

Fred Meyer FRESH FOR EVERYONE™



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

Fresh Tyson Chicken Full Line Sale
Select Varieties

Pork Back Ribs Bone-In

\$2.99 /LB
With Card

California Red, Green or Black Seedless Grapes

\$1.49 /LB
With Card



Private Selection Campari Tomatoes
16 oz or Private Selection Gourmet Potatoes, 1.5 lb; Select Varieties

\$1.99 /LB
With Card



Fresh Norwegian Salmon Fillets
Farm-Raised or Sea Scallops, 10-20 ct, \$9.99 lb, Previously Frozen

\$8.99 /LB
With Card

Tyson Frozen Chicken
Select Varieties, 16-28.05 oz

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



HOUSEHOLD EVENT
MIX & MATCH BUY 2
SAVE \$10
With Card*
On Participating Household Items

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

THIS VETERANS DAY, THANK YOU TO ALL WHO HAVE SERVED!



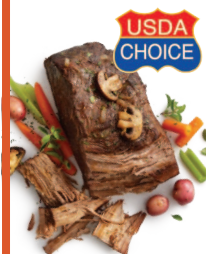
★ ★ ★ ★ ★
MILITARY DISCOUNT

TAKE AN EXTRA 10% OFF
ON IN-STORE PURCHASES*
MONDAY, NOVEMBER 11

*For details & exclusions, visit FredMeyer.com/military

WEEKLY DIGITAL DEALS

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



Boneless Chuck Roasts

\$5.99 /LB

With Digital Coupon
Price without digital coupon is up to \$7.99 lb with Card.



Large Avocado

99¢ /EA

With Digital Coupon
Price without digital coupon is up to \$2.99 each with Card.

*While supplies last.

See inside for **MORE WEEKLY DIGITAL DEALS!**

SAVE 50¢ EACH
WHEN YOU BUY 6 OR MORE.

MIX & MATCH 6 or more participating items with Card.

Look for these tags.



*When you buy any 6 or more participating items in the same transaction with Card. Participating item varieties and sizes may vary by store.



Del Monte Vegetables
14.5-15.25 oz Can or Campbell's Cream of Mushroom Soup, 10.5 oz; Select Varieties

1.29 With Card
-50¢
79¢ /EA*



Ocean Spray Cranberry Sauce
14 oz or Dole Pineapple, 20 oz; Select Varieties

1.99 With Card
-50¢
\$1.49 /EA*



Kroger Broth
32 oz or American Beauty Pasta, 12-16 oz; Select Varieties

1.49 With Card
-50¢
99¢ /EA*



Fairlife Milk
Select Varieties, 52 fl oz

4.49 With Card
-50¢
\$3.99 /EA*

SALE DATES: Wed. November 6 - Tues. November 12, 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.



Turkey Breast
Frozen, Bone-In
\$1.49
/LB
With Digital Coupon

Price without digital coupon
is up to \$1.99 lb with Card.



18 ct Kroger
Cage Free Eggs
Large, Grade AA
\$3.29
/EA
With Digital Coupon

Price without digital coupon
varies by store.



POM Wonderful
Large
Pomegranate
\$1.99
/EA
With Digital Coupon

Price without digital coupon
is up to \$3.00 each with Card.



Pumpkin
or Apple Pie
or Other Varieties,
8", In the Bakery
\$3.99
/EA

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



Kellogg's
Giant Size Cereal
Select Varieties,
19.2-29.5 oz
\$3.99
/EA

With Digital Coupon
Price without digital coupon
is up to \$5.49 each with Card.



Kettle
Brand Chips
6.5-7.5 oz or
Pepperidge Farm
Stuffing Mix, 12 oz;
Select Varieties
\$1.99
/EA

With Digital Coupon
Price without digital coupon
is up to \$2.99 each with Card.



Kroger Cheese
Select Varieties,
6-8 oz
\$1.99
/EA

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



Kroger Deluxe
Ice Cream
48 fl oz or Cheez-It
Crackers or Snap'd
or Puff'd Snacks,
4.5-12.4 oz or Keebler
Sandwich Crackers,
8-Pack; Select Varieties
\$1.99
/EA

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



Oscar Mayer
Deli Fresh
Lunch Meat
7-9 oz or Claussen
Pickles, 20-32 fl oz;
Select Varieties
\$3.49
/EA

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



Coca-Cola, Pepsi
or Canada Dry
Select Varieties, 6-Pack,
16.9 fl oz Bottles
\$2.99
/EA

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



Starbucks Coffee
10-12 oz Bag or K-Cups,
10 ct; Select Varieties
\$6.99
/EA

With Digital Coupon
Price without digital coupon
is up to \$8.99 each with Card.

*While supplies last.

WEEKLY DIGITAL DEALS

Use each coupon
UP TO 5
TIMES
in one transaction*



Look for these tags.

Tide Laundry Detergent
\$3.99 /EA
With Digital Coupon



34 fl oz or Tide Pods, 9-16 ct; Select Varieties
Price without digital coupon is up to \$5.99 each with Card.

Dove Deodorant
\$5.99 /EA
With Digital Coupon



2.6-4 oz or U by Kotex Tampons, Pads or Liners, 22-100 ct or Axe Premium Body Spray, 4 oz; Select Varieties
Price without digital coupon is up to \$8.49 each with Card.

Cottonelle Bath Tissue
\$9.99 /EA
With Digital Coupon

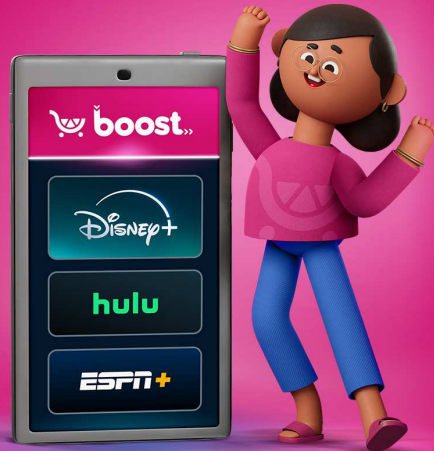


12 Mega Rolls or Airwick Essential Oils Refills, 5 ct; Select Varieties
Price without digital coupon is up to \$13.99 each with Card.

*While supplies last.

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.

EARLY BLACK FRIDAY

DEALS

START NOW!



\$19⁹⁹

With Card

Soda Boots
Women's sizes.
Reg. \$50

SAVE \$80

249⁹⁹

With Card

50" SAMSUNG

HDR UHD 4K Smart TV

UN50DU6900

Reg. 329.99

NEW Xplora XGO3 Kids' Wi-Fi GPS Smartwatch
SAVE \$30

\$99⁹⁹

With Card

Also in black or blue.
Reg. 129.99



SAVE 30%

With Card

Levi's® Red Tab Apparel

Men's and Women's sizes.

Shown: Men's 502™ Taper Fit Jeans Sale **48.65**

Women's 725 High Rise Bootcut Jeans Sale **48.65**

SAVE \$20
\$19⁹⁹

With Card

YOUR CHOICE

Dash Of That® Essentials

- 18-Piece Glass Food Storage Set
- 12-Piece Cutlery Set

Reg. 39.99



YOUR CHOICE

- 5 Surprise Unicorn Squad
- Pets Alive! Hamster Mania

\$3⁹⁹

With Card

Reg. 4.99-9.99

RC Rock Climber Chase Twin Pack,
Smart Pet Unicorn & Classic Train Set

SAVE 50%

With Card

Sale 8.49-19.99



SAVE 50¢ EACH WHEN YOU BUY 6 OR MORE.

MIX & MATCH 6 or more participating items with Card.



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

*When you buy any 6 or more participating items
in the same transaction with Card. Participating
item varieties and sizes may vary by store.



Look for
these tags.

1.99 With Card
-50¢
\$1.49 /EA*
Kroger
Salad Dressing
16 fl oz or Pasta Sauce,
24 oz; Select Varieties

2.49 With Card
-50¢
\$1.99 /EA*
Pepperidge Farm
Goldfish
5.9-8 oz or Jardetto's
Snack Mix, 8-8.6 oz;
Select Varieties

3.39 With Card
-50¢
\$2.89 /EA*
General Mills
Chex Cereal
12-14 oz or Jif
Peanut Butter,
13-16 oz; Select Varieties

2.99 With Card
-50¢
\$2.49 /EA*
Philadelphia
Cream Cheese
Select Varieties,
8 oz Bar

3.49 With Card
-50¢
\$2.99 /EA*
General Mills
Large Size
Honey Nut
Cheerios
12-18 oz or Nature's Path
Organic Cereal or Granola,
10-14 oz; Select Varieties

3.49 With Card
-50¢
\$2.99 /EA*
General Mills
Large Size
Cereal

1.29 With Card
-50¢
79¢ /EA*
Swanson Broth
14.5 oz or
Campbell's Gravy,
10.5 oz;
Select Varieties

5.49 With Card
-50¢
\$4.99 /EA*
Farmland Bacon
Select Varieties,
12-16 oz

3.49 With Card
-50¢
\$2.99 /EA*
Pillsbury Grands
Biscuits, Crescents
or Cinnamon Rolls

Select Varieties, 8 ct

2.99 With Card
-50¢
\$2.49 /EA*
Healthy Choice
Café Steamers
9.5-10.3 oz or
Marie Callender's Bowls,
10.5-13 oz or Banquet
Mega Bowls, 13-14 oz;
Select Varieties

3.49 With Card
-50¢
\$2.99 /EA*
Takis
Snacks
Select Varieties,
8-9.9 oz

4.99 With Card
-50¢
\$4.49 /EA*
Dave's Killer Bread
Organic Thin-Sliced
Bread
20.5 oz or Ghirardelli
Baking Chips, 10-12 oz;
Select Varieties

4.49 With Card
-50¢
\$3.99 /EA*
Häagen-Dazs
Ice Cream
12.62-14 fl oz or Bars,
3 ct or Outshine
Fruit Bars, 12 ct;
Select Varieties

5.99 With Card
-50¢
\$5.49 /EA*
Dawn Dish Soap
Select Varieties,
32.7-38 fl oz

1.25 With Card
-50¢
75¢ /EA*
Hershey's
Candy
Select Varieties,
1.3-2.25 oz



Annie's Macaroni & Cheese Select Varieties, 5.25-6 oz

1.79 With Card -50¢ \$1.29 /EA*



Minute Rice 12-14 oz or Mission Street Tacos Tortillas, 10-24 ct; Select Varieties



2.49 With Card -50¢ \$1.99 /EA*



5-12 ct or Eagle Brand Sweetened Condensed Milk, 14 oz or Country Croak Spread, 14-15 oz; Select Varieties

2.99 With Card -50¢ \$2.49 /EA* Nature Valley Bars



2.99 With Card -50¢ \$2.49 /EA* Daisy Sour Cream or Dip Select Varieties, 16 oz

SAVE 50¢ EACH WHEN YOU BUY 6 OR MORE. MIX & MATCH 6 or more participating items with Card. *When you buy any 6 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 6 OR MORE SAVE 50¢ EACH



2.29 With Card -50¢ \$1.79 /EA* Pringles 5.2-5.57 oz or Kroger Peanut Butter, 16 oz; Select Varieties



4.49 With Card -50¢ \$3.99 /EA* Bob Evans Side Dishes Select Varieties, 12-24 oz



6.00 With Card -50¢ \$5.50 /EA* Pumpkin or Chocolate Cake Roll 18 oz or Classic Cake or Cheesecake, 6"; Select Varieties, In the Bakery

4.49 With Card -50¢ \$3.99 /EA* Mission Carb Balance Tortillas



8 ct or Chick-fil-A Sauce, 12-16 fl oz or Vital Farms Butter, 8 oz; Select Varieties



2.99 With Card -50¢ \$2.49 /EA* Kroger Freezer Bags 28-48 ct or Kroger Almonds, 6 oz; Select Varieties



3.99 With Card -50¢ \$3.49 /EA* Kroger Seltzer Water 12-Pack, 12 fl oz Cans or Gold Medal Flour, 5 lb; Select Varieties



4.49 With Card -50¢ \$3.99 /EA* Fabuloso Cleaner Select Varieties, 48-56 fl oz



2.5-3.52 oz or Sour Patch Kids Candy, 8-8.07 oz or Gerber Puffs, 1.48 oz; Select Varieties

2.49 With Card -50¢ \$1.99 /EA* Quaker Rice Crisps

TAILGATING MUST-HAVES



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

25% OFF
Tag Reflects Savings With Card
Beef Flanken Style Ribs
Bone-In, Value Pack or Boneless Flat Iron Steaks



Ball Park Beef Franks
14 oz or Carando Meatballs, 16 oz; Select Varieties
\$5
With Card



Fresh Cravings Salsa
Select Varieties, 16 oz

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



King's Hawaiian Hamburger Buns or Sliders
Select Varieties, 4-9 ct, In the Bakery
2/\$7
With Card



Home Chef Chicken Wings
Bone-In or Boneless, Fully Cooked, In the Deli
\$7.99
/LB
With Card



Michelob Ultra
24-Pack, 12 fl oz or Keystone Light or Natural Light, 30-Pack, 12 fl oz Bottles or Cans; Select Varieties, Plus Deposit Where Applicable
\$22.99



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

Kingsford Original Charcoal
\$11.99
With Card



16 lb or Match Light Charcoal, 12 lb



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

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



\$11.99
With Card
Pepsi, Dr. Pepper or 7UP
Select Varieties, 24-Pack, 12 fl oz Cans

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.



GROCERY ESSENTIALS



Nestlé Toll House Morsels
9-12 oz or Kroger Vegetable Oil, 48 fl oz or Libby's 100% Pure Pumpkin or Pumpkin Pie Mix, 29-30 oz; Select Varieties

\$3.99

With Card



Kroger or Simple Truth Organic Spices
Select Varieties, 0.1-5.5 oz

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

With Card



Kroger Vegetables
12 oz or Simple Truth Organic Beans, 15 oz or Kroger Stuffing Mix, 6 oz; Select Varieties

10/\$10

With Card



FINAL COST When You Buy 4

4/\$10

With Card

When you buy 4 or more in the same transaction with Card. Quantities less than 4 are up to \$5.79 each with Card.



Pillsbury or Nestlé Toll House Seasonal Cookie Dough

9, 1-14 oz or International Delight, Coffee-Mate or Chobani Seasonal Creamer, 14-32 fl oz; Select Varieties

2/\$8

With Card



Nabisco Chips Ahoy! Cookies
7-13 oz or Oreo Cookies, 7.9-15.35 oz or Premium Saltine Crackers, 9-16.96 oz; Select Varieties

When you buy 3 or more in the same transaction with Card. Quantities less than 3 are up to \$3.99 each with Card.



FINAL COST When You Buy 3

\$2.99

With Card



Hot Wheels Basic 1:64 Car
Select Varieties

\$1

With Card

MIX & MATCH
SAVE \$5 AN EXTRA

When you buy 3 participating Self-Care items with Card.*

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



Dove Bar Soap
Select Varieties, 8 ct
\$11.99
With Card



Sensodyne Toothpaste
4 oz or Always Pads or Liners 20-120 ct; Select Varieties

\$6.99

With Card



Cetaphil Lotion or Cleanser
Select Varieties, 16 fl oz

\$11.99

With Card



Listerine Mouthwash
Select Varieties, 33.8 fl oz

\$7.49

With Card



L'Oréal Paris Elvive Shampoo or Conditioner
Select Varieties, 6.7-12.6 fl oz

\$4.99

With Card

SAVE \$10 AN EXTRA

When you buy 2 participating Household or Pet items with Card.*

*Must purchase participating items in multiples of 2 in the same transaction with Card. Discount applied at checkout.



IAMS
Dry Dog Food
Select Varieties,
13.5-15 lb

\$29.99

With Card



Kroger
Soft & Strong
Bath Tissue
30 Mega Rolls
or Friskies Wet Cat Food,
24 ct; Select Varieties

\$19.99

With Card



Kleenex
Facial Tissue
Select Varieties,
6 ct

\$10.99

With Card

Pampers
Swaddlers Diapers
\$28.49
With Card



44-96 ct or Baby Dry Diapers, 64-104 ct;
Select Varieties



Viva
Paper Towels
8 Double Rolls

\$14.99

With Card



Cascade
Action Pacs
Select Varieties,
52-105 ct

\$19.99

With Card

EARLY BLACK FRIDAY DEALS START NOW! ✨



Holiday Home
Wreath
Select Varieties,
22"

\$14.99

With Card



Tuscany Candle
Advent Calendar
12-Piece

\$14.99

With Card



Rubbermaid
Easy Find Lids
Food Storage Set
Select Varieties,
26-Piece

\$9.99

With Card



Hamster Mania
or Zuru 5
Surprise Capsule
Select Varieties,
1 ct

\$3.99

With Card



Disney
Ultimate Art Set
Select Varieties,
1 ct

\$3.99

With Card

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

SAVINGS ON HEALTH, BEAUTY & MORE

\$10.49

With Card

**Dove
Body Wash**

Select Varieties,
30-30.6 fl oz



**Crest Pro-Health
Toothpaste**
4.3 oz or Colgate
Optic White Toothpaste,
4.2 oz; Select Varieties

\$3.99

With Card



**Kristin Ess
Shampoo
or Conditioner**
Select Varieties,
5-10 fl oz

\$11.99

With Card



**Tampax
Tampons**
32-36 ct or Cremo
Shave Cream, 6 fl oz;
Select Varieties

\$8.99

With Card



**Softsoap
Body Wash**
Select Varieties,
20 fl oz

\$4.99

With Card



**Neutrogena
Makeup Remover
Towelettes**
25 ct or Degree
Dry Spray Deodorant,
3.8 oz; Select Varieties

\$5.99

With Card

SAVE ON ROASTS WITH FLAVOR TO SAVOR



USDA CHOICE

25% OFF

Tag Reflects Savings With Card

Boneless Tri-Tip Roasts
or Steaks, Value Pack

Pork Shoulder Roasts
Bone-In

\$249
/LB
With Card

Whole Pork Tenderloin

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

FALL KITCHEN MUST HAVES



Crock-Pot Manual Slow Cooker
Select Varieties, 7 qt

\$39.99
With Card



GoodCook Cookware Set
10-Piece

\$49.99
With Card



Crock-Pot Cook & Carry Slow Cooker
Select Varieties, 6 qt

\$39.99
With Card



Chefman Air Fryer
Select Varieties, 5 qt

\$39.99
With Card



Chefman Programmable Coffee Maker
Select Varieties, 12 Cup

\$34.99
With Card

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



HEAT & SERVE HOLIDAY CLASSICS

These heat & serve meals and sides help your celebration come together with less prep. Availability may vary. See associate for details.

All Holiday Meals Include Choice Of Protein And...

- 1 Home Chef Maple Pecan Sweet Potatoes, 30 oz
- 1 Home Chef Green Bean Casserole, 30 oz
- 1 Home Chef Homestyle Stuffing, 28 oz
- 1 Home Chef Cranberry Sauce, 14 oz
- 2 Home Chef Mashed Potatoes, 24 oz
- 1 Home Chef Turkey Gravy, 13 oz

NEW RECIPES!



ALSO AVAILABLE

À La Carte Proteins & Sides

3 WAYS TO ORDER

- ① YourOrderOnline.com
- ② 1-877-894-3707
- ③ See a Deli Associate

LAST DAY TO ORDER IS 11/26!

CHOOSE FROM:

Prime Rib, Serves 6-8...**\$100**

Bone-in Turkey or Ham,
Serves 6-8...Turkey **\$90**, Ham **\$85**

Boneless Turkey or Ham,
Serves 4-6...Turkey **\$75**, Ham **\$80**

BOTTLES & BREWS



White Claw,
Truly or Twisted Tea

\$16.99

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



Schilling
or 2 Towns

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

\$11.99



12.99 EA
-10%
With Card

\$11.69

/EA*

Ruffino
or Joel Gott
Select Varieties,
750 ml



6.99 EA
-10%
With Card

\$6.29

/EA*

Barefoot
or Yellow Tail
Select Varieties,
750 ml

*When You Buy Any 6 Participating Items with Card.



Fresh Picked
Poms

\$9.99

Kroger Apples
Select Varieties,
3 lb Bag
\$3.99
With Card



Simple Truth
Organic
Salad Blends
Select Varieties,
5-5.5 oz

2/\$6

With Card



\$6.49

With Card
Jumbo
Blueberries
9.8 oz

GUARANTEED FRESH

\$3.99

/LB

With Card

80% 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



Boneless
New York Strip
Steaks
Value Pack

\$12.99

/LB
With Card

Extra Large
EZ Peel Shrimp
21-25 ct, Raw, Sold in
a 2 lb Bag for \$13.98

\$6.99

/LB
With Card



Oscar Mayer
Lunchables
Select Varieties,
3.2-4.4 oz

\$1.77

With Card



Hill's Bacon
Sold in a 3 lb
Package for \$14.97

\$4.99

/LB
With Card



Kroger
Cod or Sole Fillets
Select Varieties,
Frozen, 2 lb

\$11.99

With Card

DELI & BAKERY

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

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

\$9.99



Boar's Head
Maple Honey
Ham

\$9.99

/LB
With Card

or Baby Swiss Cheese; Select Varieties,
Sliced to Order or Grab N Go,
Available in Select Stores

BOTTLES & BREWS



\$16⁹⁹

Simply Spiked or Sierra Nevada

Select Varieties, 12-Pack,
12 fl oz or Founders, 15-Pack,
12 fl oz Bottles or Cans,
Plus Deposit
Where Applicable



12.99 EA
-10%
With Card
\$11⁶⁹ /EA*

Matua or Stella Rosa
Select Varieties, 750 ml



14.99 EA
-10%
With Card

\$13⁴⁹ /EA*

Kim Crawford or J Lohr
Select Varieties, 750 ml



8.99 EA
-10%
With Card

\$8⁰⁹ /EA*

Bogle or Rancho La Gloria
Select Varieties, 750 ml



20.99 EA
-10%
With Card

\$18⁸⁹ /EA*

Chandon, Hawkstone or Mer Soleil
Select Varieties, 750 ml



\$15⁹⁹

Corona, Modelo or Pacifico

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!