Special prices for fruits, vegetables, low-fat dairy, and whole grain items to keep your family healthy.

Visit Super 1 Foods to see what healthy foods are discounted today!
305 West Kathleen, Coeur d’Alene, ID 83815

- Receive a $1.00 reward when you purchase any of the healthy food items on special.
- Receive a $5.00 reward when you purchase ALL 4 items.

Rewards can be used towards a future purchase of Change for Change items at Super 1 Foods. Rewards are valid 14 days after purchase. Total store purchase must be at least $25.00 to participate.
Mad for Color Summer Salsa

INGREDIENTS:
- 1 navel orange
- 1 red bell pepper
- 1 bunch fresh cilantro
- 1 red onion
- 1 can low-sodium black beans, drained and rinsed
- 1 lime, juiced
- 1/2 jalapeño
- black pepper
- baked tortilla chips

Makes 6 servings.
Directions:
1. Wash all fresh fruit and vegetables. Peel, separate, and chop the orange. Remove seeds from the bell pepper and jalapeño, and dice. Dice the onion and roughly chop the cilantro.
2. In a medium bowl, combine the orange, pepper, onion, jalapeño, and beans. Sprinkle with the cilantro and drizzle with the lime juice. Season with pepper, to taste. Toss to combine.
3. Enjoy with baked tortilla chips! Refrigerate leftovers within 1 hour.