



• FAMILY-OWNED AND OPERATED •

UPPER LAKES FOODS
EST 1967

ULF CORNER STORE

UPPERLAKESFOODS.COM

*Your premier foodservice
distributor in the Upper Midwest*

Updated 4.16.20

ULF CORNER STORE

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ULF CORNER STORE

AN INTRODUCTION INTO RETAIL

With the COVID-19 pandemic causing restaurants to suspend dine-in services, we're here to help you drive business during this time of uncertainty and give you the tools to transform your restaurant into a corner store. In response to the empty grocery store shelves across the country, restaurants have an opportunity to stock and sell pantry staples – a profitable solution to navigate this transition in day-to-day operations. You'll also become a beacon of nourishment and support in your community!

WHAT IS THE CORNER STORE CONCEPT?

It's simply a temporary business model during the COVID-19 crisis to provide essential pantry items for families in a safe environment. In this guide, you'll find plenty of retail-ready solutions and essential products to help people find what may be missing from their local grocery stores. Many stores are out of pantry staples like bread, eggs, and toilet paper, and we can help offer these to your customers.

WHY THE CORNER STORE CONCEPT?

- Continue to generate revenue beyond standard takeout and delivery.
- Provide a vitally needed safe environment to shop, with fewer crowds than seen at large stores.
- Continue to keep your staff employed.
- Provide curbside pick-up and delivery service to customers who are unable to visit your establishment.

WHAT DO I NEED TO GET STARTED?

- Floor space for dry goods. Preferably a restaurant space with the ability to push tables to the side or re-arrange, creating a relaxed, wholesale environment.
- Walk-in cooler or freezer space to be able to sell dairy and produce.
- Staff to work the floor and staff to regulate health and safety guidelines of social distancing.
- Marketing plan. We have ideas and tips for you to spread the word about your corner store!
- Ordering/payment system.



GET IN ON GRAB-AND-GO

FROM NESTLE PROFESSIONAL TRENDS AND INSIGHTS

Grab-and-go is growing fast due to customer demand for tasty food that's instantly available. Discover ways operators are responding—supermarkets, c-stores, hotels, colleges, and employee dining, and restaurants at virtually every price point.

HOW DO YOU COURT BUSY CUSTOMERS AND BUILD SALES? Make takeout more convenient and portable with grab-and-go options.

According to Datassential, grab-and-go (prepared foods for takeout that don't need to be pre-ordered) in restaurants at all price points grew 67.1% between 2013 and 2017. Penetration, however (the number of establishments offering some type of grab-and-go) was only 0.4%, indicating plenty of room for additional growth.

Opportunity exists in every category, adds the research firm, but supermarket delis, convenience stores, and grocerants are already colonizing the market. Among restaurants, the potential is strongest in QSR and especially fast casual venues, but sales are also growing in midscale and casual restaurants. In noncommercial settings, there's also grab-and-go demand in colleges and universities, employee dining, and healthcare—where hospital visitors as well as employees and staff can grab a meal to go to help ease the burden of a hectic day. Self-serve pantries are becoming more popular in hotels, late-shift B&I

venues, and other places where there is a need for 24/7 food service. And dining outlets in airports and other travel hubs are also getting into the act, especially now with in-transit meal service cutbacks

In short, wherever there are time-crunched consumers around, there's potential for grab-and-go sales.

OPERATIONAL CHALLENGES

There are a lot of ways to do grab-and-go, from dedicated "express" selling areas adjacent to dine-in, to kiosks, carts, and pantries. But for most food service operators—even those with a robust takeout business—grab-and-go represents a different line of business, with its own set of operational issues. A few things to consider:

Pay Attention to Merchandising—Using colorful, attractively prepped ingredients and sturdy good-looking packaging are particularly important with grab-and-go, where every choice is visible to customers. Investing in attractive display equipment such as upscale cases can also be helpful.

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Freshness Counts— Establish optimal hold times for prepared items such as premade sandwiches, salads, and pizza, and log or time-stamp them so they can be taken off the selling floor promptly. Track sales movement carefully in order to avoid waste and manage demand.

Embrace the Value of Trial and Error— All menus are living, breathing things, and grab-and-go items may need a little extra coaxing. If a sandwich isn't selling on a roll, try recasting it as a wrap, or change the packaging so the item is more visible

Sweat the Small Stuff— Make items such as disposable cutlery, napkins, bags, condiments, lids for cups, and other necessities for off-premise dining available and in a convenient spot.

Make Payment Easy— Consider having a dedicated cashier, payment-enabled app, or other option to help speed customers out the door.

Consider Meal Kits— Take a page from the meal-kit model and package ingredients for some of your most popular items (with detailed instructions) so that customers can prepare them at home. Some restaurants are even delivering these kits through third-party delivery services.



THE GRAB-AND-GO SELECTION

Anything that can be packed up for pickup or served quickly at the point of purchase is fair game for a grab-and-go program. Above all, food must hold well and remain appetizing throughout its intended window of availability.

Here are some food selections things that work particularly well for grab-and-go:

- Breakfast items (sandwiches, baked goods)
- Meal-in-one bowls
- Sandwiches
- Salads
- Composed snack trays (cheese and crackers)
- Serve-yourself soup and chili
- Sweet and savory yogurt parfaits
- Prepared full-service deli items (pasta and grain salads, antipasto)
- Packaged prepared foods for a hot case (pot pies, wings, macaroni and cheese)
- Pizza by-the-slice or whole take-and-bake pizzas
- Large-format foods for self-service catering (rotisserie chicken, vegetables and dips, meat and cheese platters)
- Sushi
- Chips and other packaged snacks for impulse sales
- Soft-serve and frozen yogurt
- Fruit
- Cookies, cupcakes, and other individually wrapped baked goods
- Pre-portioned smoothies, iced coffee, and other chilled beverages
- Self-service hot and cold beverages

CREATIVE WAYS TO MARKET YOUR CORNER STORE



You've got the products, your staff is trained, your dining rooms has been set up, now you just need the people. We have some unique marketing ideas to spread the word and sample posts for you to use.

- Update your website and social media profiles with your new offerings. Be sure to clearly outline all safety measures and social distancing guidelines you've put in place so customers can feel secure shopping at your restaurant. Also reflect any changes in days/hours of operation.
- Social media
 - Make it personal. Talk about who you are, who your employees are, and why you want to help the community.
 - Facebook Live and Instagram Live videos showing what you have for sale that day.
 - Post product photos.
 - Post recipe ideas customers can make at home.
 - Engage. Answer all questions people have.
 - Signage, signage, signage. Did we mention signage? Grab customers' attention with outdoor banners or sidewalk menu boards.
 - Your local neighborhood app, like NextDoor.
 - An oldie but a goodie: direct mail campaign.
 - The high-tech version of a direct mail campaign: email. Send e-blasts to your customer distribution list. Craft a simple email message about the new opportunity for your community and diners. Include photos of your products, menu and describe the new restaurant set-up. Oh, and be sure to check spelling before hitting Send.
- Radio advertising

THINGS TO MENTION IN YOUR MARKETING EFFORTS

- Store hours
- Which products are available with pricing
- "While supplies last"
- Special hours for seniors

SAMPLE SOCIAL MEDIA POSTS

Attention [your neighborhood name], we've converted our restaurant into a neighborhood corner store! Stop by for restaurant-quality [insert product], [insert another product], [insert an even more awesome product], and so much more! Our staff has been trained to follow all safety practices and social distancing. Visit our website or call today for the complete product list. [Insert days and hours of operation].

Let us help with your grocery list! We are now able to offer restaurant-quality ingredients for you to enjoy at home. Stop by our store [insert days and hours of operation] or give us a call to arrange curbside pick-up.

NOT READY TO OPEN UP YOUR RESTAURANT DOORS JUST YET? OFFER CURBSIDE PICK-UP OR DELIVERY.

ULF CORNER STORE

SOCIAL DISTANCING: EVERY STEP OF THE WAY

BACK OF THE HOUSE

- Start with a small staff.
- Review hand-washing best practices and make sure everyone has the proper materials they need to keep a safe and clean workspace (masks, gloves, disinfectant, etc.).
- Create more start time schedules of smaller groups.
- Stagger employees' start times to reduce congestion in back of house and storage areas.
- When storing product, sanitize bus tubs/baskets between each use.

IN YOUR RESTAURANT

- Remain at least 6 feet (2-meters) away from other people.
- Place tape on the floor of the store in traffic areas and in the checkout line to show customers how far apart they should be while shopping.
- Limit the number of customers in the store at a time.
- Have a staff person dedicated to monitoring crowd control, traffic flow, and social distancing.
- Distribute wipes or hand sanitizer at entrance for customers before they acquire their basket.

SAFE CHECKOUT

- Wear gloves while collecting payment.
- If able, use mobile payment options instead of cash or credit cards.
- Keep a safe distance during the transaction.
- Keep sanitizer or wipes nearby if available.

**ALWAYS ADHERE TO CDC
AND LOCAL MUNICIPALITY
GUIDELINES.**



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**ULF CORNER STORE:
 MEAT**



552758
 Klements Deli
 Sliced Beef Summer
 Sausage 10/1 lb.



584265
 Klements Honey Ham
 Stick Box 2/26 ct.

584269
 Klements Hot Beef
 Stick Box 2/26 ct.

584267
 Klements Beef &
 Pork Teriyaki Stick
 Box 2/26 ct.

584144
 Klements Bologna
 Ring 10/1 lb.
176505
 Jack Link's Teriyaki Beef
 Jerky 48/.85 oz.
549222
 Cloverdale Bacon Ends
 & Pieces 8/3 lb.



558726
 Hormel Bread Ready
 Sliced Honey Ham
 4/3 lb. avg.

558759
 Hormel Bread Ready
 Sliced Ham 4/3
 lb. avg. 1 oz.

246819
 Hormel Corned Beef
 Hash 12/7.5 oz.
247488
 Highland Market Corned
 Beef Hash 12/50 oz.

558770
 Hormel Fully Cooked
 Sliced Corned
 Beef 6/2 lb.
558656
 Hormel Natural Choice
 Sliced Roast Beef 6/2 lb.
558700
 Hormel Bread
 Ready Hard Salami
 6/2 lb. .8 oz.

558711
 Hormel Bread Ready
 8-1 Sliced Pepperoni
 6/1.75 lb.



558740
 Hormel Sliced Oven
 Roasted Turkey
 6/2 lb. 1 oz.

558780
 Hormel Bread Ready
 Sliced Roast Beef
 6/2 lb. .5 oz. sli.



590974
 Hormel Pillow Packed
 Sliced Pepperoni
 4/3 lb. 8 oz.

591020
 Bonici 8-1 3.25"
 Pepperoni 2/5 lb.

691234
 Jennie-O Sliced
 Smoked Turkey Breast
 6/2 lb. .7 oz.

691235
 Jennie-O Extra
 Lean Sliced Turkey
 6/2 lb. .7 oz.

Items subject to change due to availability.

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**ULF CORNER STORE:
 SEAFOOD**



243051

Handy Claw Crab Meat 1/1 lb.

243057

Handy Backfin Lump
 Crab Meat 1/1 lb.

243059

Handy Crab Combo Meat (10%
 Jumbo Lump, 30% Lump, 20%
 Special, & 40% Claw) 1/1 lb.

604641

Mrs. Friday's 26-30 ct. Breaded
 Sea Scallops 1/2.5 lb.

604613

King & Prince Buttermilk
 Popcorn Shrimp 4/2.5 lb.



612555

King & Prince 16-20 ct. Butterfly
 Coconut Shrimp 4/2.5 lb.

612600

King & Prince U-12 Gold Pack
 Breaded Shrimp 6/2.5 lb.

604631

Oceanway 16-20 ct. Breaded
 Butterfly Shrimp 4/3 lb.



604644

Oceanway 12-15 ct. Breaded
 Butterfly Shrimp 1/3 lb.



643744

Icelandic 31-35 ct. Redhook Ale
 Beer Battered Shrimp 1/2.5 lb.



606720

Mazzetta 26-30 ct. Tail Off Raw
 Peeled & Deveined Shrimp 1/2 lb.

606721

Mazzetta 31-40 ct. Tail Off Raw
 Peeled & Deveined Shrimp 1/2 lb.

606734

Mazzetta 16-20 ct. Tail On Raw
 Peeled & Deveined Shrimp 1/2 lb.

606719

Mazzetta 41-50 ct. Tail Off Raw
 Peeled & Deveined Shrimp 1/2 lb.



243981

Chicken of the Sea Less Sodium
 Light Chunked Tuna 24/5 oz.

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**ULF CORNER STORE:
DRY GOODS**



903316

Daxwell Clear Powder Free Vinyl Small Glove 10/100 ct.

080122

Essity Professional 2 Ply Jumbo Toilet Tissue 1/12 roll

859421

Acclaim 1 Ply Toilet Tissue TNWSAV 8/2000'

859422

Acclaim 2 Ply Jumbo Toilet Tissue 8/1000'

861453

Companions 2Ply Centerpul Toilet Tissue 1/6 ct.



860460

Compact 2 Ply Coreless Toilet Tissue 1/18 ct.



080121

Essity Professional 7.9"x600' Natural Towel Roll 1/12 ct.

861007

Companions 2 Ply Jumbo Kitchen Towels 12/250 ct.



861112

Envision White Disposable Towel Roll 12/8"x350'

861377

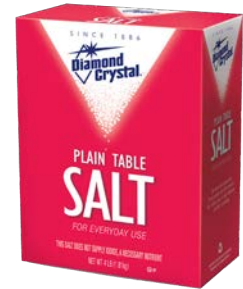
BigFold White BigFold Towel 1/2200 ct. 10.25"x11"

861427

Pacific Blue Brown Singlefold Towel 16/250 ct.

341570

Domino Dark Brown Cane Sugar 24/1 lb.



308702

Diamond Crystal Iodized Boxed Salt 18/2.5 lb.

299364

Highland Ground Pure Black Pepper 1/1 lb.



340162

United Sugars Granulated Sugar 4/10 lb.

341556

United Sugar Light Brown Sugar 16/2 lb.

345010

Int'l Food H&R Flour 2/25 lb.

381295

Uncle Bens Arborio Rice 2/5 lb.

Items subject to change due to availability.

ULF CORNER STORE: DRY GOODS (CONTINUED)



381486

Uncle Bens Flavor Infused Mexican Rice 2/5 lb.

381546

Uncle Bens Infused Pilaf Rice 2/5 lb.



381350

Chefway Long Grain & Wild Rice 6/36 oz.

262834

Butter Buds Buttermist Pan Spray 6/17 oz.



262857

Vegalene Allergen Free Vegalene Spray 6/16.5 oz.

262831

Vegalene ZTF Buttery Delight Pan Spray 6/17 oz.

262839

Vegalene ZTF Gluten Free Garlic Mist Pan Spray 6/17 oz.

262820

Vegalene GMO Free Pan Spray 6/17 oz.

262817

Vegalene Pan Spray 6/21 oz.



262883

Versa All Purpose Food Release Spray 6/17 oz.



236268

Argo Corn Starch 24/1 lb.

439752

Campbell's Tomato Soup 24/7.25 oz.

249912

Campbell's Low Sodium Tomato Soup 24/7.25 oz.



439703

Campbell's Chicken Noodle Soup 24/7.24 oz.

439803

Campbell's Vegetable Beef Soup 24/7.25 oz.



430775

Azar Trail Mountain Mix (Peanuts, Cocoa Buttons, Raisins, Almonds, & Cashews) 2/5 lb.

286691

Lindsay Sliced Ripe Olives 12/6.5 oz.



383505

Hospitality One-Step Stuffing Mix 12/1.75 lb.

Items subject to change due to availability.

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ULF CORNER STORE:
BAKERY



716903

Baker Boy Chocolate
Bavarian Filled Iced
Donut Ring 30/2.4 oz.

716904

Baker Boy Strawberry
Cream Cheese Filled Iced
Donut Ring 30/2.4 oz.

716905

Baker Boy Cream Filled
Iced w/Sprinkles Long
John 30/3.7 oz.

716839

Baker Boy Glazed
Cake Donut 5/6 ct.

716840

Baker Boy Glazed
Blueberry Cake
Donut 5/6 ct.

716841

Baker Boy Glazed
Devils Food Cake Donut
5/6 ct. 2.75 oz.

716910

Baker Boy Glazed
Cinnamon Twist
Donut 30/3.1 oz.

716911

Baker Boy Apple
Filled Glazed Fritter
Donut 30/3.85 oz.



730589

Baker Boy 3/4" Sliced
White Texas Toast
Bread 6/28 oz.

724638

Baker Boy 1/2" Sliced
Split Top White Bread
10/1.5 lb. 22 sli.

724639

Baker Boy Sliced Split
Top Whole Wheat Bread
10/1.5 lb. 22 sli.

717122

Baker Boy 4" White
Hamburger Bun
10/12 ct. 2 oz.

718917

Baker Boy Whole
Grain Baked Hot Dog
Bun 18/8 ct. 1.4 oz.

718919

Baker Boy White Hot
Dog Bun 12/12 ct.

786760

Grecian Delight 6"
Chicago Style Pita
Bread 120/6"

719192

New French Italian
Peasant Batard
Bread 14/14 oz.

719193

New French Rosemary
Garlic Filone Bread
12/12 oz.



719194

New French Honey
Multigrain Batard
Bread 14/16 oz.

719196

New French Double
Raisin Rye Batard
Bread 12/14 oz.



735407

Crystal Farms 3"
Plain English Muffins
6/12 ct. 2 oz.

735456

Crystal Farms
Wheat English Bagel
12/6 ct. 2 oz.

724766

Sara Lee Sliced Curved
Butter Croissant 4/12 ct.

729655

Chef Pierre Corn
Muffin 4/24 ct.



738898

Valley Natural Gluten
Free Raspberry Rhapsody
Muffin 12/4.8 oz.

Items subject to change due to availability.



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**ULF CORNER STORE:
 EGGS & DAIRY**



215608
 Sparboe Large Eggs 1/15 dz.

215616
 Sparboe Extra Large
 Eggs 1/15 dz.



215303
 Code ZTF Solid
 Margarine 30/1 lb.

262668
 Gold N Sweet ZTF Blended
 Butter Spread 6/3.5 lb.

211724
 Cheese Crafters Fancy Shredded
 Cheddar Cheese 1/5 lb.

211748
 ULF Feather Shredded Marble
 Jack & Cheddar Cheese 1/5 lb.

211754
 ULF Fancy Shredded Marble
 Jack & Cheddar Cheese 1/5 lb.

211343
 Bongards Sliced American
 Jalapeno Cheese 4/5 lb.

210203
 Schreiber Sliced American
 Cheese 1/5 lb. 160 ct.



210229
 Schreiber Sliced American
 Cheese 1/5 lb. 120 ct.

213174
 Cheese Crafters Sliced
 Cheddar Cheese 4/2.5 lb.

211251
 Cheese Crafters Swiss
 Cheese 1/2.5 lb. 0.75 oz.

213172
 Cheese Crafters Sliced
 Pepper Jack Cheese 4/2.5
 lb. 213 sli. .75 oz.



211279
 Cheese Crafters Sliced Provolone
 Cheese 1/2.5 lb. .5 oz.

Items subject to change due to availability.



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**ULF CORNER STORE:
 APPETIZERS**

787572

Minh Pork & Vegetable Eggroll 1/12 ct. box 3 oz.

705293

Brew City Oven Ready 5/8" Beer Battered Onion Rings 6/2.5 lb.



706042

Golden Crisp Breaded Pickle Chips 6/2.5 lb.



706442

Anchor Breaded Button Mushrooms 1/3 lb.

704522

Moore's 5/8" Breaded Gourmet Onion Rings 12/2 lb.

704743

Anchor Butter Breaded Mushrooms 1/2.5 lb.



705376

Golden Crisp Oven Ready Skinny Battered Onion Rings 4/2.75 lb.



780577

Freds Oven Ready Macaroni & Cheese Bites 6/2 lb.

Items subject to change due to availability.



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**ULF CORNER STORE:
PIZZA**



573861

Porsena's Individually Wrapped 12" Sausage & Pepperoni Pizza 6/24.75 oz.

573661

Porsena's Individually Wrapped 12" Country Breakfast Pizza 6/28 oz.

573692

Porsena's Individually Wrapped 12" Vegetarian Pizza 6/25.25 oz.

573693

Porsena's Individually Wrapped 12" Cheese Pizza 6/21.25 oz.

573860

Porsena's Individually Wrapped 12" Pepperoni Pizza 6/22.75 oz.

573862

Porsena's Individually Wrapped Meat Lovers Pizza 6/25.75 oz.



573864

Porsena's Individually Wrapped Deluxe Pizza 6/22.75 oz.

573863

Porsena's Individually Wrapped Bacon Cheeseburger Pizza 6/24.75 oz.

573866

Porsena's Individually Wrapped Chicken Alfredo Pizza 6/22.25 oz.

573867

Porsena's Individually Wrapped Sausage White Garlic Pizza 6/21.25 oz.

Items subject to change due to availability.



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**ULF CORNER STORE:
 ENTREES**



580969

Banquet Individually Wrapped Beef Pot Pie 24/7 oz.

580944

Banquet Individually Wrapped Chicken Pot Pie 24/7 oz.



234609

LaChoy ZTF Chow Mein Noodles 6/24 oz.

768887

Stouffers Swedish Meatball w/Gray 4/62 oz.



768555

Stouffers Macaroni & Cheese 4/98 oz.

768622

Stouffers Vegetable Lasagna 4/96 oz.



768606

Stouffers Lasagna w/Meat & Sauce 4/96 oz.

Items subject to change due to availability.



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**ULF CORNER STORE:
 VEGETABLES**



758426

Flav R Pac Capri Vegetable Blend (Carrots, Green Beans, Yellow Squash & Zucchini) 1/4 lb.



760820

Flav R Pac Gluten Free Grande Classic Vegetable Blend 6/4 lb.

758326

Flav R Pac Cooked Squash 1/4 lb.



703341

Roastworks Roasted Onion & Pepper Mix 6/2.5 lb.



758772

Flav R Pac Fajita Vegetable Blend (Red Pepper, Green Peppers, Yellow Peppers & Onions) 1/4 lb.



756974

Flav R Pac Oregon Bean Vegetable Medley (Beans, Wax Beans, Carrots, Kidney Beans, Peas, Lima Beans & Salt) 1/4 lb.



690106

Roastworks Roasted Whole Baby Potatoes 6/2.5 lb.

Items subject to change due to availability.



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**ULF CORNER STORE:
CONDIMENTS**

448340

Red Gold Plastic Squeeze Fancy Ketchup 24/14 oz.



448465

Red Gold Upside Down Fancy Ketchup 16/20 oz.

448357

Heinz Wide Mouth Bottle Ketchup 24/12 oz.



448316

Heinz Top Down Ketchup 16/14 oz.

449827

Heinz Squeeze Bottle Mustard 16/9 oz.

274409

Heinz Classic Squeeze Mustard 16/12.75 oz.

274020

French's Yellow Squeeze Bottle Mustard 12/8 oz.

274409

Heinz Classic Squeeze Mustard 16/12.75 oz.



457515

Heinz Malt Vinegar 12/12 oz.

457606

Heinz White Distilled Vinegar 6/1 gal.

274225

Grey Poupon Dijon Mustard 6/24 oz.

275437

Hidden Valley Original Ranch
Dressing Mix 18/3.2 oz.

234989

LaChoy Soy Sauce 24/5 oz.

Items subject to change due to availability.

ULF CORNER STORE: CONDIMENTS (CONTINUED)



273907

Hellmann's Squeeze Bottle Real
Mayonnaise 12/11.5 oz.



274980

Bulliard's Original Steak Sauce 12/10 oz.

290072

Heinz A-1 Steak Sauce 12/10 oz.

290106

Heinz A-1 Steak Sauce 24/5 oz.

290604

Cholula Hot Sauce 12/5 oz.



289422

Tulkoff Spicy Aioli Kimchi Sauce 8/18 oz.

290437

Grecian Delight Honey Mustard Sauce 2/3.75 lb.

270120

Hidden Valley Refrigerated Gluten Free
Original Ranch Dressing 6/32 oz.

270135

Classic Gourmet Refrigerated Reduced
Calorie Buttermilk Ranch Dressing 4/1 gal.



463594

Ventura Gochujang Korean Pepper Sauce 4/.5 gal.

274947

Minor's Sweet Chili Sauce 4/.5 gal.

294550

Minor's Sweet & Spicy Plum Sauce 4/.5 gal.



463411

Smokehouse 220 Smoked Black
Pepper BBQ Sauce 2/1 gal.

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 CHIPS**

203214

Frito Lay 40% Reduced Fat Applewood
 BBQ Kettle Chips 64/1.375 oz.



203221

Frito Lay Original Baked Lays 60/.875 oz.



204150

Frito Lay Whole Grain Reduced
 Fat Dorito Flamas 72/1 oz.

202561

Old Dutch Taco In A Bag Chips 72/1.5 oz.

203253

Doritos Whole Grain Reduced Fat
 Nacho Cheese Doritos 44/1.4 oz.



202644

Shearers Round Yellow Mini Tortilla Chips 100/1 oz.

202525

Shearers Gluten Free Lite White Popcorn 60/.5 oz.

203266

Frito Lay Baked Tostitos Scoops 72/.875 oz.

202853

Barrel O'Fun Plain Potato Chips 80/1 oz.



290635

Tostitos To Go Medium Salsa 30/3.8 oz.

204231

Red Gold Hartzel Pretzels 104/.7 oz.

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ULF CORNER STORE:
BARS & TREATS



737824

Best Maid Marshmallow Rice Crispy Bar 24/2 oz.

737830

Best Maid Peanut Butter Rice Crispy Bar 42/3 oz.

737831

Best Maid Peanut Butter Rice Crispy Bar 24/5 oz.

737833

Best Maid Marshmallow Rice Crispy Bar 24/4 oz.

737958

Best Maid ZTF Snickerdoodle Cookie 48/3 oz.

737961

Best Maid ZTF Chocolate Chip Cookie 48/3 oz.

737962

Best Maid ZTF Chocolate Chip & M&M Cookie 48/3 oz.

719215

Best Maid Peanut Butter Monster Rice Crispy Bar 24/3.4 oz.

738906

Valley Natural Foods Gluten Free Double Chocolate Brownie 12/3 oz.

738888

Valley Natural Foods Gluten Free Chocolate Chip Cookie 24/2 oz.



738912

Valley Natural Foods Gluten Free Lemon Tart 12/3 oz.

408246

Kellogg's Whole Grain Rice Krispie Treats 4/20 ct. 1.41 oz.

408329

Kellogg's Whole Grain Single Blueberry Pop Tart 120/1.76 oz.

408468

Kellogg's Blueberry Nutrigrain Bar 3/16 ct.

408459

Kellogg's Raspberry Nutrigrain Bars 3/16 ct.

408641

Kellogg's Chocolate Caramel Rice Krispy Treat 80/1.48 oz.

408481

Kellogg's Apple Cinnamon Cereal Bar 96/1.3 oz.

408341

Kellogg's Hot Fudge Sundae Pop Tart 72/3.38 oz.

408335

Kellogg's Whole Grain Frosted Strawberry Pop Tart 72/3.5 oz.

408451

Kellogg's Strawberry Nutrigrain Bars 6/16 ct. 1.55 oz.

408480

Kellogg's Apple Cinnamon Nutrigrain Bars 6/16 ct. 1.55 oz.



408245

Kellogg's Rice Krispie Treats 80/1.3 oz.

408482

Kellogg's Blueberry Nutrigrain Bars 96/1.55 oz.

405705

Nabisco 100 Calorie Chips Ahoy! 72/.81 oz.

405077

Nabisco 100 Calorie Lorna Doone Cookie 72/.74 oz.

408732

Nabisco Lorna Doone Cookie 120/1 oz.

408831

Nabisco Butter Nutter Cookie 48/1.9 oz.

Items subject to change due to availability.

• FAMILY-OWNED AND OPERATED •
UPPER LAKES FOODS
 EST 1967

**ULF CORNER STORE:
 SNACK PACKS**



406798

Sunshine Whole Grain
 Cheez-Its 175/.75 oz.

406785

Sunshine Yellow Cheez-
 Its 60/1.5 oz.

407050

Keebler Chocolate
 Chip Gripz Crackers
 150/.95 oz.



406928

Pepperidge Farms
 Whole Grain Disney
 Mickey Mouse Goldfish
 Crackers 300/.75 oz.

430064

Ocean Spray Cherry
 Craisin 200/1.16 oz.

430062

Ocean Spray Orange
 Craisin 200/1.16 oz.



430066

Ocean Spray Strawberry
 Craisin 200/1.16 oz.

430072

Ocean Spray
 Watermelon Craisin
 200/1.16 oz.

431679
 Orchard Valley
 Antioxidant Mix 14/2 oz.

431681
 Orchard Valley
 Cranberries Almonds
 Cashew Trial Mix
 12/1.85 oz.

431682
 Orchard Valley
 Cashew Halves &
 Pieces 14/1.6 oz.

431683
 Orchard Valley Dark
 Chocolate Covered
 Almonds 14/2 oz.

409714
 Annie's Original
 Cheddar Cracker
 Bunnies 100/.75 oz.

409712
 Annie's Bunny Honey
 Graham Crackers
 100/1.25 oz.



407049

Keebler Chocolate
 Elf Graham Crackers
 150/1 oz.

407048

Keebler Cinnamon
 Elf Graham Crackers
 150/1 oz.

406819

Keebler Animal
 Crackers 150/1 oz.



406836

Pepperidge Farms
 Giant Cinnamon
 Goldfish Graham
 Crackers 300/.09 oz.

406924

Pepperidge Farms French
 Toast Goldfish Graham
 Crackers 300/1 oz.



283193

Oh Snap Classic Gone
 Dilly Pickle 1/12 ct.

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• FAMILY-OWNED AND OPERATED •
UPPER LAKES FOODS
 EST 1967
**ULF CORNER STORE:
 YOGURT**



152711

Yoplait Fat Free Greek Blueberry Yogurt 24/3.5 oz.

153067

Land O' Lakes Low Fat Plain Yogurt 1/5 lb.



152941

Lifeway Kefir Low Fat Blueberry Yogurt 6/8 oz.

152940

Lifeway Kefir Low Fat Strawberry Yogurt 6/8 oz.

152504

Upstate Farms Gluten Free Non Fat Blueberry Yogurt 48/4 oz.

152507

Upstate Farms Gluten Free Fat Free Vanilla Yogurt 48/4 oz.



152498

Upstate Farms Gluten Free Non Fat Peach Yogurt 48/4 oz.

152597

Upstate Farms Gluten Free Non Fat Vanilla Yogurt 4/5 lb.

152502

Upstate Farms Gluten Free Non Fat Raspberry Yogurt 48/4 oz.

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• FAMILY-OWNED AND OPERATED •

UPPER LAKES FOODS

EST 1967

**ULF CORNER STORE:
FRESH PRODUCE**



111112

Blackberries 12/6 oz.

111252

Strawberries 8/1 lb.

129388

Clean & Trim Parsley 1/1 lb.

143346

1/8" Shredded Lettuce 1/5 lb.

143348

Chopped Lettuce 1/5 lb.



144355

Broccoli Floret 1/3 lb.

144366

Cauliflower Floret 1/3 lb.

127001

Jumbo Carrots 1/50 lb.

127100

Jumbo Carrots 1/25 lb.

127191

Baby Slim Peeled Carrots 4/5 lb.

127195

Baby Slim Peeled Carrots 1/5 lb.



127240

Baby Carrots 100/2 oz.

127244

Baby Carrots 100/3 oz.



144024

1/8" Shredded Matchstick
Carrots 1/5 lb.



128579

Peeled Garlic Cloves 1/5 lb.

103850

Oranges 1/12 ct.

103903

Oranges 1/113 ct.

105505

Lemons 1/36 ct.



107707

Cantaloupe 1/12-15 ct.

107730

Cantaloupe 1/3 ct.

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• FAMILY-OWNED AND OPERATED •
UPPER LAKES FOODS
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**ULF CORNER STORE:
 KID FRIENDLY**

742628

Smuckers Peanut Butter & Grape Jelly
 Wheat Uncrustable 72/5.3 oz.



742624

Smuckers Peanut Butter & Grape Jelly
 Wheat Uncrustable 72/2.6 oz.

742629

Smuckers Peanut Butter & Strawberry
 Jelly Wheat Uncrustable 72/5.3 oz.



742626

Smuckers Peanut Butter & Strawberry
 Jelly Wheat Uncrustable 72/2.6 oz.



739302

DeWafflebakkers Whole Grain Mini
 Blueberry Pancakes 72/3 oz.

739269

Pillsbury Mini Chocolate Chip Pancakes 72/3.17 oz.

739304

Pillsbury Mini Maple Burst'N Pancakes 72/3.17 oz.



739282

Pillsbury Mini Strawberry Splash
 Pancakes 72/3.17 oz.

Items subject to change due to availability.

FAMILY-OWNED AND OPERATED.

UPPER LAKES FOODS

EST 1967

ULF CORNER STORE: BEVERAGES



222277

Izze Sparkling
Blackberry Juice
24/8.4 oz.

222278

Izze Sparkling Apple
Juice 24/8.4 oz.

220712

Ocean Spray
100% Strawberry
Lemonade Juice
40/4.23 oz.

227398

Nature's Crystal
Twist Top Bottled
Water 24/10 oz.

227403

Nature's Crystal
Sport Top Bottled
Water 24/20 oz.

227409

Nature's Crystal
Twit Top Bottled
Water 24/20 oz.

227411

Chippewa Spring
Water 6/1 gal.

227412

Kandiyohi Distilled
Water 6/1 gal.



227400

Nature's Crystal
Twist Top Bottled
Water 24/.5 ltr.

414513

Caza Trail K Cup
Decaf Breakfast
Blend 4/24 ct.

414526

Red Diamond K
Cup Colombian
Brew 6/12 ct.

416042

Red Diamond
Whole Bean Decaf
100% Arabica
Coffee 2/5 lb.

222444

Snapple Diet Half &
Half Tea 12/16 oz.



222300

Propel Lemon
Flavored Water
24/16.9 oz.

222302

Propel Berry
Flavored Water
24/16.9 oz.

222304

Propel Grape
Flavored Water
24/500 ml.

222305

Propel Kiwi
Strawberry Flavored
Water 24/16.9 oz.

222307

Gatorade G2
Grape 24/12 oz.

222381

Gatorade G2
Orange 24/12 oz.

222383

Gatorade G2 Lemon
Lime 24/12 oz.

222389

Gatorade G2 Fruit
Punch 24/12 oz.

222390

Gatorade G2
Glacier Freeze
24/12 oz.

222370

Gatorade Zero
Glacier Freeze
24/20 oz.

222371

Gatorade Zero
Glacier Cherry
24/20 oz.

221409

Pepsi Co.
Strawberry
Banana Naked
Juice 8/10 oz.



227580

Krusteaz Alpine
Cider 288/.74 oz.

220812

Sacramento Tomato
Juice 48/5.5 oz.



229280

Shasta Cola
Soda 48/8 oz.

229281

Shasta Diet Cola
Soda 48/8 oz.



229290

Shasta Diet
Lemon Lime Twist
Soda 48/8 oz.

229291

Shasta Lemon Lime
Twist Soda 48/8 oz.

229307

Shasta Club
Soda 15/1 ltr.

228593

Shasta Root Beer
Soda 24/12 oz.

226515

V8 White Grape
Raspberry Energy
Drink 12/12 oz.

Items subject to change due to availability.