



315 E. Judge Perez  
 Chalmette • 262-0750

2904 Severn Ave.  
 Metairie • 885-5565

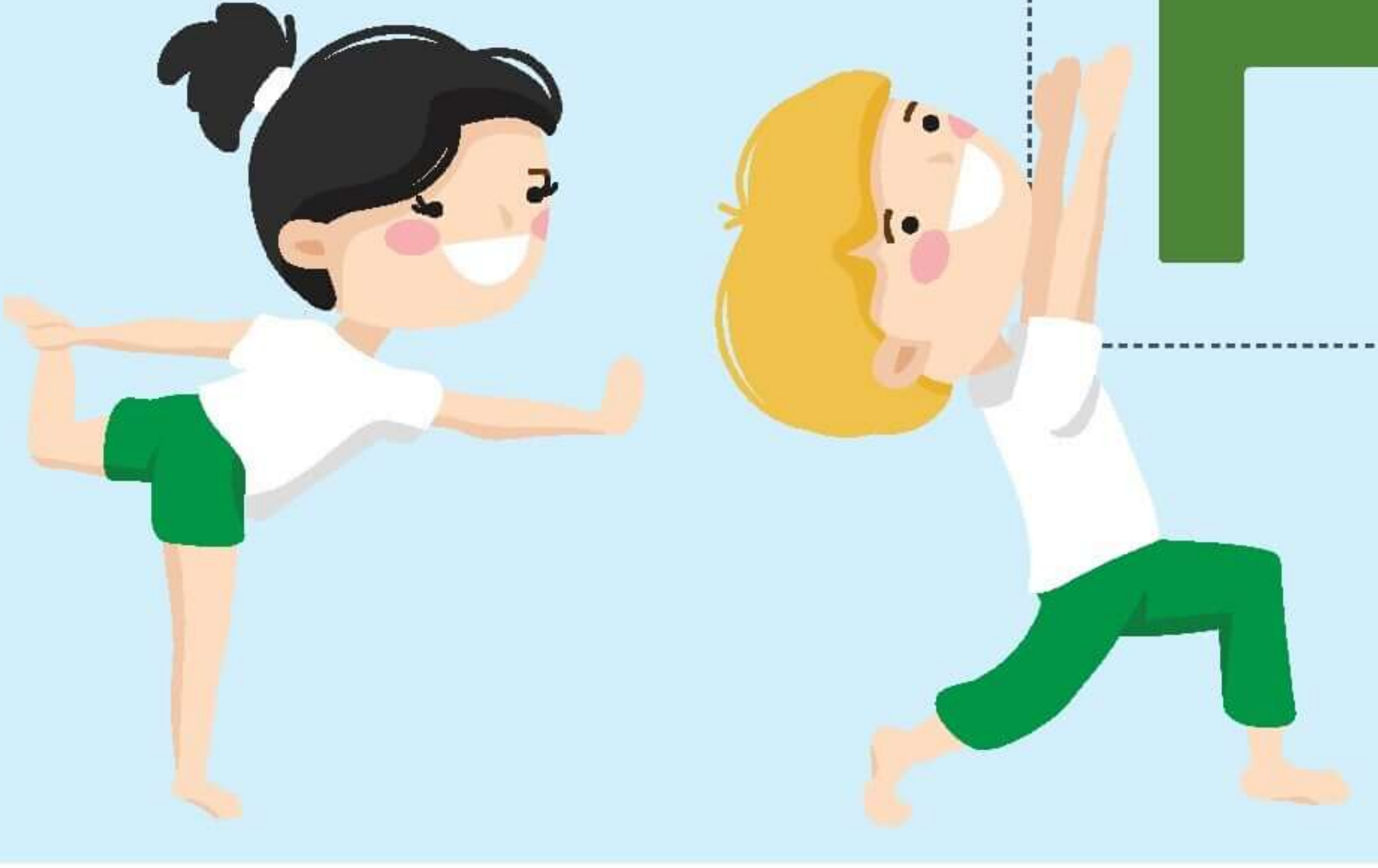
3233 Magazine St.  
 Garden District  
 262-6017

9647 Jefferson Hwy.  
 River Ridge  
 737-8146

7902 Hwy. 23  
 Belle Chasse • 393-1012

# HEALTHY

lifestyle



LEAN & MEATY!  
**PORK SPARE RIBS**

**\$1.99**  
 LB.



RED, FUJI, JUICI OR AMBROSIA  
**WASHINGTON APPLES**

**.99**  
 LB.

PRICES VALID: JANUARY 8-14, 2025

10.6 OZ. SELECTED  
**QUORN MEATLESS PRODUCTS**  
**\$3.99**



8.45 OZ. SELECTED  
**BEETOLOGY JUICE**  
**\$2.79**



8.4-12.1 OZ. SELECTED INSTANT  
**QUAKER OATMEAL**  
**\$2.99**



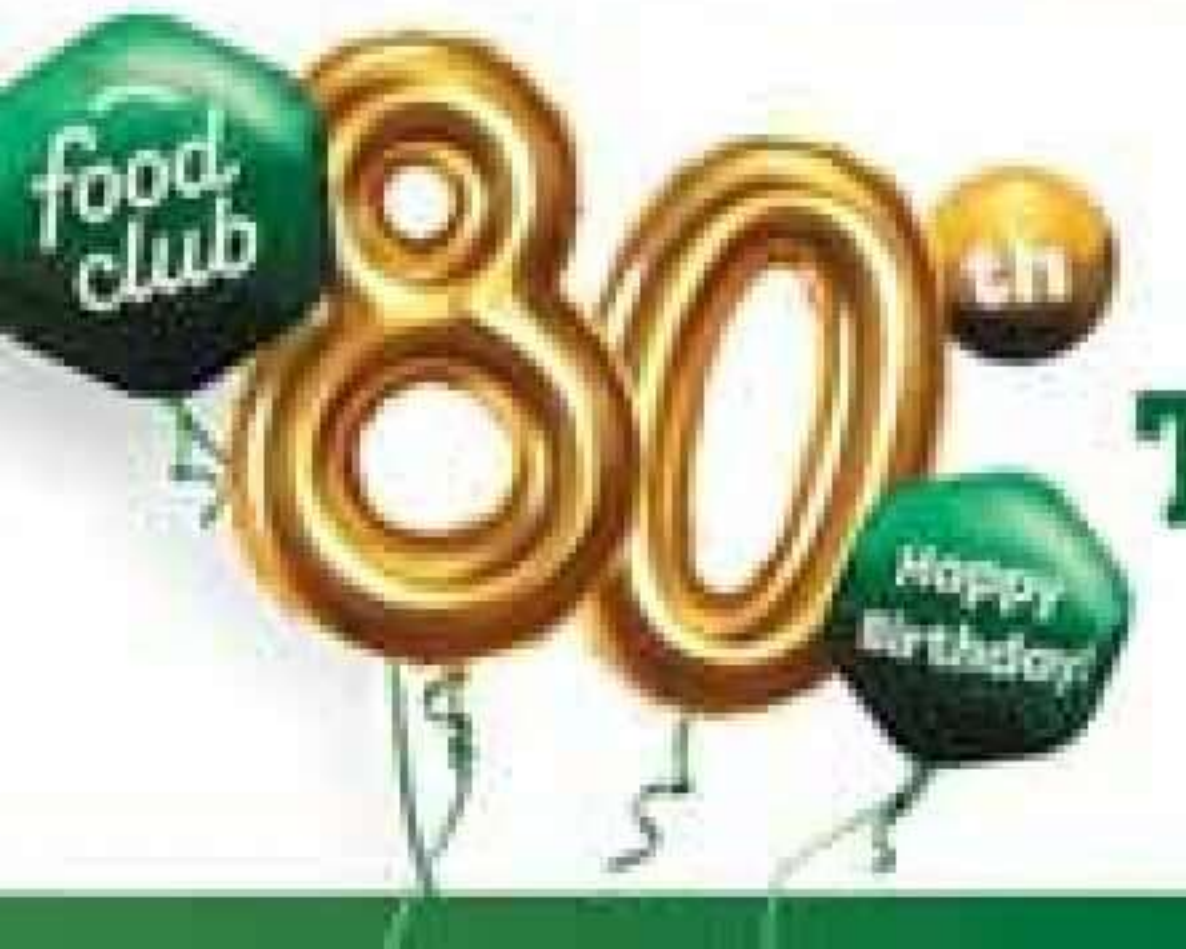
4-6 OZ. SELECTED  
**YOPLAIT YOGURT**  
**.29**



5.28 OZ. SELECTED KELLOGG'S  
**SPECIAL K BARS**  
**\$2.49**



6 CT. SELECTED  
**OUTSHINE FRUIT BARS**  
**\$3.49**

ENTER TO WIN A **5 Minute Shopping Spree**  
 with Our Family of Brands purchases!



SCAN QR CODE TO  
 SUBMIT YOUR RECEIPT  
 TO ENTER TO WIN!

Meat & Seafood



CERTIFIED ANGUS BEEF®  
 FAMILY PACK! 81% LEAN  
**GROUND CHUCK**  
**\$3.99**  
 LB.

FAMILY PACK! BONELESS  
 CERTIFIED ANGUS BEEF®  
**RIBEYE STEAKS**  
**\$17.99**  
 LB.



CERTIFIED ANGUS BEEF® (WHOLE IN BAG)  
**BONELESS RUMP ROAST**  
**\$4.99**  
 LB.



FAMILY PACK! SANDERSON FARMS  
**FRESH WINGS**  
**\$2.99**  
 LB.



13-14 OZ. SELECTED  
**HILLSHIRE FARM SMOKED SAUSAGE**  
**\$3.49**



12 OZ. PACK  
**FOOD CLUB BACON**  
**\$3.49**



1 LB. JOHN'S (USA)  
**GUMBO CRABS**  
**\$3.99**

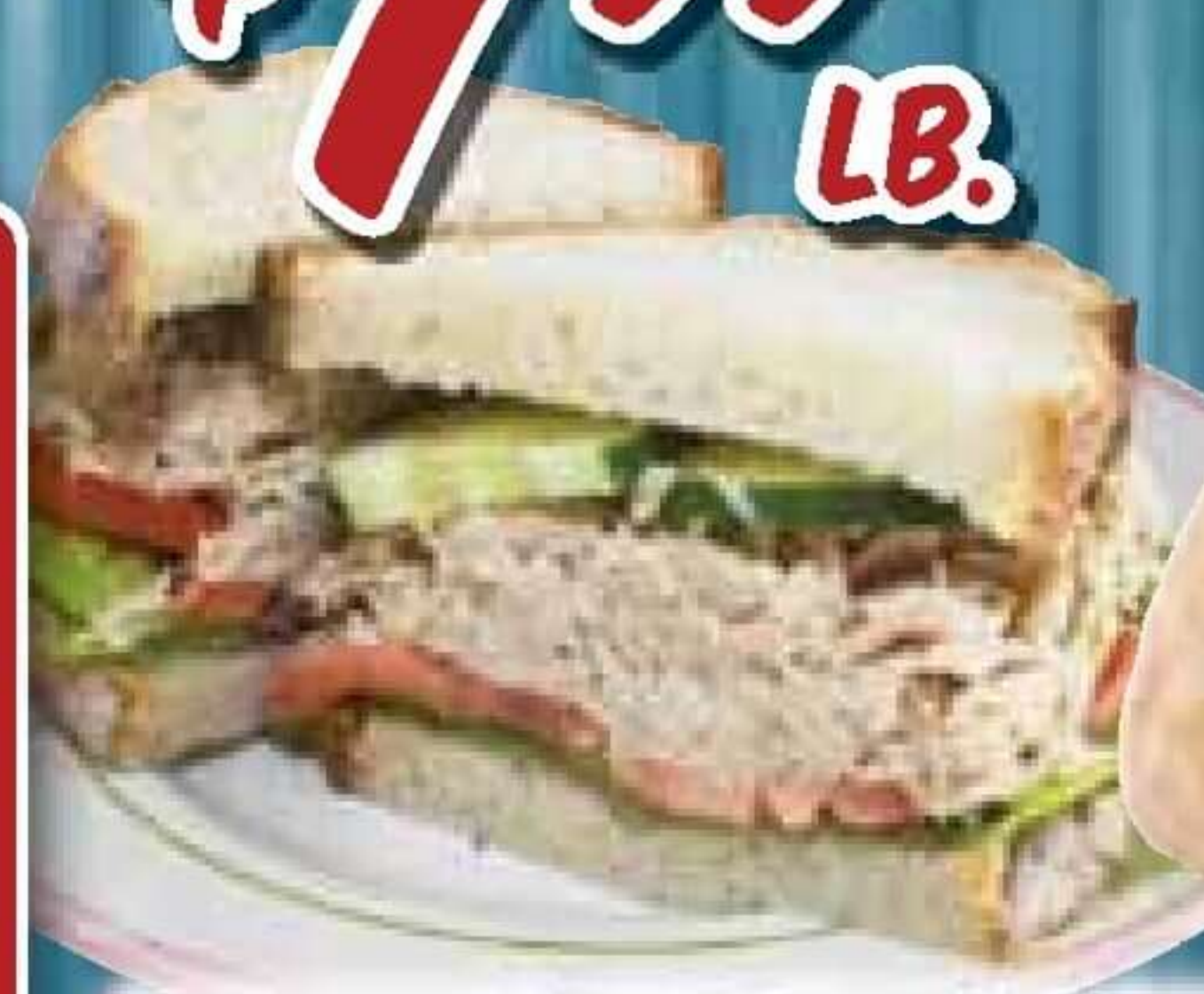


Deli & Bakery



DELI SLICED! SELECTED  
**CORNERSHOP CUTS TURKEY BREAST**  
**\$7.99**  
 LB.

BREAUX TO GEAUX!  
**CHICKEN ALMOND SALAD**  
**\$7.99**  
 LB.



BREAUX TO GEAUX! HOMESTYLE  
**CHICKEN SALAD - \$8.99 LB.**

6 CT. STORE BAKED  
**CIABATTA ROLLS**  
**\$5.99**



6 CT. STORE BAKED  
**PISTOLETTE ROLLS**  
**\$2.89**



13 OZ. SELECTED  
**SWEET P'S BROWNIES**  
**\$3.99**



Grocery



12 OZ. SELECTED HANLEY'S SALAD DRESSING

5 OZ. SELECTED FOOD CLUB CROUTONS - 99¢

\$3.49

32 OZ. SELECTED FOOD CLUB BROTH

.99



20 OZ. SQUEEZE BOTTLE HEINZ KETCHUP OR MUSTARD

\$1.99



15-24 OZ. SELECTED CLASSICO PASTA SAUCE

\$2.49



40 OZ. FOOD CLUB VEGETABLE OR CANOLA OIL

\$1.89



3 CT. SELECTED ACT II POPCORN

\$1.79



12 PK. 12 OZ. CANS SELECTED FOOD CLUB SOFT DRINKS

3/\$10



7.5-15 OZ. SELECTED CHEF BOYARDEE PASTA

\$1.19



7-13 OZ. SELECTED NABISCO CHIPS AHOY! COOKIES

\$2.39



64 OZ. THAT'S SMART! BLEACH

.89

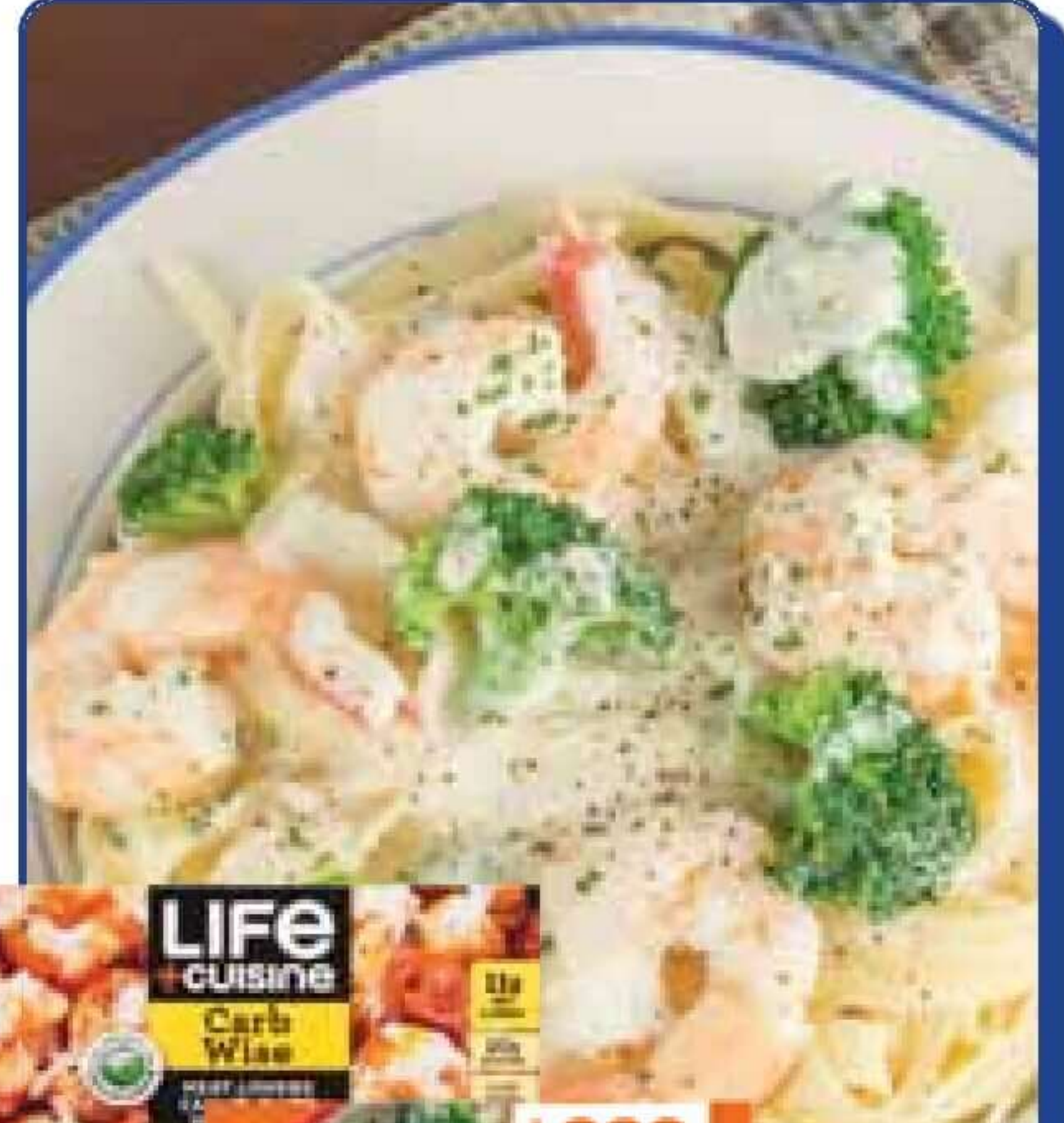


6-8 ROLL SELECTED SPARKLE OR ANGEL SOFT PAPER TOWELS OR BATH TISSUE

\$5.99



46 OZ. SELECTED GAIN DETERGENT - \$5.99  
16 CT. GAIN FLINGS! DETERGENT - \$4.99



6-11.5 OZ. SELECTED LEAN CUISINE ENTREES

\$2.39



HALF GALLON SELECTED BLUE BELL ICE CREAM

\$6.19

EAT healthy



4 ct. Selected Food Club Fruit Cups \$2.99



64 oz. Selected Full Circle Organic Milk \$3.59



Pint Selected Halo Top Ice Cream \$3.49



9.5-9.9 oz. Selected Healthy Choice Entrees \$2.49



4 ct. Selected TopCare Protein Shakes \$6.99



6-10.6 oz. Selected Daisy Cottage Cheese \$1.19



5.25-10 oz. Selected Morningstar Farms Products \$3.49



10.9-12 oz. Selected CauliPower Pizzas \$5.29



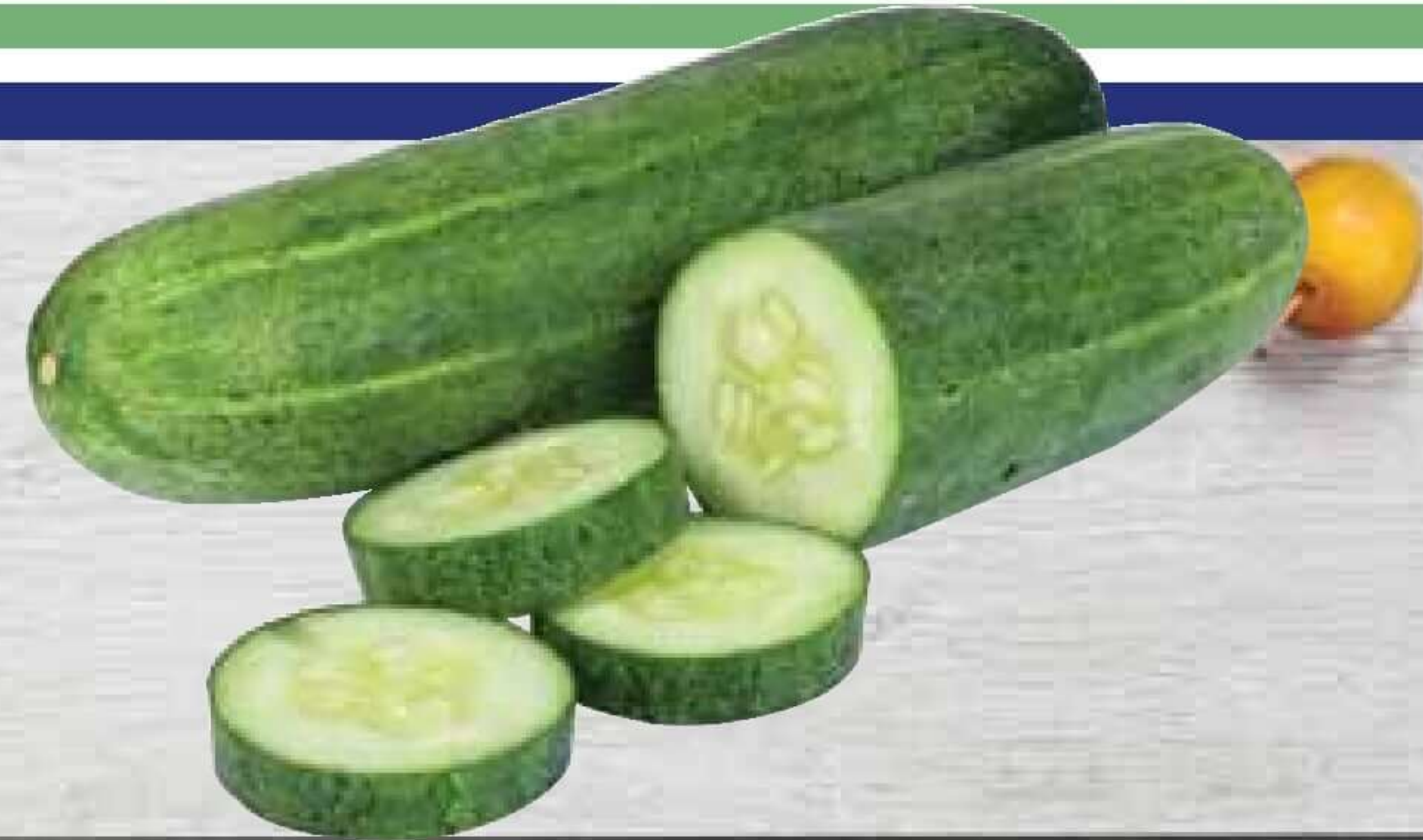
Produce



PINT FRESH DELICIOUS BLUEBERRIES

\$3.99

FARM FRESH CRIPS CUCUMBERS 2/.88



YELLOW, ORANGE OR RED BELL PEPPERS \$1.29 EA.



5-16.79 OZ. SELECTED FRESH EXPRESS MIXES OR BLENDS \$3.99 EA.



Beverages

6 PK. .5 LTR. BOTTLES SELECTED COCA-COLA PRODUCTS 3/\$12 OR \$6.39 EA.



24 PK. .5 LTR. BOTTLES DASANI WATER \$5.99



8 PK. 20 OZ. BOTTLES SELECTED POWERADE SPORTS DRINK - \$6.99

59 OZ. OR 2 LTR. BOTTLE SELECTED GOLD PEAK TEA OR COKE PRODUCTS 2/\$4



Beer, Wine, & Liquor

Wine of the Month



750 ML. OREGON ELOUAN PINOT NOIR \$15.99



750 ML. JOEL GOTT SAUVIGNON BLANC \$10.99



750 ML. BONANZA CABERNET \$19.99



750 ML. MEIOMI RED BLEND \$16.99



750 ML. LAMARCA PROSECCO \$14.99



750 ML. MEIOMI CHARDONNAY \$14.99



750 ML. SELECTED EL JIMADOR TEQUILLA \$21.99



750 ML. SEAGRAM'S GIN \$11.99



1.75 LTR. CAPTAIN MORGAN SPICED RUM \$26.99



750 ML. SVEDKA VODKA \$15.99



750 ML. RYAN'S IRISH CREAM \$8.99



1.75 LTR. CANADIAN MIST \$18.99

