ROUSES MARKETS

Prices good August 28th thru September 25th 2024. Supplies may be limited.

TAILGATING FAVORITES

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5 OZ Siete Tortilla Chips



simple ingredients like cassava flour and avocado oil

10 OZ **Hampton Farms Peanuts In Shell**



3.5 OZ

Dan-O's Seasonings

The Life of the Pantry!

As seen on TikTok

Seasoning With **Less Sodium**

Big Little Shrimp Co. Appetizers

Lean Protein



18 OZ

Stubb's BBQ Sauces

Authentic, legendary Texas flavor



.07 - 1.05 OZ **Gimme Seaweed** Snacks



ORGANIC MONTH

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ENTIRE LINE -ORGANIC AND REGULAR

Bell & Evans Chicken

25%

100% Air Chilled. No Retained Water



16 OZ ORGANIC Rouses Kombucha

In The Produce

Department

6-80Z **Organic Valley** Cheeses



4 Sisters White Rice



Top 9 Allergy Friendly

5.5 OZ ORGANIC Firehook Organic Crackers

Whole Grains



4Sisters.



Alden's Organic Ice Cream

48 OZ



No Artificial Flavoring



6 OZ Annies Mac N Cheese

Made With Organic Pasta WHAT DOES THE ORGANIC LABEL MEAN?

must meet federal USDA standards including the use of pesticides, antibiotics, and hormones associated with food production. Although organic certification does not necessarily change the nutrition profile of the item, it can help consumers have a knowledge base of how the food was produced and its impact on the environment.

TOMATO WELLNESS

EACH OF THESE 17 DELICIOUS RECIPES WAS CREATED BY A DIVERSE TEAM OF REGISTERED DIETITIANS.





^{(o}mato **Tomato Avocado** Corn Salsa



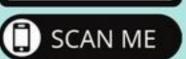
COOKING WITH APRIL

Join Rouses Dietitian, April, LIVE every Tuesday at 10 am for nutritious recipes and tips.



Family meals TOGETHER







JOIN US IN CELEBRATING FAMILY MEALS MONTH! STUDIES SHOW ENJOYING MEALS WITH FAMILY & FRIENDS HAS POSITIVE IMPACTS ON RELATIONSHIPS, HEALTH & HAPPINESS.

CELEBRATE = FAMILY MEALS MONTH = ALL MONTH LONG WITH RECIPES THAT WILL SATISFY THE WHOLE FAMILY!

WE ARE PARTNERING WITH THESE COMPANIES TO PROVIDE FAMILY MEAL IDEAS TO YOU AND SUPPORT OUR COMMUNITY THROUGH DONATIONS TO LOCAL FOOD BANKS.











Morning Star 4

12 OZ Alaskan Leader **Natural Cod**

Wild, natural and sustainable

Lean Protein

24 -27 OZ Rao's Frozen Entree's



30 OZ **Blue Plate** Mayo

Create Easy Side Dishes

24 OZ ALASKA COD

Botticelli Pasta Sauce

Handmade in small batches

Made With Italian Tomatoes





28 OZ **Red Gold Tomatoes**

Non-GMO



Chili Kits

2.8 OZ - 3.3 OZ

Authentic Texas-style chili



15 - 22.2 OZ Home Bake



5-80Z

MorningStar Farms **Breakfast Meats**

No Cholesterol







FLAVORS OF FALL

Community Coffee Spiced Pumpkin Pie

11 OZ



2.8 - 9 OZ Lily's Sweets **Baking Bars**





3.2 - 7.05 OZ Chocolove **Chocolate Bars**



32 OZ Lifeway Kefir

Live Active Probiotics



11.29 - 16 OZ **Miss Jones Baking Mixes**



Nutpods Creamers

11.2 OZ

20 CT

Tea

Twining's



4.44 - 6.88 OZ Nonni's **Biscotti**



Spice Cupcakes

Caramel Apple

In Our Bakery Department





Over 20 Varieties

CREATING COZY FALL MEALS

Fall flavors of pumpkin spice, caramel, and apple bring the cozy vibes. Here are some tips for creating cozy fall meals with a twist:

- 1. Add chopped apples to baked goods for additional fruit.
- 2. Replace half of the sugar in baked goods with sugar alternative.
- 3. Try using avocado oil for home-baked muffin recipes.

ROUSES MARKETS

CELEBRE MES DE LA HERENCIA HISPANA CELEBRATE HISPANIC HERITAGE MONTH

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4 LB

Maseca Masa Corn Flour

\$399





6 - 16 OZ Lakeway Peppers

\$299



Anaheim Peppers, Banana Peppers, Serrano Peppers, and Poblano Peppers

FRESH

Yucca Root

\$169 LB



FRESH Boniato

\$229 LB



FRESH Malanga

\$299 LB



1BAG

Puka Plantain Strips

\$699



4.5 - 5 OZ

Reds Burritos

\$229

9 Flavors





12 OZ

Topo Chico Mineral Water

2/\$3



2 LB

Rouses
Jasmine Rice

3/\$5



11.3 OZ **Jumex**

699

10 Flavors



26 OZ

La Costena Jalapenos

\$169



10 CT

Mission Soft Taco

\$299

4 Varieties



1.76 OZ

Nescafe Clasico Coffee

\$299



12 PACK 12 OZ CANS

Modelo Especial

\$1699

