

# ROUSES MARKETS



You'll find hundreds of our Rouses Markets products throughout the store. Each food item has been personally tasted by the Rouse Family, and each product is guaranteed to deliver the best quality at the best price.

IF OUR NAME IS ON  
THE LABEL, YOU CAN  
TRUST IT'S GOOD!

- Danny Rouse  
CEO, 3rd Generation



Save with **Rouses Markets Brand** compared to national brands.

15 - 50 COUNT  
**Rouses  
Storage  
or Freezer  
Bags**



**2/\$4**

10 - 10.5 OZ  
**Rouses  
Marshmallows**



**\$1.29**

2 LB  
**Rouses  
Jasmine Rice**



**\$1.89**

6.5 OZ  
**Rouses  
Original or  
Creamy  
Whipped  
Topping**



**\$2.59**



**10/\$10**  
10 COUNT - 16 OZ  
**Rouses  
Clear Cups**



**\$4.59**  
50 COUNT - 18 OZ  
**Rouses  
Party Cups**



**2/\$5**  
20 COUNT - 12 OZ  
**Rouses  
Everyday Paper Bowls**



**2/\$7**  
45 COUNT - 8.62 IN  
**Rouses  
Everyday Paper Plates**

## FALLIN' INTO FALL

10 OZ  
**Rouses  
Maraschino  
Cherry**



**\$1.99**

32 OZ  
**Rouses  
Cheese Loaf**



**\$6.99**

10 OZ  
**Rouses  
Diced Tomatoes  
with Green Chiles**  
**99¢**

15 OZ  
**Rouses  
Small  
Sweet Peas**



**\$1.29**

10 OZ - ASSORTED  
VARIETIES  
**Rouses  
Olives**



**\$2.99**

15 OZ  
**Rouses  
Bread Crumbs**



**\$1.79**

36 COUNT  
**Rouses  
K-Cups**



**\$11.99**

28 OZ  
**Rouses  
Peanut  
Butter**



**\$3.49**

37.5 - 75 FT  
**Rouses  
Aluminum Foil**



**\$3.99**

CUSTOMER SATISFACTION GUARANTEED. QUALITY PRODUCTS FROM OUR FAMILY TO YOURS. - Danny Rouse | Prices good October 30th thru November 27th, 2024.



# Eat Right WITH ROUSES

# ROUSES MARKETS

## HOLIDAY BAKING ESSENTIALS

1 EA  
**PaperChef  
Parchment**  
**\$3.99**



100%  
biodegradable

Culinary  
**PARCHMENT**

8.45 OZ  
**Olivado  
Avocado  
Oil**  
**\$11.39**



Versatile, perfect for low  
to high temp cooking

9 OZ  
**Lily's  
Sweets  
Baking**  
**\$7.39**



Stevia sweetened,  
keto friendly label

ON THE GULF COAST, WE LOVE OUR FOOD TRADITIONS. HOWEVER, FINDING BALANCE LIKE ADDING FRUITS, VEGETABLES, AND WHOLE GRAINS IS IMPORTANT. LOOK FOR EAT RIGHT WITH ROUSES ITEMS TO HELP MAKE THAT BALANCE A LITTLE EASIER.

- APRIL, DIETITIAN



## FLAVORFUL FEASTS

8 OZ  
**Catalina  
Crunch  
Cereals**  
**\$7.49**



3 flavors,  
low carb

24 OZ  
**Cadia  
Pasta Sauces**  
**\$3.49**



Marinara,  
Roasted Garlic,  
Tomato Basil

0.6 - 2.6 OZ  
**Cadia  
Spices**  
**\$3.29**



17 varieties

13 OZ  
**Birch  
Bender  
Syrups**  
**\$7.19**



1g net carb

## BETTER-FOR-YOU SNACKS & STAPLES

4.75 - 16.9 OZ  
**Chosen Foods  
Oils**

**\$4.89 - \$10.49**

The American Heart Association recommends replacing "bad fats" (saturated and trans) with "good fats" (monounsaturated and polyunsaturated) is smart for your heart. Avocado oil is one of the better-for-you fats since it has less than 4g saturated fat per tablespoon.



3.53 OZ  
**Colman's  
Original  
Mustard**

**\$2.99**

Unique blend of  
brown & white  
mustard seeds



16 OZ  
**Carrington  
Farms Flax  
Cooking Oil**

**\$12.09**

Contains ALA &  
Omega-3 Fatty Acids



1.7 OZ  
**Ocean's Balance  
Bonito Seaweed  
Sprinkle**

**\$5.19**

Made from white &  
black sesame seeds,  
kombu seaweed,  
bonito, cayenne, salt,  
and organic sugar



5 OZ  
**Slap Ya Mama  
Pepper Sauce**

**\$4.99**

Special blend of  
Cajun spices



5 OZ  
**Terra  
Potato Chip**  
**\$3.49**



4 varieties

16 OZ  
**Hint  
Water**  
**\$1.49**

Zero Calories,  
Zero  
Sweeteners,  
with a hint of  
fruit flavor



500 ML  
**Penta  
Ultra-Purified  
Water**  
**\$1.79**

Has a patented 13-step  
purification process



6.8 OZ  
**Catalina  
Crunch  
Cookies**  
**\$7.49**

1g sugar  
per cookie



3.25 OZ  
**Mother In Law's  
Gochugaru Korean  
Chile Flakes**  
**\$5.19**

Great for flavoring  
cooked vegetables



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