  
PHONE: 757-336-5829

PRICES GOOD AUG 12 - AUG 18

STORE HOURS:  
Sunday Through Saturday  
8 am - 9 pm



We Reserve The Right To Limit Quantities. No Sales To Dealers. No MVP Card Required.