



Kroger Adorbs Seedless Mandarins
3 lb Bag

\$3.49

With Card



WEEKEND FREE-BEE!
FREE Kroger Peanut Butter*
When you clip digital coupon & spend \$35+ on **SAT-SUN 9/21-9/22**. See coupon for details.

Scan me or visit [Kroger.com/promotions](https://www.kroger.com/promotions) to download coupon.

BUY 1, GET 1 FREE
of Equal or Lesser Value
With Card



Whole Boston Pork Butt
Bone-In



Kroger 80% Lean Ground Beef
Sold in 3 lb Roll for \$11.97 or Homestyle 80% Lean Beef Patties, 8 ct, \$10

\$3.99 /LB

With Card

Heritage Farm Fresh Chicken Drumsticks, Thighs or Whole Fryer
Bone-In

88¢ /LB

With Card



MIX & MATCH BUY 1, GET 1 FREE
of Equal or Lesser Value
With Card

Kroger Gala, Pink Lady, Fuji or Granny Smith Apples
3 lb Pouch



Cheetos
6.5-10 oz or Tostitos, 9-13 oz or Ruffles, 7.25-8.5 oz or Frito-Lay Baked Snacks, 6.25-7.63 oz; Select Varieties

FINAL COST
When You Buy 4
\$2.49 /EA
With Card

FINAL COST
When You Buy 4
4/\$13
With Card
Coca-Cola, Pepsi or Canada Dry
Select Varieties, 6-Pack, 16.9 fl oz Bottles



When you buy 4 or more in the same transaction with Card. Quantities less than 4 are up to \$5.99 each.

SEPTEMBER 18-24
20% OFF
ANY 6 BOTTLES OF WINE
*See inside for details.

FINAL COST
When You Buy 5
5/\$10
With Card

Stouffer's or Lean Cuisine Entrée
Select Varieties, 5.25-12.875 oz

Kroger Low Fat Chocolate Milk
Half Gallon
3/\$5
With Card

Bud, Miller, Coors or Yuengling
\$20.99

Select Varieties, 24-Pack, 12 fl oz Bottles or Cans

13.99 -20%
\$11.19 /EA*

Josh Cellars Reds, Kendall-Jackson or Yes Way Rosé
Select Varieties, 750 ml

SALE DATES: Wed. September 18 - Tues. September 24, 2024. Prices and items are effective at your Lynchburg Kroger stores.

SELECTION MAY VARY BY STORE. LIMITED TO STOCK ON HAND. WE RESERVE THE RIGHT TO LIMIT QUANTITIES AND CORRECT PUBLISHED ERRORS.

WEEKLY DIGITAL DEALS



Use each coupon
UP TO 5 TIMES
in one transaction*

Scan me to
download deals



Look for
these tags.



Oscar Mayer
Lunchables
\$1.49
/EA

With Digital Coupon

2-4.4 oz or P3 Protein Pack,
2-2.3 oz; Select Varieties
Price without digital coupon
is up to \$1.99 each with Card.



Coca-Cola,
Pepsi or
Canada Dry

\$4.99
/EA

With Digital Coupon

Select Varieties,
12-Pack, 12 fl oz Cans
Price without digital coupon
is up to \$9.99 each with Card.



Raspberries
or Blackberries
6 oz Package

\$1.49
/EA

With Digital Coupon

Price without digital coupon
is up to \$3.29 each with Card.



Private Selection
Black Forest or
Wildflower Honey Ham
Sliced to Order or
Grab 'N Go, In the Deli

\$8.99
/LB

With Digital Coupon

Price without digital coupon
is up to \$9.99 lb.



Lifesavers Gummies
5.8-7 oz or Colgate
Optic White or Max Fresh
Toothpaste, 4.2-6.3 oz;
Select Varieties

\$1.99
/EA

With Digital Coupon

Price without digital coupon
is up to \$3.99 each with Card.



Kellogg's
Large Size Cereal
12-20.9 oz or
Bear Naked Granola,
11-12 oz; Select Varieties

\$2.49
/EA

With Digital Coupon

Price without digital coupon
is up to \$3.99 each with Card.



Bob Evans
Side Dish

12-24 oz or Bob Evans
Breakfast Sausage,
12-16 oz; Select Varieties

\$2.99
/EA

With Digital Coupon

Price without digital coupon
is up to \$3.99 each with Card.



Kettle Brand
Potato Chips
6.5-7.5 oz or
Ben's Original
Ready Rice, 8.47-8.8 oz;
Select Varieties

\$1.49
/EA

With Digital Coupon

Price without digital coupon
is up to \$2.49 each with Card.



Edy's
Ice Cream
48 fl oz or Bubly
Sparkling Water, 8-Pack,
12 fl oz; Select Varieties

\$2.99
/EA

With Digital Coupon

Price without digital coupon
is up to \$3.99 each with Card.



Kroger
Apple Cider
64 fl oz

\$1.99
/EA

With Digital Coupon

Price without digital coupon
is up to \$3.99 each with Card.



Green Mountain,
Donut Shop or
McCafé K-Cups
10-12 ct or Nutpods
Creamer, 25.4 fl oz;
Select Varieties

\$3.99
/EA

With Digital Coupon

Price without digital coupon
is up to \$6.99 each with Card.

*While supplies last.

EARN **4X** FUEL POINTS with digital coupon*

On FRIDAY purchases

Visit
Kroger.com/FuelEvent
to download coupon.

*Exclusions apply.
See coupon for details.

WEEKLY DIGITAL DEALS

Use each coupon **UP TO 5 TIMES** in one transaction*

Look for these tags.



Dove
Body Wash
\$5.99
/EA
With Digital Coupon



20 fl oz or Body Scrub, 10.5 oz or Deodorant, 3.8-4 oz or Dove Bar Soap, 4 ct or Axe Spray, 4 oz or L'Oréal Paris Ever Pure Shampoo or Conditioner, 6.5-8.5 fl oz or Voluminous Mascara, 1 ct; Select Varieties
Price without digital coupon is up to \$8.99 each with Card.

Kleenex
Facial Tissue
\$4.99
/EA
With Digital Coupon



4-Pack or Ziploc Freezer or Storage Bags, 28-48 ct; Select Varieties
Price without digital coupon is up to \$7.99 each with Card.

Kroger
Soft & Strong
Bath Tissue
\$9.99
/EA
With Digital Coupon



18 Mega Rolls or Brawny Paper Towels, 8 Double Rolls
Price without digital coupon is up to \$14.99 each with Card.

Finish
Dishwasher Tabs
\$9.99
/EA
With Digital Coupon



28-43 ct or Jet-Dry Rinse Aid, 23 fl oz; Select Varieties
Price without digital coupon is up to \$12.99 each with Card.

Ensure
Protein Shakes
\$7.99
/EA
With Digital Coupon



Select Varieties,
4-6 Pack, 8-11 fl oz
Price without digital coupon is up to \$11.99 each with Card.

Yankee Candle
Pillar Jar Candle
Select Varieties, 14.25 oz
\$9.99
/EA
With Digital Coupon



Price without digital coupon is up to \$14.99 each with Card.

*While supplies last.

FREE* FLU VACCINES AVAILABLE NOW



Pharmacy



Visit [Kroger.com/vaccines](https://www.kroger.com/vaccines) to schedule.

Mention this offer at Pharmacy checkout to get EXTRA savings off your next grocery purchase**

\$5 off your next purchase when you receive a Flu vaccine

- OR -

\$20 off your next purchase when you receive a Flu vaccine and any other vaccine in the same visit

*Flu vaccines are covered by most insurance plans and are free to the recipient, check with your plan. **Restrictions and exclusions apply. See pharmacy for details. Savings will be loaded to your card/account for use on a future grocery purchase. Limit 1 offer per person through November 2. State restrictions make this offer invalid in AR & AL.



nourishing fresh. nourishing local.



Ukrop's
Seasoned Grilled
Chicken Breasts
\$7.49
With Card

or Other Varieties,
6.7 oz. In the Deli



NEW!

Ukrop's
Pumpkin Crumb Cake
20 oz. In the Bakery

\$5.49
With Card



NEW!

Ukrop's
Classic Cornbread
17.5 oz.
In the Bakery
\$5.49
With Card



Ukrop's
S'Mores Cake
52 oz. In the Bakery
\$13.99
With Card



Ukrop's
Lemon Chess Pie
or Other Varieties,
25-28 oz. In the Bakery

STARTING AT
\$7.99
With Card



Ukrop's
7-Layer Dip
21 oz or Buffalo
Chicken Dip, 20.3 oz,
\$11.99 With Card,
In the Deli

\$9.99
With Card



Ukrop's
Spinach Florentine
Quiche
or Other Varieties, 6",
In the Deli

\$6.49
With Card



Ukrop's
Chicken Salad
Select Varieties,
15 oz. In the Deli

\$8.99
With Card

SAVE \$2 EACH WHEN YOU BUY 3 OR MORE.

MIX & MATCH 3 or more participating items with Card.



Find even more online!
Scan me to shop all participating items.

*When you buy any 3 or more participating items in the same transaction with Card. Participating item varieties and sizes may vary by store.



Look for these tags.



Gushers or Fruit By The Foot Snacks
12-16 ct or Yoplait Go-Gurt Yogurt, 20 ct; Select Varieties

6.49 With Card
-2.00
\$4.49 /EA*



General Mills Large Size Cereal
12-18.2 oz or Lactaid Milk, 64 fl oz; Select Varieties

4.99 With Card
-2.00
\$2.99 /EA*

8.99 With Card
-2.00
\$6.99 /EA*
Starbucks Coffee
10-12 oz Bag or K-Cups, 10 ct or Nature Valley Bars, 18-36 ct; Select Varieties



Gatorade
12-Pack, 12 fl oz or Rao's Pasta Sauce, 32 oz; Select Varieties

8.99 With Card
-2.00
\$6.99 /EA*



7.49 With Card
-2.00
\$5.49 /EA*
Farm Rich Appetizer
Select Varieties, 13.6-22 oz



5.99 With Card
-2.00
\$3.99 /EA*
Deer Park Natural Spring Water
24-Pack, 16.9 fl oz or Kellogg's Giant Size Cereal, 19.2-34.2 oz, Select Varieties



4.29 With Card
-2.00
\$2.29 /EA*
Pop-Tarts
Select Varieties, 12 ct



3.99 With Card
-2.00
\$1.99 /EA*
Lay's Potato Chips

4.75-8 oz or Post Cereal or Granola, 10-14.75 oz; Select Varieties



Kroger Thick-Cut Bacon
3 lb Package

16.47 With Card
-2.00
\$14.47 /EA*



6.99 With Card
-2.00
\$4.99 /EA*

Jif Peanut Butter
40 oz or Blue Diamond Almonds, 16 oz or Dave's Killer Bread Organic Bread, 24-27 oz; Select Varieties



6.49 With Card
-2.00
\$4.49 /EA*
Hellmann's Mayonnaise
or Kraft Miracle Whip, 30 fl oz; Select Varieties



5.49 With Card
-2.00
\$3.49 /EA*
Nabisco Family Size Snack Crackers
11.4-14 oz or Yoplait Yogurt, 8 ct; Select Varieties



Dixie Ultra Paper Plates
100 ct

14.99 With Card
-2.00
\$12.99 /EA*



Charmin Bath Tissue
12 Mega XL Rolls or Bounty Paper Towels, 8 Double Plus Rolls; Select Varieties



20.99 With Card
-2.00
\$18.99 /EA*



Ken's
Salad Dressing
24 fl oz or Vital Farms
Butter, 8 oz;
Select Varieties

4.99 With Card
-2.00

\$2.99 /EA*



Lance
Sandwich Crackers
10 ct or Kraft
Mac & Cheese Cups,
4 ct; Select Varieties

5.49 With Card
-2.00

\$3.49 /EA*



6.99 With Card
-2.00
\$4.99 /EA*
Buitoni Family Size
Tortellini or
Ravioli
20 oz or Farm Rich Frozen
Meatballs, 20-26 oz; Select Varieties



7.99 With Card
-2.00

\$5.99 /EA*

Birds Eye Voita
Family Size Entrée
42 oz or P.F. Chang's
Entrée, 20-24 oz or
Bertolli Frozen Entrée,
20-22 oz;
Select Varieties

SAVE \$2 EACH
WHEN YOU BUY 3 OR MORE.
MIX & MATCH 3 or more
participating items with Card.
*When you buy any 3 or more participating items
in the same transaction with Card. Participating
item varieties and sizes may vary by store.
Look for
these tags. **SALE**



11.99 With Card
-2.00

\$9.99 /EA*

Just Bare
Chicken
24 oz or Fiji Natural
Artisan Water,
6-Pack, 33.8 fl oz;
Select Varieties



3.49 With Card
-2.00

\$1.49 /EA*

Splash Refresher
Flavored Water

Select Varieties,
6-Pack, 16.9 fl oz



4.69 With Card
-2.00

\$2.69 /EA*

Land O' Frost
Bistro Favorites
Lunch Meat
Select Varieties,
6-8 oz



6.99
-2.00

\$4.99 /EA*

Snack Factory
Pretzel Crisps
Select Varieties,
14 oz, In the Deli



10.49 With Card
-2.00

\$8.49 /EA*

Smucker's
Uncrustables
Select Varieties,
10 ct



7.49 With Card
-2.00

\$5.49 /EA*

Kroger Storage Bags
50-80 ct or Mahatma
Jasmine Rice, 5 lb;
Select Varieties



16.99 With Card
-2.00

\$14.99 /EA*

19-25 lb or Temptations
Super Value Size
Cat Treats, 30 oz;
Select Varieties

Fresh Step
Cat Litter

MIX & MATCH SAVE \$10 AN EXTRA

When you spend \$40 on participating Baby items with Card.*

*Participating item selection may vary by store. Discount applied at checkout with your Card. Items must be purchased in the same transaction.



GROCERY ESSENTIALS



Entenmann's Biggie Muffins or Donuts
6.88-21 oz or Sara Lee Honey Wheat Bread, 20 oz; Select Varieties

**MIX & MATCH
BUY 1, GET 1
of Equal or Lesser Value**

FREE

With Card



Bibigo Entrée
18-24 oz or Twin Marquis Dumplings, 16 oz; Select Varieties

**MIX & MATCH
BUY 1, GET 1
of Equal or Lesser Value**

FREE

With Card



Arnold Bread
Select Varieties, 24 oz

**MIX & MATCH
BUY 1, GET 1
of Equal or Lesser Value**

FREE

With Card



Nabisco Family Size Oreo Cookies
Select Varieties, 10.68-20 oz

**FINAL COST
When You Buy 3**
\$3.49
/EA
With Card

When you buy 3 or more in the same transaction with Card. Quantities less than 3 are up to \$4.49 each with Card.



Kroger Cheese
Select Varieties, 6-8 oz

**FINAL COST
When You Buy 3**
3/\$6

With Card

When you buy 3 or more in the same transaction with Card. Quantities less than 3 are up to \$2.49 each with Card.



Arm & Hammer Laundry Detergent
100.5-105 fl oz or Power Paks, 42-44 ct; Select Varieties

**MIX & MATCH
BUY 1, GET 1
of Equal or Lesser Value**

FREE

With Card



Dr Squatch Body Wash
14 fl oz or Starface Pimple Patches, 32 ct; Select Varieties

\$10.99
With Card



Nature Made Supplements
14-300 ct or Nature's Bounty Supplements, 25-360 ct or 2 fl oz; Select Varieties

**MIX & MATCH
BUY 1, GET 1
of Equal or Lesser Value**

FREE

With Card



Downy Fabric Softener
81-111 fl oz or Scent Booster, 18.2 oz or Bounce Dryer Sheets, 240 ct; Select Varieties

**FINAL COST
When You Buy 2**
2/\$20
With Card

When you buy 2 or more in the same transaction with Card. Quantities less than 2 are up to \$13.99 each with Card.



Tuscan Jar Candle
Select Varieties, 14 oz

\$6.99
With Card

SAVE \$5 AN EXTRA

When you spend \$15 on participating Beauty, Personal Care and Cosmetics items with Card.*

*Participating item selection may vary by store. Discount applied at checkout with Card. Items must be purchased in the same transaction.



Sensodyne Toothpaste

3,4-4 oz or Listerine Mouthwash, 33.8 fl oz
or Gillette Disposable Razors, 2-4 ct;

Select Varieties

\$6.99

With Card



Dr. Teal's Epsom Salt

3 lb or Secret Deodorant,
2.6 oz or Neutrogena Wipes,
25 ct; Select Varieties

\$5.99

With Card



Dove Men
Plus Care Body Wash
Select Varieties, 30 fl oz

\$10.99

With Card

Always
Flex-Foam Pads

\$9.99

With Card

18-36 ct or Eos
Body Lotion, 16 fl oz;
Select Varieties



Revlon Colorsilk Hair Color

1 ct or Crest Pro-Health
Toothpaste, 4.3 oz;
Select Varieties

\$3.99

With Card



Kroger Adult
Underwear
Select Varieties,
12-18 ct

\$9.49

With Card

TAILGATING MUST-HAVES



Find more game day deals & recipes at Kroger.com/Football

\$9.99

With Card
Kroger Chicken Breasts
3 lb or Kroger 80% Lean Beef Patties, 2 lb; Frozen



Pork Back Ribs Bone-In
\$3.99 /LB
With Card



Kroger Mini Sweet Peppers
1 lb Pouch
\$2.99
With Card



Fresh Baked Chocolate Chip Cookies
or Other Varieties, 12 ct. In the Bakery

MIX & MATCH
BUY 1, GET 1 of Equal or Lesser Value
FREE
With Card



Home Chef Fried or Baked Chicken
Fully Cooked, 8-Piece, Includes 2 Breasts, 2 Thighs, 2 Wings & 2 Drumsticks, In the Deli

\$8.99



Ball Park Buns
8 ct or Heinz Ketchup, 14-20 oz; Select Varieties

\$3.49

With Card



Pepsi
24-Pack, 12 fl oz Cans or Gatorade, 18-Pack, 12 fl oz Bottles, Select Varieties

\$10.99

With Card

Kingsford Original Charcoal

\$9.99

With Card

16 lb or Match Light Charcoal, 12 lb; Select Varieties



Busch Light, Natural Light or Miller High Life
30-Pack, 12 fl oz Cans or Franzia, 5 Liter; Select Varieties

\$19.99



\$4.99

With Card
Ruffles Party Size Potato Chips
12.5-13 oz or Tostitos, 14.5-20 oz or Fritos, 15.5 oz; Select Varieties

Seasonal selection varies by store and is limited to stock on hand.

SEPTEMBER 18-24
20% OFF
 ANY 6 BOTTLES OF WINE

*Save 20% When you purchase 6 bottles of wine, 750 ml or 1.5 Liter, with Card. Mix and Match 6 bottles. Excludes wine sizes 3 Liter, 4 Liter and 5 Liter. Featured beverages may not be available at all locations.



Modelo or Corona
\$20⁹⁹

18-Pack, 12 fl oz Bottles or Michelob Ultra, 24-Pack, 12 fl oz Cans; Select Varieties



14.99
 -20%
\$11⁹⁹ /EA*

Kim Crawford, Whispering Angel or Korbel
 Select Varieties, 750 ml



17.99
 -20%
\$14³⁹ /EA*

Black Stallion, Daou or Elouan
 Select Varieties, 750 ml



Devils Backbone Vienna Lager, Bell's Variety Pack or Sierra Nevada
 Select Varieties, 12-Pack, 12 fl oz Cans
\$17⁹⁹



Velveteen Bouquet
\$9⁹⁹

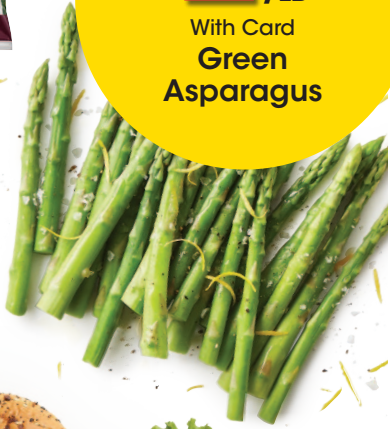


California Yellow Peaches or Red or Black Plums
\$1⁹⁹ /LB
 With Card



Taylor Farms Salad Kits
 Select Varieties, 7.3-13.5 oz
3/\$11
 With Card

\$2⁹⁹ /LB
 With Card
 Green Asparagus



GUARANTEED FRESH

USDA CHOICE
\$6⁹⁹ /LB
 With Card
 Boneless Eye of Round Roast



Large Peeled & Deveined Shrimp
 Raw, 31-40 ct or Lobster Tail, 3-4 oz, \$6 with Card
\$6⁹⁹ /LB
 With Card



Aqua Star Salmon Whole Fillet
 Frozen, 1.25 lb Package
\$7⁹⁹
 With Card



Kroger 85% Lean Ground Turkey
 3 lb Pkg
\$10
 With Card

Smithfield Bacon
 Select Varieties, 12-16 oz
\$4⁹⁹
 With Card



Hillshire Small Plates
 2.76-2.8 oz or Private Selection Snack Board, 2.5-2.9 oz; Select Varieties
2/\$6
 With Card

DELI & BAKERY

Order party trays, cakes and more at Kroger.com/fresh

Einstein Bros Bagels
 Select Varieties, 4 ct
\$3⁴⁹



Home Chef White Chicken Chili
 or Other Varieties, 24-32 oz
\$6
 With Card

BOTTLES & BREWS



\$16⁹⁹

Twisted Tea, Truly
or White Claw

12-Pack, 12 fl oz Cans or Corona,
12-Pack, 12 fl oz Bottles;
Select Varieties



High Noon, NutriL
or Mom Water
\$17⁹⁹

Select Varieties,
8-Pack, 12 fl oz Cans



19.99
-20%

\$15⁹⁹ /EA*

Bonanza,
Decoy or Mumm
Select Varieties,
750 ml



10.99
-20%

\$8⁷⁹ /EA*

Apothic,
Mark West or
Clos du Bois
Select Varieties,
750 ml



17.99
-20%

\$14³⁹ /EA*

La Marca,
St. Huberts or
Whitehaven
Select Varieties,
750 ml



\$16⁹⁹

Modelo,
Smirnoff Ice or
Mike's Hard

12-Pack, 11.2-12 fl oz Bottles or Cans
or Cayman Jack, 12-Pack,
12 fl oz Cans;
Select Varieties

20% OFF ANY 6 BOTTLES OF WINE

SEPTEMBER
18-24

*Save 20% When you purchase 6 bottles of wine, 750 ml or 1.5 Liter, with Card. Mix and Match 6 bottles. Excludes wine sizes 3 Liter, 4 Liter and 5 Liter. Featured beverages may not be available at all locations.



SAVE MORE WITH DIGITAL COUPONS

Use each coupon **up to 5 times** in one transaction with Card.
Download coupons at Kroger.com/5Xcoupons



2.49 With Card
-1.00 Off 1
DIGITAL COUPON OFFER
\$1.49 /EA*

Progresso Soup
Select Varieties, 18-19 oz



3.79 With Card
-1.00 Off 1
DIGITAL COUPON OFFER
\$2.79 /EA*

Tree Top Juice
Select Varieties,
64 fl oz



3.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER
\$2.99 /EA*

Philadelphia Cream Cheese Spread
Select Varieties, 7.5-8 oz



4.49 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$3.49 /EA*

Outshine Fruit Bars
Select Varieties,
5-6 ct



Sara Lee Artesano Bread
20 oz or
Country Crock Spread,
8-15 oz; Select Varieties



3.49 With Card
-1.00 Off 1
DIGITAL COUPON OFFER
\$2.49 /EA*



Dannon Activia Yogurt
Select Varieties,
4 ct

2/\$6 With Card
-2.00 Off 2
DIGITAL COUPON OFFER
2/\$4



Monster Energy Drink
4-Pack, 1.6 fl oz or
Dasani Water,
32-Pack, 16.9 fl oz;
Select Varieties

7.99 With Card
-2.00 Off 1
DIGITAL COUPON OFFER
\$5.99 /EA*

SAVE 30%

Tag Reflects Savings With Card
Halloween Décor, Treat Carriers, Pumpkin Carving, Plush and more

FOOD, FUN & FRIGHTS!

Shop all Spooktacular savings at Kroger.com/Halloween



Holiday Home LED Burlap Pumpkin
Select Varieties, 15.5"
\$17.49
With Card



Halloween Squishmallow
Select Varieties, 12"
\$13.99
With Card



Holiday Home LED Fall Wreath
Select Varieties, 22"
\$19.99
With Card



Holiday Home Black Light Reactive Pose 'N Stay Skeleton
Select Varieties, 60"
\$39.99
With Card



Haribo Goldbears
Treat Size
9.5 oz
\$3.49
With Card



Brach's Candy Corn or Autumn Mix
40 oz
\$6.99
With Card



Laffy Taffy, Nerds or Trolli Candy
Select Varieties, 4.8-12 oz
\$3.99
With Card



Smarties Candy
19 oz
\$4.49
With Card



Hershey's Snack Size Candy
Select Varieties, 9-11.6 oz
\$2.99
With Card



Hi-Chew Candy
Select Varieties, 11.65-12.7 oz
\$5.99
With Card



Sour Patch Kids Spooky Mix
65 ct
\$11.99
With Card

Seasonal selection varies by store and is limited to stock on hand.