

Fred Meyer FRESH FOR EVERYONE™



\$3.99
/LB
With Card

93% Lean Ground Beef
Sold in a 3 lb Roll for \$11.97 or Jennie-O 93% Lean Ground Turkey, Sold in a 3 lb Package for \$11.97

Pork Back Ribs
Bone-In

\$2.99
/LB
With Card

Kroger Adorbs Seedless Mandarins
5 lb
\$4.99
With Card



WEEKEND FREE-BEE!
FREE Kroger Bread™
When you clip digital coupon & spend \$35+ on **SAT-SUN 10/5-10/6**. See coupon for details.

Scan me or visit FredMeyer.com/promotions to download coupon.



Fresh Wild-Caught Coho Salmon Fillets
Subject to Fishing & Weather Conditions
\$9.99
/LB
With Card



Coca-Cola, Pepsi or 7UP
Select Varieties, 12-Pack, 12 fl oz Cans

MIX & MATCH BUY 2, GET 2 of Equal or Lesser Value
FREE
With Card

MIX & MATCH BUY 2 SAVE \$10
With Card*
On Participating Household, Pet or Baby Items



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

WEEKLY DIGITAL DEALS
Use each coupon UP TO 5 TIMES in one transaction*



Red Baron Pizza
14.87-23.45 oz or Breyers Ice Cream, 48 fl oz; Select Varieties
\$2.99
/EA
With Digital Coupon



T-Bone Steaks
Bone-In, Value Pack
\$7.99
/LB
With Digital Coupon
Price without digital coupon is up to \$10.99 lb with Card.



Medium Carving Pumpkins
\$3.99
/EA
With Digital Coupon
Price without digital coupon is up to \$6.00 each with Card.



Simply Orange Juice
Select Varieties, 52 fl oz
\$2.99
With Card



Kroger Cheese
Select Varieties, 12-16 oz
\$2.99
/EA
With Card
When you buy 2 or more in the same transaction with Card. Quantities less than 2 are up to \$4.49 each with Card.



Doritos
8-10.75 oz or Lay's Potato Chips, 4.75-8 oz or Tostitos, 9-13 oz or Fritos, 9.25-10 oz; Select Varieties



FINAL COST
When You Buy 4
\$1.99
/EA
With Card
When you buy 4 or more in the same transaction with Card. Quantities less than 4 are up to \$5.49 each with Card.



Samuel Adams, Heineken or Blue Moon
Select Varieties, 12-Pack, 12 fl oz Bottles or Cans, Plus Deposit Where Applicable
\$15.99

See inside for **MORE WEEKLY DIGITAL DEALS!**
*While supplies last.

WEEKLY DIGITAL DEALS



Use each coupon
UP TO 5 TIMES
in one transaction*

Scan me to
download deals



Look for
these tags.



Hill's Bacon
\$2.99
/LB
With Digital Coupon



Sold in a 3 lb Package for \$8.97
Price without digital coupon
is up to \$4.99 lb with Card.
Sold in a 3 lb Package for \$14.97.



Home Chef
Smoked
St. Louis Style Ribs
Fully Cooked, 2 lb,
In the Deli

\$12.99
/EA

With Digital Coupon

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



Nestlé
Toll House Morsels
9-12 oz or Klondike
Ice Cream Bars, 4-6 ct
or Talenti Gelato
or Sorbetto, 10.3-16 fl oz;
Select Varieties

\$2.99
/EA

With Digital Coupon

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



Fred Meyer
Purified Water
40-Pack, 16.9 fl oz
or Arrowhead Mountain
Spring Water, 24-Pack,
16.9 fl oz; Select Varieties

\$3.99
/EA

With Digital Coupon

Price without digital coupon
is up to \$5.99 each with Card.



Thomas'
Bagels
\$1.99
/EA
With Digital Coupon

5-10 ct or English Muffins,
6 ct or Swirl Bread, 16 oz;
Select Varieties

Price without digital coupon
is up to \$3.49 each with Card.



Folgers Coffee
Select Varieties,
22.6-25.9 oz Can

\$7.99
/EA

With Digital Coupon

Price without digital coupon
is up to \$11.99 each with Card.



Pepperidge Farm
Goldfish Crackers
Select Varieties,
24.3-30 oz

\$5.99
/EA

With Digital Coupon

Price without digital coupon
is up to \$7.99 each with Card.



Raspberries
6 oz

\$1.88
/EA

With Digital Coupon

Price without digital coupon
is up to \$3.49 each with Card.



Cap'n Crunch
or Life Cereal
10.3-13 oz
or Quaker Oatmeal,
6-10 ct or Kroger
Peanut Butter, 16 oz;
Select Varieties

\$1.49
/EA

With Digital Coupon

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



Garnier Fructis
Shampoo or
Conditioner
10.2-12.5 fl oz or
Crest Premium Plus
Toothpaste, 7-7.2 oz or
3D White Toothpaste,
3.3 oz; Select Varieties

\$2.99
/EA

With Digital Coupon

Price without digital coupon
is up to \$4.99 each with Card.



Frito-Lay
Multipack
Select Varieties, 18 ct

\$7.99
/EA

With Digital Coupon

Price without digital coupon
is up to \$10.49 each with Card.

*While supplies last.

SAVE AN EXTRA \$10

*Exclusions apply. See in-store Coupon for details.

when you spend \$50 or more on Apparel or Shoes* with in-store Coupon and Card.



SAVE 40%

With Card

Sweaters

Women's and Women's Extended sizes. Select styles and brands. Shown: Laurel Grey, Joseph A and Studio B by Bobeau Sale **\$33-\$39**

BABY SALE | carter's

BUY 1, GET 1 FREE

On participating Carter's Brand items with Card.

Shown: Sleep & Play Babies' sizes. Reg. \$18

BUY 1, GET 1 Item of Equal or Lesser Value.



SAVE 30%

With Card

Halloween Lights, Décor, Plush & Treat Carriers

Shown: Sale **4.54-27.99**

Candle-Lite 18 oz. Jar Candle
Reg. 8.99

\$3.99

With Card



FREE* FLU VACCINES AVAILABLE NOW



Pharmacy



Visit FredMeyer.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.

SAVE \$1 EACH WHEN YOU BUY 5 OR MORE.

MIX & MATCH 5 or more participating items with Card.



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

*When you buy any 5 or more participating items in the same transaction with Card. Participating item varieties and sizes may vary by store.



Look for these tags.

2.49 With Card
-1.00

\$1.49 /EA*

Campbell's Chunky Soup
18.6-19 oz or Pringles,
5.2-5.57 oz;
Select Varieties

2.99 With Card
-1.00

\$1.99 /EA*

Pepperidge Farm Goldfish Crackers
5.9-8 oz or Betty Crocker Fruit Snacks, 6-10 ct or Wonder Bread, 20 oz;
Select Varieties

2.79 With Card
-1.00

\$1.79 /EA*

General Mills Cereal

Select Varieties, 8.9-12 oz

3.49 With Card
-1.00

\$2.49 /EA*

Kraft Shredded Cheese
7-8 oz or Ken's Salad Dressing,
16 fl oz or Philadelphia Cream Cheese,
8 oz Bar; Select Varieties

3.99 With Card
-1.00

\$2.99 /EA*

Nabisco Ritz Crackers
8.8-13.7 oz or Snack Crackers, 3.5-8.5 oz or Chobani Greek Yogurt,
4-Pack, 5.3 oz; Select Varieties

4.49 With Card
-1.00

\$3.49 /EA*

Hillshire Smoked Sausage
Select Varieties,
12-14 oz

5.99 With Card
-1.00

\$4.99 /EA*

Green Mountain Donut Shop or McCafé K-Cups
10 ct or Seattle's Best Coffee, 12 oz Bag;
Select Varieties

4.49 With Card
-1.00

\$3.49 /EA*

Land O Lakes Butter

6.99 With Card
-1.00

\$5.99 /EA*

Lipton Tea
12-Pack, 16.9 fl oz or Vital Farms Eggs, Grade A, Large, 12 ct; Select Varieties

6.99 With Card
-1.00

\$5.99 /EA*

Lipton Tea
12-Pack, 16.9 fl oz or Vital Farms Eggs, Grade A, Large, 12 ct; Select Varieties

5.99 With Card
-1.00

\$4.99 /EA*

Nature Valley or Fiber One Bars
10-12 ct or Danimals Smoothie, 12-Pack;
Select Varieties

5.99 With Card
-1.00

\$4.99 /EA*

Tillamook Cheese
Select Varieties,
16 oz

7.99 With Card
-1.00

\$6.99 /EA*

Dasani Water
32-Pack, 16.9 fl oz

12.49 With Card
-1.00

\$11.49 /EA*

Arm & Hammer Cat Litter
20 lb or Purina Dentalife Dog Treats, 17.9-20.7 oz;
Select Varieties

3.49 With Card
-1.00

\$2.49 /EA*

Shaqalicious XL Gummy Candy
Select Varieties,
11.8 oz



2.79 With Card
-1.00
\$1.79 /EA*

Prego Pasta Sauce
Select Varieties,
14.5-24 oz



Kroger Salad Dressing
16 fl oz or Chex Mix
or Gardetto's
Snack Mix, 7-8.6 oz;
Select Varieties

2.49 With Card
-1.00
\$1.49 /EA*



8-Pack, 12 fl oz or Kellogg's Club
Crackers 11-13.7 oz or Town House
Crackers, 9.2-13.8 oz; Select Varieties

3.99 With Card
-1.00
\$2.99 /EA*
Polar Sparkling
Seltzer Water



4.49 With Card
-1.00
\$3.49 /EA*
Pepperidge
Farm Cookies
5-8.6 oz or BelVita
Breakfast Biscuits,
5 ct; Select Varieties

SAVE \$1 EACH
WHEN YOU BUY 5 OR MORE.
MIX & MATCH 5 or more
participating items with Card.
*When you buy any 5 or more participating items
in the same transaction with Card. Participating
item varieties and sizes may vary by store.
Look for
these tags. **SALE**
BUY 5 OR MORE
SAVE \$1 EACH



4.99 With Card
-1.00
\$3.99 /EA*
Post
Mega Size Cereal
27.5-28 oz or The
Greek Gods Yogurt,
24 oz or Ghirardelli
Baking Chips, 10-12 oz;
Select Varieties



3.49 With Card
-1.00
\$2.49 /EA*
Simply Potatoes
Select Varieties,
20 oz



6.99 With Card
-1.00
\$5.99 /EA*
Caramel Apple
Pudding Cake
or Other Varieties,
30 oz, In the Bakery



6.99 With Card
-1.00
\$5.99 /EA*
Crest Pro Health
Toothpaste
2-Pack or Gillette Sensor3
Disposable Razors, 3 ct;
Select Varieties

3.49 With Card
-1.00
\$2.49 /EA*
Pillsbury
Grands Biscuits

8 ct or Keebler
Cookies, 8.5-12.5 oz;
Select Varieties



4.49 With Card
-1.00
\$3.49 /EA*
Kerrygold
Butter



9.99 With Card
-1.00
\$8.99 /EA*
Premier
Protein Shakes
Select Varieties,
4-Pack, 11 fl oz



14.99 With Card
-1.00
\$13.99 /EA*
Kroger Omeprazole
Select Varieties,
42 ct



8 oz or Nestlé Toll House
Cookie Dough, 14-16.5 oz;
Select Varieties

SAVE \$1 EACH WHEN YOU BUY 5 OR MORE.

MIX & MATCH 5 or more participating items with Card.

*When you buy any 5 or more participating items in the same transaction with Card. Participating item varieties and sizes may vary by store.

Look for these tags.



5.49 With Card
-1.00

\$4.49
/EA*

Degree Deodorant
2.6-2.7 oz or U by Kotex Tampons, 15-16 ct or Kroger Hand Soap, 50-52 fl oz;
Select Varieties



5.99 With Card
-1.00

\$4.99
/EA*

TRESemmé Shampoo or Conditioner
28 fl oz or Caress Body Wash, 20 fl oz;
Select Varieties

8.99 With Card
-1.00

\$7.99
/EA*

Dove Dry Spray Antiperspirant



Select Varieties, 3.8 oz



Old Spice Deodorant
2.6-3 oz or Crest Toothpaste, 2 ct,
5.4 oz; Select Varieties

6.99 With Card
-1.00

\$5.99
/EA*



8.49 With Card
-1.00

\$7.49
/EA*

Listerine Mouthwash
50.7 fl oz
or Pantene Pro-V Shampoo, 27.7 fl oz;
Select Varieties

MIX & MATCH SAVE \$10 AN EXTRA

When you buy 2 participating
Household or Pet 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



Coffee-mate
Creamer
Select Varieties, 32 fl oz

FINAL COST
When You Buy 2

2/\$6

With Card

When you buy 2 or more in the same
transaction with Card. Quantities less
than 2 are up to \$4.79 each with Card.



Party Size Doritos
Select Varieties,
14.5 oz

\$3.99

With Card



Pepsi or 7UP
Select Varieties, 6-Pack,
16.9 fl oz Bottles

FINAL COST
When You Buy 4

4/\$15

With Card

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



Franz
Wide Pan Bread
24 oz or Bagels, 6 ct;
Select Varieties

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

FREE

With Card



Kroger Sour Cream
or Cottage Cheese
Select Varieties,
16 oz

2/\$4

With Card



Starbucks
Iced Coffee or Espresso
40-48 fl oz or Creamer,
28 fl oz; Select Varieties

2/\$10

With Card



Dr. Teal's
Epsom Salt
3 lb or Foaming Bath,
34 fl oz; Select Varieties

\$5.99

With Card



Celsius
Energy Drink
Select Varieties,
12-Pack, 12 fl oz

\$19.99

With Card



CeraVe
Moisturizing
Cream
16 oz

\$14.99

With Card



Everyday Living
LED Light Bulbs
Select Varieties,
10-Pack

\$9.99

With Card

SWEET SAVINGS ON BAKING SUPPLIES



Gold Medal Flour
Select Varieties,
5 lb
\$3.99
With Card

Jell-O
Family Size
Pudding Mix
3/\$5
With Card



2-5.9 oz or Carnation
Evaporated Milk, 12 fl oz
or Pillsbury Frosting,
12-16 oz; Select Varieties



Pillsbury
Cake Mix
15.25 oz or Brownie
Mix, 18.4 oz;
Select Varieties

4/\$5
With Card



Imperial
Vegetable Oil
Spread
16 oz

\$1.29
With Card



Libby's 100%
Pure Pumpkin
15 oz or Nestlé
La Lechera Sweetened
Condensed Milk,
14 oz; Select Varieties



2/\$5
With Card



Kroger
Brown Sugar
or Powdered
Sugar, 32 oz;
Select Varieties



2/\$5
With Card

TAILGATING MUST-HAVES

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

\$10.99
With Card
Private Selection
Angus Beef Patties
Select Varieties,
Frozen, 2 lb



Kroger Beef
Shaved Steak
24 oz
\$10
With Card



Wonderful
Pistachios
Roasted and Salted, 8 oz
\$3.99
With Card



Tyson Frozen
Chicken or
Any'tizers
Select Varieties,
16-28.05 oz
\$8.99
With Card



BUY 1, 32 oz Velveeta,
GET 2, 10 oz Cans of Ro-Tel Diced Tomatoes and
GET 1, 9-11 oz Bag of Mission Tortilla Chips
FREE!
Velveeta
Select Varieties, 32 oz
\$7.99
With Card

*Items must be purchased in the same transaction with Card.



Coors,
Budweiser or Miller
Select Varieties, 30-Pack,
12 fl oz Bottles or Cans,
Plus Deposit
Where Applicable
\$25.99



OXO Kitchen
Gadgets
Select Varieties
STARTING AT \$11.99

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

SAVE MORE WITH OUR QUALITY BRANDS



BUY 2, GET 1 FREE
of Equal or Lesser Value
With Card

Fresh Simple Truth Natural Chicken Full Line Sale
No Antibiotics Ever,
Select Varieties



Kroger Deli Style Lunch Meat
Select Varieties, 16 oz

\$4.99
With Card



BIG DEAL!
BIG PACKS



Kroger Seedless Grapes
\$6.99
With Card

Select Varieties,
3 lb Clamshell



Decorated Cupcakes
6 ct or Mini Cupcakes,
12 ct; Select Varieties,
In the Bakery

\$5



Kroger Deluxe Party Pail Ice Cream
Select Varieties,
128 fl oz

\$5.99
With Card



Kroger Coffee
Select Varieties,
48 ct K-Cups

\$13.99
With Card



Kroger Lemons
2 lb

\$4.99
With Card

Kroger Ultra Bath Tissue
\$11.99
With Card

Select Varieties,
12 Mega Rolls



Kroger Cereal
11.2-18.2 oz or
Fruit Bowls, 4 ct;
Select Varieties

2/\$5
With Card



\$3.99
With Card
Kroger Seltzer Water
12-Pack, 12 fl oz
or Peanut Butter, 40 oz
or Oats, 42 oz;
Select Varieties

EARN 4X FUEL POINTS with digital coupon*
On **FRIDAY** purchases



Scan here or visit
FredMeyer.com/FuelEvent
to download coupon.
*Exclusions apply.
See coupon for details.





Fresh Wild-Caught
Rockfish Fillets
Subject to Fishing &
Weather Conditions

\$5.99
/LB
With Card



Aqua Star
Salmon Fillets **\$7.99**
Frozen,
1.25 lb
With Card

REEL IN GREAT DEALS!



Whole Cooked
Dungeness Crab
Previously Frozen

\$7.99
/LB
With Card

EASY FOR YOU
SEAFOOD
We'll prep it for FREE.

1

CHOOSE A
SEAFOOD SERVICE
CASE ITEM

2

SELECT YOUR
SEASONINGS
& GARNISHES

3

COOK IN OUR
OVEN-READY
BAG

BOTTLES & BREWS



Bodhizafa
INDIA PALE ALE

Georgetown, Payette or Mac and Jacks
\$9.99

Select Varieties, 6-Pack, 12 fl oz Bottles or Cans, Plus Deposit Where Applicable



Pabst or Rainier

Select Varieties, 30-Pack, 12 fl oz Bottles or Cans, Plus Deposit Where Applicable

\$22.99



9.99 EA
-10%
With Card

\$8.99 /EA*

Cook's or Yellow Tail
Select Varieties, 1.5 Liters



12.99 EA
-10%
With Card

\$11.69 /EA*

Kendall-Jackson or Josh Cellars
Select Varieties, 750 ml

*When You Buy Any 6 Participating Items with Card.



Terracotta Mixed Bouquet
\$9.99

Large Pineapple
\$2.99 /EA
With Card



Dole Salad Kits
Select Varieties, 9.9-12.2 oz

3/\$11
With Card

\$2.99 /LB
With Card
Asparagus or Brussels Sprouts



GUARANTEED FRESH

\$3.99 /LB
With Card
Center-Cut Pork Loin Chops
Bone-In, Value Pack



Oscar Mayer Bacon
Select Varieties, 12-16 oz

BUY 2, GET 1
of Equal or Lesser Value
FREE
With Card



Oscar Mayer Uploaded Lunchables
Select Varieties, 14.7-15 oz

2/\$7
With Card



25% OFF
Tag Reflects Savings With Card

Boneless Top Round London Broil

Colossal Shrimp
13-15 ct, Raw, Also Sold in a 2 lb Bag for \$15.98

\$7.99 /LB
With Card



Wild-Caught Lobster Tails
Previously Frozen, 3-4 oz

2/\$12
With Card

DELI & BAKERY

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



Doritos Flamin' Hot Limón Shrimp Tempura Roll
9 oz, Available in Select Stores

NEW!
\$9.99

Fresh Deli Sandwiches
\$6
With Card



6-9.4 oz or Home Chef Soup, 24-32 oz; Select Varieties

BOTTLES & BREWS



\$16.99

**White Claw,
Truly or Twisted Tea**
Select Varieties, 12-Pack,
12 fl oz Bottles or Cans,
Plus Deposit
Where Applicable



18.99 EA
-10%
With Card
\$17.09 /EA*

**Rodney Strong
or Mumm Napa**
Select Varieties, 750 ml



17.99 EA
-10%
With Card

\$16.19 /EA*
**Hampton Rose Water,
Luke or Whitehaven**
Select Varieties, 750 ml



14.99 EA
-10%
With Card

\$13.49 /EA*
**Jam Cellars,
La Crema or Decoy**
Select Varieties, 750 ml



15.99 EA
-10%
With Card

\$14.39 /EA*

**Chateau Ste Michelle,
Canoe Ridge or Fitvine**
Select Varieties, 750 ml



\$18.99

Widmer
12-Pack, 12 fl oz or Tecate,
18-Pack, 12 fl oz Bottles or Cans;
Select Varieties, Plus Deposit
Where Applicable



*When You Buy Any 6 Participating Items with Card.

CHEERS TO GREAT DEALS ON YOUR FAVORITES!

SAVE 30%

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



SAVINGS ARE ALIIIVE!



Super Stretch Spider Webbing **\$3.49**
With Card



Holiday Home LED Plastic Pumpkin **\$5.99**
Select Varieties With Card



Holiday Home LED Halloween Inflatable **\$17.49**
Select Varieties, 32"-48" With Card



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



Brach's Mellowcreme Candy **\$2.49**
Select Varieties, 11 oz With Card



Kraft Caramels **\$2.99**
11 oz With Card



Hershey's Assorted Halloween Candy **\$11.99**
Select Varieties, 35-85 ct With Card



Smarties Candy **\$4.49**
19 oz With Card



Hershey's Snack Size Candy **\$6.49**
Select Varieties, 12.48-20.3 oz With Card



Haribo Trick or Treat Gummi Candy Mix **\$11.99**
36.1 oz With Card



Lemonhead Halloween Candy Mix or Nerds or Sweetarts Halloween Candy Mix, 90-175 ct; Select Varieties **\$15.99**
With Card

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

PICK UP EVERYTHING FOR GAME DAY!



Fred Meyer

MARINERS

REWARDS

Visit FredMeyer.com/Mariners for details

HERE'S HOW IT WORKS...

Look for these tags.

1. LOOK FOR THE TAGS

Look for the Mariners logo on tags for participating items throughout the store. When you purchase Rewards items, you earn 1 point for every dollar you spend.



2. EARN POINTS AND REDEEM FOR...

Mariners tickets, experiential pricing, apparel and more!