



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

With Card



**General Mills Cereal** Select Varieties, 8.9-13.3 oz

> **MIX & MATCH** BUY 2, GET 3 of Equal or Lesser Value

With Card



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

### WEEKLY DIGITAL DEALS Use each coupon UP TO 5 TIMES in one transaction' **T-Bone Steaks** Bone-In, Value Pack

Scan me or visit

FredMeyer.com/FreeBee to download coupon.



Kroger Jumbo Russet Potatoes 8 lb Bag

USDA

CHOICE

/LB

With Digital Coupon

Price without digital coupon

With Digital Coupon Price without digital coupon is up to \$5.99 each with Card. \*While supplies last.

**TAKE AN EXTRA** 55+ SENIOR DISCOUNT 10% OFF

ON IN-STORE PURCHASES TUESDAY, NOVEMBER 5 For details & exclusions visit FredMeyer com/senio



MIX & MATCH 3 or more participating items with Card.

> Look for these tags.



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



3.99 With Card Lay's Potato Chips Select Varieties, 4.75-8 oz

Kellogg's Cereal Select Varieties, 7.8-16 oz



-2.00



Starbucks Coffee 10-12 oz Bag or Rao's Pasta Sauce, 32 oz

Select Varieties

-2.00/FΔ\*



Coffee-Mate Creamer 64 fl oz or Dave's Killer Bread Organic Bread, 17-27 oz;

Select Varieties

-2.00

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.





Use each coupon

**UP TO 5 TIME** in one transaction Scan me to download deals





#### King's Hawaiian Rolls 12 ct or Frosted Sugar Cookies,

10 ct; Select Varieties, In the Bakery

With Digital Coupon Price without digital coupon is up to \$5 each.

Philadelphia **Cream Cheese** 

Select Varieties

7.5-8 oz or Nestlé Toll

House Morsels, 9-12 oz;

■ /EA

With Digital Coupon

Price without digital coupon

is up to \$3.99 each with Card.

Spread



#### Pepsi or 7UP Select Varieties,

24-Pack, 12 fl oz Cans /EA

With Digital Coupon Price without digital coupon is up to \$15.99 each with Card.



#### Fred Meyer Milk

or Kroger Chocolate Milk, Half Gallon; Select Varieties



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

With Digital Coupon Price without digital coupon is up to \$1.49 each with Card.



## 24-Pack, 16.9 fl oz

Fred Meyer Water

■/EA

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



WATER

#### DiGiorno Pizza

14-29.31 oz or Totino's Pizza Rolls, 50 ct or Breakfast Snack Bites, 40 ct; Select Varieties

/EA

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



#### Scott **Comfort Plus Bath Tissue**

12 Double Rolls or **Bounty Essentials Paper** Towels, 4 Double Rolls

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



PEPSI

# **boost**, **Member Exclusive Digital Deals!**





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.



**Kroger Fresh Dinner Sausage** Select Varieties, 18 oz

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

save MORE with Digital Coupon /EA

**Boost Member Exclusive Price!** With digital coupon &

Boost Membership



#### **Tri-Color Peppers** 3 ct

**Boost Members** save MORE with Digital Coupon

**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

Kroger **Ultra Paper Towels** 2 Triple Rolls

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



**Boost Member Exclusive Price!** With digital coupon & **Boost Membership** 



#### **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

/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

#### **Boost Members** save MORE

with Digital Coupon

**Boost Member Exclusive Price!** With digital coupon & Boost Membership

## 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.

# LOWER PRICES

on 10,000+ Home and Electronics Items | Look for these tags









## 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.



5.99 With Card -2.00

Malt O Meal Cereal

30-37 oz or Cheez-It Family Size Crackers, 9.6-21 oz: Select Varieties



Mavonnaise 5.99 With Card or Kraft Miracle Whip. 30 fl oz or Arrowhead -2.00

Mountain Spring Water,



4.29 With Card

Kellogg's **Club Crackers** 

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



**Cooked Perfect** Meatballs

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

**7.99** With Card -2.00

5.49 With Card

**Yoplait** Yogurt 8 ct or Go-Gurt, 20 ct;

Select Varieties

-2.00



6.99 With Card -2.00

Nature Valley Biscuits or Bars

10-12 ct or Blue Diamond Almonds, 16-19.2 oz; Select Varieties



24-Pack, 16.9 fl oz:

Select Varieties

5.49 With Card -2.00

Oscar Mayer **Beef or Turkey Hot Dogs** 

Select Varieties. 15-16 oz



Select Varieties, 8-Pack, 20 fl oz



3.99 With Card -2.00

**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

Charmin **Bath Tissue** 

12 Mega Rolls or Bounty Paper Towels, 6 Double Plus Rolls; Select Varieties



9.99 With Card -2.00

Stouffer's Family Size Entrée

28-40 oz or Pepperidge Farm Goldfish, 24.3-30 oz; Select Varieties



9.99 With Card -2.00

Yuban Coffee

25.3-27.9 oz Can or Swiffer Refills, 6-32 ct: Select Varieties



8.99 With Card -2.00

Atkins Strong **High Protein Shakes** Select Varieties, 4-Pack, 11 fl oz



11.99 With Card

**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

\$1199 /EA\*



#### Bubly Sparkling Water

8-Pack, 12 fl oz Cans or Nature Valley Protein Bars, 5 ct; Select Varieties 4.99 With Card -2.00

\$299



# 3.99 With Card -2.00

\$ **199** 

Mom's Best Cereals

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



12.99 With card -2.00

\$1099 /EA\*

#### Liquid Death Water or Tea

8-Pack, 19.2 fl oz or Ziploc Freezer or Storage Bags, 60-80 ct; 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.



6.99 With Card -2.00

\$499 /EA\*

Rana Family Size Pasta

20 oz or Happy Egg Co. **Organic** Eggs, Large, Grade A, 12 ct; Select Varieties



7.99 With Card

\$599 /EA\*

Birds Eye Voila Skillet Meal



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



7.99 With Card -2.00

\$**5**99

Impossible

**Ground Beef** Plant Based, 12 oz



12.99 With Card -2.00

\$1099 (EA\*

Hero Mighty Patch

8-36 ct or Kroger Celebration Paper Plates, 100 ct; Select Varieties



4.49 With Card

\$249

#### Pretzelized Pretzel Pita Chips

7 oz or President Pub Cheese or Yucatan Guacamole, 8 oz; Select Varieties, In the Deli



19.99 With Card -2.00

\$1799

Cascade Action Pacs Select Varieties, 52-105 ct



12.49 With Card

\$1049

#### Cetaphil Cleanser or Lotion

16 fl oz or Ziploc Slider Storage Bags, 68 ct; Select Varieties



-2.00

/EA\*

10.99 With Card

Simple Truth Organic
Baby Food Pouch
Variety Pack

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



# 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**





Mars Candy Select Varieties. 1.36-2.17 oz

With Card



Kroger Omeprazole Select Varieties. 42 ct

With Card





Dr. Teal's **Epsom Salt** 

3 lb or Foaming Bath, 34 fl oz: Select Varieties

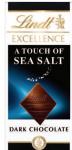
With Card



**Core Power High Protein** Milk Shake Select Varieties.

14 fl 07

With Card





**Lindt Excellence Chocolate Bar** Select Varieties. 2.8-4.4 oz

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



## MIX & MATCH

# SAVE\$ 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

14 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

With Card



#### **Progresso Soup**

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

When You Buy 8

/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

When You Buy

/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** 

of Equal or Lesser Value

BUY 1, GET 1

With Card



#### Stouffer's or Lean Cuisine Entrée

or Stouffer's Sides. 5.25-24 oz: Select Varieties

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

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 With Card



## Protein Shakes

Select Varieties. 6-Pack, 11.5 fl oz

With Card



#### Arm & Hammer Toothpaste

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



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



# SAVE MORE WITH

**OUR QUALITY BRANDS** 













Kroger **Beef Shaved** Steak 24 oz





**Home Chef** Pepperoni Pizza or Other Varieties, 20.5-25 oz. In the Deli

With Card



Kroger **Steamer Vegetables** Select Varieties.



**Cottage Cheese** Select Varieties, With Card 16 oz



Kroger Potato Chips 7.5-8 oz or Tortilla Chips, 13 oz: Select Varieties With Card



30 oz; Select Varieties

Kroger

K-Cups Select Varieties,



With Card Kroger **Family Size Appetizer** Select Varieties, 16-33 oz

POINTS with digital FRIDAY purchases coupon



Scan here or visit / FredMeyer.com/FuelEvent to download coupon.

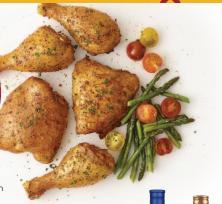


# TAILGATING **MUST-HAVES**

Fresh Heritage Farm **Chicken Drumsticks** or Thighs

With Card

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



SKYY



Wonderful **Pistachios** Select Varieties, 14-16 oz

With Card



Find more game day deals 8 recipes at FredMeyer.com/Football

> Sabra Hummus 10 oz or Stacy's Pita Chips, Thins or Bagel Chips, 6.75-7.33 oz; Select Varieties.

In the Deli With Card



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



\$599 With Card

1.75 Liters or Kraken, 750 ml; Select Varieties

**Bacardi** or Skyy

BACARDÍ



Schilling, 2 Towns or Seattle Cider Select Varieties, 6-Pack, 12 fl oz Bottles or Cans. Plus Deposit Where Applicable



**Toastmaster** Air Fryer 2.6 qt

## **ROSE SALE**

**BARGAINS** IN FULL **BLOOM!** 



**Bloom Haus Dozen Rose Bunch** 







Fremont, Incline or Boneyard

\$1999

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

LUSH IPA



#### Tito's

1.75 Liters or Teremana, 750 ml; Select Varieties

\$**29**99



8.99 EA -10%

With Card

\$**8**09

Barefoot, Gekkeikan or Yellow Tail Select Varieties, 1.5 Liters



9.99 EA -10%

With Card

\$**899** 

Stella Rosa, Cupcake or 14 Hands Select Varieties, 750 ml

\*When You Buy Any 6 Participating Items with Card.



Sunshine on My Mind Bouquet CHOPPED CASAME PREMIUM KA

**Dole Sald Kits**Select Varieties,
9.1-13 oz

3/\$11

Vith Card
Red,
Green or Black
Seedless
Grapes

**GUARANTEED FRESH** 



**Pork Ribs** 

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



Dinner Sausage
or Meatballs

12 oz or Farmland Bacon, 12-16 oz; Select Varieties SAPER MORE TO THE SAPER SAPER

With Card

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

Sea Pok

Sea Pok

Sea Pok

Sea Pok

Sea Pok

\$ **899**With Card

Bone-In, Value Pack or Simple Truth Natural 93% Lean Ground Turkey, 16 oz, \$4.49 each

Boneless Chuck Roasts or Steaks or USDA Choice Flank

Steaks; Value Pack

25%
OFF

Tag Reflects Savings With Card



Center-Cut

Pork Loin Chops

With Card

/LB



Wild-Caught Alaska Cod Fillets Previously Frozen

\$ 899 /LB With Card



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

\$**9**99

With Card

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

### **BOTTLES & BREWS**





11.99 EA
-10%
With Card

\$ 10,79
Treveri,
Liquid Light or 7 Deadly
Select Varieties.

750 ml



Baileys
or Disaronno
750 ml or Captain Morgan,
1.75 Liters; Select Varieties
\$ 9 49



Browne, Banshee or Ferrari-Carano Select Varieties, 750 ml



Plus Deposit Where Applicable

Coors,
Budweiser or Miller
\$2499

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



\$899

High Noon, Crown Royal or Absolut

Select Varieties, 4-Pack, 12 fl oz Cans

\*When You Buy Any 6 Participating Items with Card.



Selection varies by store and is limited to stock on hand.



Fresh Cut Floral Arrangement Select Varieties



Fresh Baked **Private Selection Butter Croissants** Large, 4 ct or Mini, 12 ct; Select Varieties,

In the Bakerv





**Private Selection Simmer Sauce** Select Varieties, 14-16 oz



Simple Truth **Organic** 90-Second Rice Select Varieties, 8.8 oz

With Card



**Private Selection Gourmet Spices** 

With Card

Select Varieties. 0.14-2.37 oz

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



Baker's **Sweetened Coconut** 

With Card



**Private Selection** Extra Large **Pistachios** 14 oz

With Card



Simple Truth **Organic Beans** Select Varieties, 15 oz

With Card



Candle-Lite **Unscented** Tea Lights 50 ct

With Card