

Fred Meyer FRESH FOR EVERYONE™



\$3.49
/LB
With Card

80% Lean Ground Beef
Sold in a 3 lb Roll for \$10.47

\$1.99
/LB
With Card



Asparagus



Fresh Heritage Farm Boneless Chicken Breasts or Fresh Simple Truth Natural Boneless Chicken Breasts, Value Pack, No Antibiotics Ever, \$3.99 lb

\$2.49
/LB
With Card



Raspberries
6 oz

2/\$4
With Card

WEEKEND FREE-BEE!

FREE Fred Meyer 24-Pack Water*

*When you clip digital coupon & spend \$35+ on **SAT-SUN 10/19 - 10/20**. See coupon for details.

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



Fresh Norwegian Salmon Fillets
Farm-Raised or Colossal Shrimp, 13-15 ct, Raw, \$6.99 lb, Also sold in a 2 lb Bag for \$13.98

\$8.99
/LB
With Card

3 DAYS ONLY!
FRI - SAT - SUN
October 18 - 20

25% OFF
TODAY'S PRICES
With Card & Digital Coupon

All Halloween Candy
Selection Varies By Store

FINAL COST
When You Buy 4

\$1.99
/EA
With Card

Doritos
8-10.75 oz or Tostitos, 9-13 oz or Ruffles, 7.25-8.5 oz or SmartFood Popcorn, 6.25-7.75 oz; Select Varieties
When you buy 4 or more in the same transaction with Card. Quantities less than 4 are up to \$5.49 each with Card.

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

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

\$4.99
/EA
With Digital Coupon
Price without digital coupon is up to \$9.99 each with Card.

Boneless Tri-Tip Roast
or Steaks, Value Pack

\$5.99
/LB
With Digital Coupon
Price without digital coupon is up to \$8.99 lb with Card.

*While supplies last.

MILITARY DISCOUNT | **TAKE AN EXTRA 10% OFF**
ON IN-STORE PURCHASES THURSDAY, OCTOBER 17
For details & exclusions, visit FredMeyer.com/military

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

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.

Lay's Potato Chips
4.75-8 oz or General Mills Chex Cereal, 12-14 oz; Select Varieties

3.99 With Card
-2.00

\$1.99
/EA*

Kroger Butter
Select Varieties, 16 oz

4.49 With Card
-2.00

\$2.49
/EA*

Starbucks Coffee
10-12 oz Bag or K-Cups, 10 ct or Kind Bar Multipack, 5-6 ct; Select Varieties

8.99 With Card
-2.00

\$6.99
/EA*

Kraft Miracle Whip or Best Foods Mayonnaise, 30 fl oz; Select Varieties

5.99 With Card
-2.00

\$3.99
/EA*

SALE DATES: Wed. October 16 - Tues. October 22, 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 Bacon
Select Varieties, 12-16 oz
\$3.99 /EA
With Digital Coupon



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



General Mills Giant Size Cereal
\$3.49 /EA
With Digital Coupon



20-29 oz or Ghirardelli Baking Chips, 10-12 oz; Select Varieties

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



Kroger Seedless Grapes
Select Varieties, 3 lb Clamshell
\$3.99 /EA
With Digital Coupon



Select Varieties, 3 lb Clamshell

Price without digital coupon is up to \$7.49 each with Card.



Private Selection Oven Roasted Turkey or Wildflower Honey Ham or Hard Salami, Sliced to Order or Grab 'N Go, In the Deli

\$8.99 /LB
With Digital Coupon
Price without digital coupon is up to \$12.49 lb with Card.



Lay's Party Size Potato Chips
Select Varieties, 12.5-13 oz
\$2.99 /EA
With Digital Coupon
Price without digital coupon is up to \$4.99 each with Card.



Tillamook Cheese
Select Varieties, 32 oz Bar
\$6.99 /EA
With Digital Coupon
Price without digital coupon is up to \$8.99 each with Card.



La Croix Sparkling Water
8-Pack, 12 fl oz Cans or Kellogg's Eggo Waffles, 8-10 ct; Select Varieties

\$2.49 /EA
With Digital Coupon
Price without digital coupon is up to \$4.49 each with Card.



Kroger Deluxe Ice Cream
48 fl oz or Pillsbury Crescents, Cinnamon Rolls or Grands Biscuits, 8 ct; Select Varieties



\$1.99 /EA
With Digital Coupon
Price without digital coupon is up to \$3.49 each with Card.



Jimmy Dean Breakfast Sandwiches or Burritos or Biscuit Rollups, 4-10 ct or Jif Peanut Butter, 40 oz; Select Varieties

\$4.99 /EA
With Digital Coupon
Price without digital coupon is up to \$6.99 each with Card.



Kroger Mini Sweet Peppers
2 lb
\$3.49 /EA
With Digital Coupon
Price without digital coupon is up to \$5.99 each with Card.



Huggies Diapers or Pull-Ups Diapers
42-136 ct or Blue Buffalo Dry Dog Food or Tastefuls Cat Food, 5 lb Bag; Select Varieties

SAVE \$5 /EA
With Digital Coupon
Price without digital coupon is up to \$4.99 each with Card.

*While supplies last.

WEEKLY DIGITAL DEALS

Use each coupon
UP TO 5
TIMES
in one transaction*



Look for
these tags.

Glad
Trash Bags
Select Varieties, 30-68 ct
\$8.99
/EA
With Digital Coupon

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



Dawn Powerwash
Dish Spray
\$2.99
/EA
With Digital Coupon

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



16 fl oz or U by Kotex
Tampons, Pads or Liners,
12-64 ct; Select Varieties

*While supplies last.

Crock-Pot
Manual
Slow Cooker
Select Varieties, 7 qt
\$29.99
/EA
With Digital Coupon

Price without digital coupon is up to \$39.99 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.

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 P.F. Chang's Entrée, 18-22 oz
or Birds Eye Voita Family Size Skillet Meal, 42 oz;
Select Varieties

7.99 With Card
-2.00
\$5.99 /EA*



Malt O Meal Cereal
30-37 oz or Farm Rich Appetizers, 15-22 oz;
Select Varieties

5.99 With Card
-2.00
\$3.99 /EA*



Jimmy Dean Pancakes & Sausage
Original

10.99 With Card
-2.00
\$8.99 /EA*

Just Bare Frozen Chicken
24 oz or Jimmy Dean Breakfast Sticks, 12 ct;
Select Varieties



6.99 With Card
-2.00
\$4.99 /EA*
Coffee-Mate Creamer

64 fl oz or Dave's Killer Bread Organic Bread, 18-27 oz or Nature Valley Biscuits, 10 ct;
Select Varieties



5.49 With Card
-2.00
\$3.49 /EA*

Oscar Mayer Beef or Turkey Hot Dogs
Select Varieties, 15-16 oz

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



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



8.49 With Card
-2.00
\$6.49 /EA*

Gatorade
8-Pack, 20 fl oz or Pure Leaf Tea, 6-Pack, 16.9-18.5 fl oz;
Select Varieties



6.99 With Card
-2.00
\$4.99 /EA*

Blue Diamond Almonds
16-19.2 oz or Rana Family Size Pasta, 20 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



9.49 With Card
-2.00
\$7.49 /EA*
Hefty Trash Bags
Select Varieties, 18-45 ct



7.99 With Card
-2.00
\$5.99 /EA*
Dove Body Wash
20 fl oz or Bar Soap, 4 ct; Select Varieties



6.49 With Card
-2.00
\$4.49 /EA*
Dr. Squatch Bar Soap
Select Varieties, 5 oz



Bubly
Sparkling Water
8-Pack, 12 fl oz Cans
or Ken's Salad Dressing,
24 fl oz; Select Varieties

4.99 With Card
-2.00

\$2.99
/EA*



Dot's Pretzels
Select Varieties,
16 oz

6.49 With Card
-2.00

\$4.49
/EA*



5.99 With Card
-2.00

\$3.99
/EA*

Arrowhead
Mountain Spring
Water

24-Pack, 16.9 fl oz or Cheez-It
Family Size Crackers, 17-21 oz;
Select Varieties



3.99 With Card
-2.00

\$1.99
/EA*

Kellogg's
Cereal
7.8-16 oz or
Betty Crocker Cookie or
Brownie Mix,
16-19.1 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.

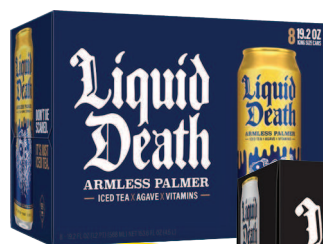
Look for
these tags.



9.99 With Card
-2.00

\$7.99
/EA*

Stouffer's
Family Size Entrée
Select Varieties,
30-38 oz



12.99 With Card
-2.00

\$10.99
/EA*

Liquid Death



8-Pack, 19.2 fl oz Cans
or Nestle Toll House Morsels,
34.5-36 oz; Select Varieties



6.99 With Card
-2.00

\$4.99
/EA*

Private Selection
Angus Meatballs
Select Varieties, 16 oz

8.99 With Card
-2.00

\$6.99
/EA*

Rao's Pasta Sauce
32 oz or Amy's Pizza,
12-14 oz or Pompeian
Extra Virgin Olive Oil,
16 fl oz; Select Varieties



5.99
-2.00

\$3.99
/EA*

Private Selection
Cupcakes
or Kimberley's Oreo
Gourmet Cupcakes,
Select Varieties, 4 ct,
In the Bakery



14.99 With Card
-2.00

\$12.99
/EA*

Dixie Ultra
Plates
100 ct



10.49 With Card
-2.00

\$8.49
/EA*

Huggies
Pull-Ups Diapers
Select Varieties,
17-23 ct



13.99 With Card
-2.00

\$11.99
/EA*

Smucker's
Uncrustables

15 ct or Peet's Coffee,
18 oz Bag or Private Selection
Coffee, 20 oz Bag; Select Varieties

SAVE 30%

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



SCARE UP SOME FRIGHTENING FUN

Shop all Spooktacular savings at
FredMeyer.com/Halloween



SALE
LOCKED IN LOW PRICE

Holiday Home LED Plastic Pumpkin
Select Varieties

\$4.99
With Card



SALE
LOCKED IN LOW PRICE

Holiday Home Pose-n-Stay Skeleton
Black Light Reactive, 60"

\$39.99
With Card



Pumpkin Masters Ultimate Carving Kit
Select Varieties, 21-Piece

\$6.99
With Card



SALE
LOCKED IN LOW PRICE

Holiday Home LED Fall Wreath
Select Varieties, 22"

\$19.99
With Card



Brach's Candy Corn or Autumn Mix
Select Varieties, 11 oz

\$2.49
With Card



Sour Patch Kids, Swedish Fish and Oreo Mini Candy Mix
65 ct

\$11.99
With Card



Hi-Chew Candy
Select Varieties, 11.65-12.7 oz

\$5.99
With Card



Butterfinger, Baby Ruth or Crunch Fun Size Candy
Select Varieties, 10-10.2 oz

\$3.99
With Card



Lemonhead, Nerds or Sweetarts Candy Mix
Select Varieties, 90-175 ct

\$15.99
With Card



Day of the Dead Lollipop Rings
18 ct

\$7.99
With Card



Child's Play Candy Mix
52 oz

\$9.99
With Card

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

TAILGATING MUST-HAVES

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

\$279
/LB
With Card
Pork Shoulder Roasts
Bone-In or Boneless
Pork Half Loin



Private Selection Angus Beef Patties
Frozen, Select Varieties,
2 lb
\$999
With Card



Kroger Avocados
4 ct Bag
\$399
With Card



Reser's Potato Salad
or Macaroni Salad;
Select Varieties, 3lb,
In the Deli

\$699
With Card



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

\$1399
With Card



Big K
Select Varieties,
12-Pack,
12 fl oz Cans

3/\$12
With Card

Toastmaster Air Fryer
2.6 qt
\$1999
With Card



Aperol or Skrewball
750 ml or Jose Cuervo,
1.75 Liters;
Select Varieties
\$2499



Screamin' Sicilian Pizza
17.7-25.4 oz or Breadsticks,
15.65-16.55 oz
or Pizza Bowl, 8 oz;
Select Varieties

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

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.



Mix and Match
5 or more
participating items
and pay **99¢** each!

99¢
ea
with Card

Discount applied at
checkout with Card.
Items must be purchased
in the same transaction.



- Campbell's Condensed Soup, 10.5-11.25 oz
- Starkist Tuna or Tuna Creations, 2.6-3 oz
- Smart Bowls, 4.5 oz
- Ro-Tel Diced Tomatoes, 10 oz
- La Banderita Soft Taco Flour Tortillas, 10 ct
- Kraft Barbecue Sauce, 18 oz
- Hunt's Pasta Sauce, 24 oz
- Jell-O Pudding or Gelatin Mix, 0.3-3.9 oz
- Barilla Pasta, 12-16 oz
- Ready Pasta, 7 oz
- Knorr Sides, 4-5.7 oz
- Chef Boyardee, 14.5-15 oz
- Bar-S Meat Franks, 12 oz
- Powerade, 28 fl oz
- Body Armor Super Drink, 16 fl oz
- Snapple, 15.9-16 fl oz
- Sunny Delight, 64 fl oz
- Kroger Croutons, 5 oz

*99¢ ea. when you mix/match 5 or more in the same transaction with Card. Quantities less than 5 will be up to \$2.49 each with Card.

GROCERY ESSENTIALS



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.



**Green Mountain,
Donut Shop or
McCafé K-Cups**
Select Varieties, 10 ct
MIX & MATCH
BUY 1, GET 1
of Equal or Lesser Value

FREE

With Card



**Nabisco Oreo
or Chips Ahoy
Family Size Cookies**
9.31-20 oz or Nabisco
Family Size Snack 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.



**Sara Lee
Artesano Bread**
20 oz or Entenmann's
Little Bites, Donuts
or Baker's Delights,
6.88-21 oz;
Select Varieties

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

FREE

With Card



**Duncan Hines
Cake Mix**
15.25 oz or Frosting,
14-16 oz; Select Varieties

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

FREE

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.



LOCAL

**Tillamook
Cheese**
Select Varieties,
7-8 oz

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

FREE

With Card



Tide Pods
25-42 ct or Downy Fabric
Softener, 93-140 fl oz
or Downy Unstopables,
18.2 oz; 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.



**Finish
Dishwasher
Tabs**
Select Varieties,
28-36 ct

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

FREE

With Card



**Everyday Living
Kitchen
Gadgets**
Select Varieties

**\$1.49
AND UP**
With Card

LOOK WHAT'S
NEW!

MIX & MATCH

BUY 1, GET 1

50% OFF

of Equal or Lesser Value

With Card

Garnier Fructis Shampoo

12.5 fl oz or TRESemmé Shampoo,
28 fl oz; Select Varieties



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



\$9.99
With Card



Lume Whole
Body Deodorant
2.2-2.6 oz
or TheraBreath
Oral Rinse, 33.8 fl oz;
Select Varieties



\$13.99
With Card

BOTTLES & BREWS



New Belgium, Truly or Elysian
\$19.99

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



13.99 EA
 -10%
 With Card

\$12.59 /EA*

Kim Crawford, Freakshow or Gerard Bertrand
 Select Varieties, 750 ml



8.99 EA
 -10%
 With Card

\$8.09 /EA*

Yellow Tail or Barefoot
 Select Varieties, 1.5 Liters



Pendleton or Kahlua
 Select Varieties, 750 ml

\$19.99

*When You Buy Any 6 Participating Items with Card.



Radiance Bouquet
\$9.99

Taylor Farms Chopped Salad Kits
 Select Varieties, 7.3-13.5 oz

3/\$11

With Card



POM Wonderful Juice
 8 oz

10/\$10

With Card



LOCAL

\$1.79 /LB

With Card
 SweetTango or Pink Lady Apples

GUARANTEED FRESH



\$13.99 /LB

With Card
 Ribeye Steaks
 Bone-In, Value Pack



Boneless Pork Loin Chops
\$10
 With Card

2 lb Package or Kroger 85% Lean Ground Turkey, 3 lb Package



Johnsonville Smoked Sausage
 Select Varieties, 12-14 oz

2/\$7

With Card



Kroger Breakfast Sausage Links or Patties
 Select Varieties, 12 oz

2/\$6

With Card

Snow Crab Clusters
 Previously Frozen

\$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

Panera Bread Broccoli Cheddar Soup
 or Other Varieties, 16 oz

\$5.99

With Card



Fresh Deli Sandwiches or Salads

\$6

Select Varieties, 6-10.36 oz, Available in Select Stores

BOTTLES & BREWS



\$11.99

Georgetown

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



Rich and Rare or Platinum 7X
750 ml or On The Rocks, 375 ml; Select Varieties

\$7.99



17.99 EA
-10%
With Card

\$16.19 /EA*

Meiomi, Bonanza or Chandon
Select Varieties, 750 ml



Carolans
750 ml or High Noon, 8-Pack, 12 fl oz Cans; Select Varieties

\$16.99



Coors, Miller or Budweiser

\$24.99

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



\$18.99

White Claw, Corona or Twisted Tea

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

*When You Buy Any 6 Participating Items with Card.

CHEERS TO GREAT DEALS ON YOUR FAVORITES!

NEW LOWER PRICES

on 10,000+ Home and Electronics Items

Look for these tags



Skullcandy Crusher ANC 2
Noise Cancelling Headphones

WAS
~~229.99~~ EACH

NOW
199.99

**NEW LOW
PRICE**



Keurig K-Mini

WAS
~~129.99~~ EACH

NOW
99.99

**NEW LOW
PRICE**



Hydro Flask 32 oz.
Flex Straw Bottle

WAS
~~49.99~~ EACH

NOW
44.99

**NEW LOW
PRICE**

