

Fred Meyer FRESH FOR EVERYONE™



\$3.99
/LB
With Card

93% Lean Ground Beef
Sold in a 3 lb Roll for \$11.97



\$3.99
With Card

Jumbo Blueberries
9.8 oz

LOCAL



Boneless Pork Half Loin

\$1.99
/LB
With Card

SugarBee or Envy Apples **\$1.29**
/LB
With Card



WEEKEND FREE-BEE!
FREE Kroger Seltzer Water*
*With digital coupon valid **SAT-SUN 11/2-11/3**. Minimum purchase required. See coupon for details.

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

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

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.

USDA CHOICE

Kroger Jumbo Russet Potatoes
8 lb Bag
\$3.99
/EA
With Digital Coupon
Price without digital coupon is up to \$5.99 each with Card.
*While supplies last.



Sand Bar Shrimp
Raw, 13-15 ct, 21-25 ct or 31-40 ct or Cooked Shrimp, 26-30 ct; Frozen, Sold in a 2 lb Bag

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



General Mills Cereal
Select Varieties, 8.9-13.3 oz
MIX & MATCH
BUY 2, GET 3 of Equal or Lesser Value
FREE
With Card

FINAL COST
When You Buy 4
4/\$13
With Card

Coca-Cola, Pepsi or 7UP
Select Varieties, 6-Pack, 16.9 fl oz Bottles, Plus Deposit Where Applicable
When you buy 4 or more in the same transaction with Card. Quantities less than 4 are up to \$5.99 each with Card.



55+ SENIOR DISCOUNT | **TAKE AN EXTRA 10% OFF**
ON IN-STORE PURCHASES TUESDAY, NOVEMBER 5
For details & exclusions, visit FredMeyer.com/senior

SAVE \$2 EACH
WHEN YOU BUY 3 OR MORE.
MIX & MATCH 3 or more participating items with Card.
Look for these tags. **SALE** Save \$2 Each

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



Lay's Potato Chips
Select Varieties, 4.75-8 oz
\$1.99
/EA*



Kellogg's Cereal
Select Varieties, 7.8-16 oz
\$1.99
/EA*



Starbucks Coffee
10-12 oz Bag or Rao's Pasta Sauce, 32 oz; Select Varieties
\$6.99
/EA*



Coffee-Mate Creamer
64 fl oz or Dave's Killer Bread **Organic** Bread, 17-27 oz; Select Varieties
\$4.99
/EA*

SALE DATES: Wed. October 30 - Tues. November 5, 2024. Prices and items are effective at your local Fred Meyer store.
Prices do not reflect the City of Seattle Sugar Sweetened Beverage Tax. Items plus deposit as per the Oregon Bottle Recovery Act.
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 Funpack Lunchables
Select Varieties, 8.9-10.7 oz
\$1.99 /EA
With Digital Coupon

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



Green Mountain, Donut Shop or McCafé K-Cups
Select Varieties, 10 ct
\$3.99 /EA
With Digital Coupon

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



Nature Sweet Dia De Muertos Tomatoes or Cherubs
10 oz
\$1.99 /EA
With Digital Coupon

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



King's Hawaiian Rolls
12 ct or Frosted Sugar Cookies, 10 ct; Select Varieties, In the Bakery
\$3.99 /EA
With Digital Coupon
Price without digital coupon is up to \$5 each.



Fred Meyer Water
24-Pack, 16.9 fl oz, Plus Deposit Where Applicable
\$2.49 /EA
With Digital Coupon
Price without digital coupon is up to \$3.49 each with Card.



Philadelphia Cream Cheese Spread
7.5-8 oz or Nestlé Toll House Morsels, 9-12 oz; Select Varieties
\$2.99 /EA
With Digital Coupon
Price without digital coupon is up to \$3.99 each with Card.



Pepsi or 7UP
Select Varieties, 24-Pack, 12 fl oz Cans, Plus Deposit Where Applicable
\$9.99 /EA
With Digital Coupon
Price without digital coupon is up to \$15.99 each with Card.



DiGiorno Pizza
14-29.31 oz or Totino's Pizza Rolls, 50 ct or Breakfast Snack Bites, 40 ct; Select Varieties
\$3.99 /EA
With Digital Coupon
Price without digital coupon is up to \$5.99 each with Card.



Fred Meyer Milk
or Kroger Chocolate Milk, Half Gallon; Select Varieties
\$1.49 /EA
With Digital Coupon
Price without digital coupon varies by store.



Crest Toothpaste
4.2 oz or Softsoap Hand Soap, 7.5 fl oz or Oral-B Toothbrush, 1 ct; Select Varieties
99¢ /EA
With Digital Coupon
Price without digital coupon is up to \$1.49 each with Card.



Scott Comfort Plus Bath Tissue
12 Double Rolls or Bounty Essentials Paper Towels, 4 Double Rolls
\$4.99 /EA
With Digital Coupon
Price without digital coupon is up to \$5.99 each with Card.

*While supplies last.

boost

Member Exclusive Digital Deals!



Enjoy these benefits when you sign up for Boost!



Unlimited FREE* delivery



2X Fuel Points* every day



Exclusive offers and savings

Visit FredMeyer.com/BoostSavings to clip coupons & enroll.

Membership starting at \$59/year.

*Restrictions apply. See site for details.

Use coupons up to 5X in a single transaction. See coupons for details.



Boost Members save MORE with Digital Coupon

\$1.99 /EA

Boost Member Exclusive Price! With digital coupon & Boost Membership

Kroger Fresh Dinner Sausage
Select Varieties, 18 oz

Non-Boost Member price is up to \$3.99 each with Card.



Tri-Color Peppers
3 ct

Boost Members save MORE with Digital Coupon

\$1.99 /EA

Boost Member Exclusive Price! With digital coupon & Boost Membership
Non-Boost Member price is up to \$4.99 each with Card.



Boost Members save MORE with Digital Coupon

\$1.99 /EA

Boost Member Exclusive Price! With digital coupon & Boost Membership

Kroger Ultra Paper Towels
2 Triple Rolls

Non-Boost Member price is up to \$5.99 each with Card.



Boost Members save MORE with Digital Coupon

49¢ /EA

Boost Member Exclusive Price! With digital coupon & Boost Membership

Kroger Barbecue Sauce
17.5-18 oz or Yellow Mustard, 8 oz or Ketchup, 20 oz; Select Varieties

Non-Boost Member price is up to \$2.29 each with Card.



Home Chef Savory Roasted Chicken
or Other Varieties, Fully Cooked, 2 lb. In the Deli

Non-Boost Member price is up to \$7.99 each with Card.

Boost Members save MORE with Digital Coupon

\$5 /EA

Boost Member Exclusive Price! With digital coupon & Boost Membership



Boost Members save MORE with Digital Coupon

99¢ /EA

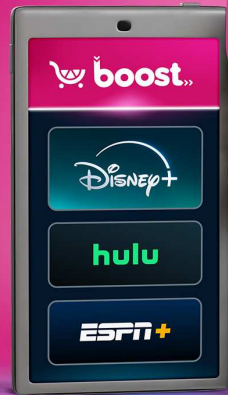
Boost Member Exclusive Price! With digital coupon & Boost Membership

Private Selection Buns
Select Varieties, 8 ct

Non-Boost Member price is up to \$2.99 each with Card.

NOW AVAILABLE WITH A BOOST MEMBERSHIP

Your Choice of Disney+ (With Ads),
Hulu (With Ads) or ESPN+ on Us*



boost»

[LEARN MORE](#)

Not a boost member?
Enroll today.

*Eligible subs only. Restrictions apply.
See retailer site for details.

NEW LOWER PRICES

on 10,000+ Home and Electronics Items

Look for these tags



CrockPot 7-Quart
Manual Slow Cooker

WAS
~~59.99~~

NOW
39.99

**NEW LOW
PRICE**



HP 14" HD Laptop
14-DQ0040NR

WAS
~~229.99~~

NOW
209.99

**NEW LOW
PRICE**



HD Designs®
Flynn 5-Piece Dining Set

WAS
~~599.99~~

NOW
249.99

**NEW LOW
PRICE**



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.



Cooked Perfect Meatballs
18-28 oz or Gorton's Fish, 15.2-24.5 oz; Select Varieties

7.99 With Card
-2.00
\$5.99 /EA*



Yoplait Yogurt
8 ct or Go-Gurt, 20 ct; Select Varieties

5.49 With Card
-2.00
\$3.49 /EA*



5.99 With Card
-2.00
\$3.99 /EA*
Malt O Meal Cereal
30-37 oz or Cheez-It Family Size Crackers, 9.6-21 oz; Select Varieties



Best Foods Mayonnaise or Kraft Miracle Whip, 30 fl oz or Arrowhead Mountain Spring Water, 24-Pack, 16.9 fl oz; Select Varieties, Plus Deposit Where Applicable

5.99 With Card
-2.00
\$3.99 /EA*



4.29 With Card
-2.00
\$2.29 /EA*
Kellogg's Club Crackers

11-13.7 oz or Crisps, 7.1 oz or Town House Crackers, 9.2-13.8 oz; Select Varieties

8.49 With Card
-2.00
\$6.49 /EA*
Gatorade



Select Varieties, 8-Pack, 20 fl oz, Plus Deposit Where Applicable



6.99 With Card
-2.00
\$4.99 /EA*
Nature Valley Biscuits or Bars
10-12 ct or Blue Diamond Almonds, 16-19.2 oz; Select Varieties



5.49 With Card
-2.00
\$3.49 /EA*
Oscar Mayer Beef or Turkey Hot Dogs
Select Varieties, 15-16 oz



3.99 With Card
-2.00
\$1.99 /EA*
General Mills Chex Cereal
12-14 oz or Cap'n Crunch or Life Cereal, 10.3-13 oz; Select Varieties



16.99 With Card
-2.00
\$14.99 /EA*
Charmin Bath Tissue
12 Mega Rolls or Bounty Paper Towels, 6 Double Plus Rolls; Select Varieties



9.99 With Card
-2.00
\$7.99 /EA*
Stouffer's Family Size Entrée
28-40 oz or Pepperidge Farm Goldfish, 24.3-30 oz; Select Varieties



9.99 With Card
-2.00
\$7.99 /EA*
Yuban Coffee
25.3-27.9 oz Can or Swiffer Refills, 6-32 ct; Select Varieties



8.99 With Card
-2.00
\$6.99 /EA*
Atkins Strong High Protein Shakes
Select Varieties, 4-Pack, 11 fl oz



11.99 With Card
-2.00
\$9.99 /EA*
Angel Soft Bath Tissue
Select Varieties, 12-16 Mega Rolls



Smucker's Uncrustables
15 ct or Peet's Coffee, 18 oz Bag; Select Varieties

13.99 With Card
-2.00
\$11.99 /EA*



Bubly Sparkling Water
8-Pack, 12 fl oz Cans or Nature Valley Protein Bars, 5 ct; Select Varieties, Plus Deposit Where Applicable

4.99 With Card
-2.00
\$2.99 /EA*



11.5-16.5 oz or Betty Crocker Cookie Mix, 17.5 oz; Select Varieties

3.99 With Card
-2.00
\$1.99 /EA*
Mom's Best Cereals



12.99 With Card
-2.00
\$10.99 /EA*

Liquid Death Water or Tea
8-Pack, 19.2 fl oz or Ziploc Freezer or Storage Bags, 60-80 ct; Select Varieties, Plus Deposit Where Applicable

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** SAVE \$2 EACH



6.99 With Card
-2.00
\$4.99 /EA*
Rana Family Size Pasta
20 oz or Happy Egg Co. Organic Eggs, Large, Grade A, 12 ct; Select Varieties



7.99 With Card
-2.00
\$5.99 /EA*
Impossible Ground Beef
Plant Based, 12 oz



4.49 With Card
-2.00
\$2.49 /EA*
Pretzels
7 oz or President Pub Cheese or Yucatan Guacamole, 8 oz; Select Varieties, In the Deli

7.99 With Card
-2.00
\$5.99 /EA*
Birds Eye Voila Skillet Meal

42 oz or Bertolli Pasta Entrée, 20-22 oz; Select Varieties



12.99 With Card
-2.00
\$10.99 /EA*
Hero Mighty Patch
8-36 ct or Kroger Celebration Paper Plates, 100 ct; Select Varieties



10.99 With Card
-2.00
\$8.99 /EA*
Simple Truth Organic Baby Food Pouch Variety Pack



19.99 With Card
-2.00
\$17.99 /EA*
Cascade Action Pacs
Select Varieties, 52-105 ct



12.49 With Card
-2.00
\$10.49 /EA*
Cetaphil Cleanser or Lotion
16 fl oz or Ziploc Slider Storage Bags, 68 ct; Select Varieties

12 ct or Black Forest Fruit Snacks, 40 ct; Select Varieties

4X FUEL POINTS

ON 100s OF GIFT CARDS WITH DIGITAL COUPON TODAY!*



Visit FredMeyer.com/4Xgiftcard to download coupon

REDEEM EVERY DAY 10/23/24–11/5/24

*Subject to availability. See gift cards for details, terms, conditions and (if applicable) fees. All trademarks are property of their respective owners.

SAVINGS ON HEALTH, BEAUTY & MORE

\$7.49

With Card
**Kroger
 Cough Drops**
 Select Varieties,
 25-30 ct



Mars Candy
 Select Varieties,
 1.36-2.17 oz

4/\$5

With Card



Kroger
Omeprazole
 Select Varieties,
 42 ct

\$14.99

With Card



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

\$5.99

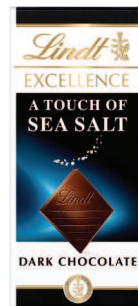
With Card



Core Power
**High Protein
 Milk Shake**
 Select Varieties,
 14 fl oz

\$3.49

With Card



Lindt Excellence
Chocolate Bar
 Select Varieties,
 2.8-4.4 oz

MIX & MATCH
BUY 2, GET 1
 of Equal or Lesser Value

FREE

With Card

MIX & MATCH SAVE \$10 AN EXTRA

When you spend \$30 on participating HSA or FSA eligible Health and Wellness 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



Häagen-Dazs Ice Cream

1.4 fl oz or Ice Cream Bars, 3 ct or Outshine Fruit Bars, 6 ct; Select Varieties

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

With Card



Progresso Soup

18-19 oz or Broth, 32 oz;
Select Varieties

FINAL COST
When You Buy 8
\$1.29
/EA

With Card

When you buy 8 or more in the same transaction with Card. Quantities less than 8 are up to \$2.79 each with Card.



Cheetos

6.5-10 oz or
Ruffles, 7.25-8.5 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.



Bibigo
or **Twin Marquis**
Entrée or Appetizer
Select Varieties,
16-24 oz

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

With Card



Stouffer's
or **Lean Cuisine Entrée**
or Stouffer's Sides,
5.25-24 oz;
Select Varieties

FINAL COST
When You Buy 3
3/\$10

With Card

When you buy 3 or more in the same transaction with Card. Quantities less than 3 are up to \$6.49 each with Card.



Nabisco
Family Size Oreo
or **Chips Ahoy Cookies**
10.68-20 oz or Family Size
Crackers, 11.5-14 oz;
Select Varieties

FINAL COST
When You Buy 3
3/\$10

With Card

When you buy 3 or more in the same transaction with Card. Quantities less than 3 are up to \$4.79 each with Card.



Kroger Tampons
34-36 ct or Suave
Shampoo and
Conditioner, 2-Pack,
18 fl oz; Select Varieties

\$5.99
With Card



Premier
Protein Shakes
Select Varieties,
6-Pack, 11.5 fl oz

\$15.99
With Card



Arm & Hammer
Toothpaste
6 oz or Kroger
Body Wash, 22-24 fl oz
or Suave Lotion, 18 fl oz;
Select Varieties

\$3.99
With Card



Pepperidge Farm
Family Size
Goldfish Crackers
10 oz or Goldfish Crisps,
6.25 oz; Select Varieties

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

SAVE MORE WITH OUR QUALITY BRANDS



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



Fresh Simple Truth Natural Chicken Full Line Sale
No Antibiotics Ever



Kroger Beef Shaved Steak
24 oz
\$10
With Card



Kroger Lemons
2 lb Bag
\$4.99
With Card



Home Chef Pepperoni Pizza
or Other Varieties,
20.5-25 oz, In the Deli
\$6
With Card



Kroger Steamer Vegetables
Select Varieties,
12 oz
10/\$10
With Card



Kroger Sour Cream or Cottage Cheese
Select Varieties,
16 oz
2/\$4
With Card



Kroger Potato Chips
7.5-8 oz or Tortilla Chips,
13 oz; Select Varieties
\$1.99
With Card



Private Selection Ice Cream
\$4.99
With Card

48 fl oz or Kroger Ricotta Cheese, 30 oz; Select Varieties



Kroger K-Cups
Select Varieties,
120 ct
\$27.99
With Card



\$7.99
With Card
Kroger Family Size Appetizer
Select Varieties, 16-33 oz

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.



TAILGATING MUST-HAVES



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

Fresh
Heritage Farm
Chicken Drumsticks
or Thighs

\$1.29
/LB
With Card



or Fresh Heritage Farm Split
Chicken Breasts for \$1.49 lb; Bone-In



Wonderful
Pistachios
Select Varieties,
14-16 oz

\$6.99
With Card



Sabra Hummus
10 oz or Stacy's Pita
Chips, Thins or Bagel
Chips, 6.75-7.33 oz;
Select Varieties,
In the Deli

\$3.99
With Card



Tyson
Frozen Chicken
25-32 oz or Freschetta
Pizza, 17.65-30.88 oz;
Select Varieties



\$5.99
With Card



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



\$26.99



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



\$17.99



Toastmaster
Air Fryer
2.6 qt

\$19.99
With Card

ROSE SALE

BARGAINS IN FULL BLOOM!



Bloom Haus
Dozen Rose Bunch

\$6.99



BOTTLES & BREWS



2 Towns
or Schilling
\$20⁹⁹

12-Pack, 12 fl oz
or Modelo or Pacifico.
18-Pack, 12 fl oz
Bottles or Cans;
Select Varieties,
Plus Deposit
Where Applicable



**Boneyard,
Rogue or Friem**
\$10⁹⁹

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



11.99 EA
-10%
With Card

\$10⁷⁹ /EA*

**Josh Cellars,
Maryhill or Domaine
Ste Michelle**
Select Varieties,
750 ml



La Marca
Select Varieties,
750 ml

\$12⁹⁹
With Card

*When You Buy Any 6 Participating Items with Card.



Sunshine
on My Mind
Bouquet
\$9⁹⁹

Large
Pineapple
\$2⁹⁹ /EA
With Card



\$2⁴⁹ /LB
With Card
**Red,
Green or Black
Seedless
Grapes**



Dole Salad Kits
Select Varieties,
9.1-13 oz

3/\$11
With Card

GUARANTEED FRESH

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



Pork Ribs
Back Ribs, Spare Ribs
or St. Louis Style Ribs;
or Kroger Cook-In-Bag Ribs;
Select Varieties, Bone-In



**Aidells
Dinner Sausage
or Meatballs**
12 oz or Farmland
Bacon, 12-16 oz;
Select Varieties

\$4⁹⁹
With Card



**Sea Pak
Seafood
Appetizers**
Select Varieties,
Frozen, 16-25 oz

\$8⁹⁹
With Card



**Center-Cut
Pork Loin Chops**
\$3⁹⁹ /LB
With Card

Bone-In, Value Pack
or Simple Truth Natural
93% Lean Ground Turkey,
16 oz, \$3.99 each

**Boneless Chuck
Roasts or Steaks**
or USDA Choice Flank
Steaks; Value Pack

25% OFF
Tag Reflects Savings
With Card



**Wild-Caught
Alaska Cod Fillets**
Previously Frozen
\$8⁹⁹ /LB
With Card



DELI & BAKERY

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

Fall Fuji Apple Crab Roll
Contains: Imitation Crab
Salad, Cinnamon Fuji Apple
Mix and Avocado, 8.1-10 oz,
Available in Select Stores

\$9⁹⁹



**Private Selection
WildFlower
Honey Ham**
\$9⁹⁹ /LB
With Card

or Provolone Cheese,
\$8.99 lb with Card,
Sliced to Order or Grab N Go

BOTTLES & BREWS

**Cash Back rebate via PayPal. Visit our app/site to clip Cash Back offer & see offer details.



19.99
-5.00 Off 1
WITH CARD &
CASH BACK REBATE
\$14.99 /EA

Topo Chico, Blue Moon
or Simply Spiked Lemonade
Select Varieties, 12-Pack,
12 fl oz Bottles or Cans,
Plus Deposit Where Applicable



Buy
or Fort George
\$10.99

Select Varieties, 4-6-Pack,
12-16 fl oz Bottles or Cans,
Plus Deposit Where Applicable



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

Chandon,
Meiomi or Four Graces
Select Varieties,
750 ml



13.99 EA
-10%
With Card
\$12.59 /EA*

A to Z
or Jam Cellars
Select Varieties,
750 ml



9.99 EA
-10%
With Card
\$8.99 /EA*

Barefoot,
Yellow Tail or Gekkeikan
Select Varieties,
1.5 Liters



6.99 EA
-10%
With Card
\$6.29 /EA*
Cook's,
Dark Horse or
Sho Chiku Bai

Select Varieties, 750 ml

*When You Buy Any 6 Participating Items with Card.

CHEERS TO GREAT DEALS ON YOUR FAVORITES!