

# Ruler

F O O D S By Kroger

**Ruler**  
FOODS

Low prices every day.

No coupons needed.

**Hot Price!**  
**2/\$5**

Kroger  
Salad Bowls  
Select Varieties,  
5.5-6.7 oz



Simple. Smart.  
Straight to  
your door.

Scan to  
start your  
delivery order:



**Hot Price!**  
**3.99** lb  
Cherries

**Hot Price!**  
**4.99**

Mandarins  
5 lb Bag or  
Navel Oranges,  
8 lb Bag



**Hot Price!**  
**69¢** lb

Heritage Farm  
Leg Quarters  
Sold in 10 lb bag  
for \$6.90

**3 LBS UNDER \$10!**

**3.33** lb

Kroger 73% Lean  
Ground Beef  
Sold in a 3 lb roll for \$9.99

**Hot Price!**



**FINAL COST**  
When You Buy 3

**3/\$9**

Kroger Big K  
12-Packs, 12 fl oz

**Hot Price!**

Final price when you buy 3 or more in the  
same transaction. Quantities less than 3  
are up to \$3.99 each.



**Hot Price!**

**5.99** Post Cereal  
32 oz or General Mills  
Cereal, 32-35 oz



**FINAL COST**  
When You Buy 3

**2.29** ea  
**Hot Price!**

Lay's or Lay's  
Kettle Chips  
Select Varieties,  
4.75-8 oz

Final price when you buy 4 or more in the same  
transaction. Quantities less than 4 are up to \$4.19



**FINAL COST**  
When You Buy 3

**3/\$9**  
**Hot Price!**

Jack's Pizza  
Select Varieties,  
13.8-15.8 oz

Final price when you buy 3 or more in the same  
transaction. Quantities less than 3 are up to \$3.79 each.

TB01\_2448\_RUMOS



Prices effective Thursday, January 2  
through Tuesday, January 14, 2025.

2 locations in St. Louis, MO • Sikeston, MO • Cape Girardeau, MO • St. Charles, MO • Collinsville, IL • Highland, IL  
Granite City, IL • Godfrey, IL • Belleville, IL • Fairview Heights, IL • St. Ann, MO  
While supplies last. No rain checks accepted. Beer and Wine available at select stores.

# Meals Made Simple



Low Price!

**1.65**

Kroger  
Pasta Sauce  
24 oz or Alfredo Sauce, 16 oz



Hot Price!

**3/\$5**

Kroger  
Fresh Flour Tortillas  
10 ct or Sour Cream, 16 oz



Low Price!

**1.69**

Hamburger Helper  
5.3-6.9 oz or Kroger  
Chili with Beans, 15 oz

Hot Price!

**10/\$10**

Chef Boyardee  
15 oz or Chef Boyardee  
Microwave Bowls, 7.5 oz;  
Select Varieties



Hot Price!

**2/\$4**

Kroger Cheese  
8 oz, Shredded or  
Bar; Select Varieties



Low Price!

**1.39**

Kroger  
90 Second Rice  
8.8 oz or  
Frozen Vegetables,  
12 oz



Low Price!

**79¢**

Kroger Chunk  
Light Tuna in Water  
5 oz or Microwave  
Mac and Cheese Cup,  
2.05 oz



Low Price!

**1.69**

Kroger  
Taco Seasoning  
4-Pack or Salsa, 16 oz



Hot Price!

**10/\$10**

Brooks  
Chili Beans  
15.5 oz or  
Van Camp's  
Pork And Beans, 15 oz



Low Price!

**3.89**

Kroger 100%  
Cranberry Juice  
64 fl oz or Fruit Bowls,  
8 ct; Select Varieties



Low Price!

**3.39**

Old El Paso  
Hard & Soft Taco Kit  
12 ct or Ortega  
Taco Sauce, 16 oz

# YOUR FAVORITES FOR LESS!



**Low Price!**  
**8.45**  
 Tyson All Natural Crispy Chicken Strips  
 25-28.05 oz or Yummy Dino Buddies, 35 oz



**Hot Price!**  
**7.99**  
 Smucker's Uncrustables  
 Select Varieties, 10 ct



**Hot Price!**  
**9.99**  
 Jimmy Dean Sausage, Egg and Cheese Croissant  
 8 ct or Purnell Country Sausage Biscuits, 20 ct



**Hot Price!**  
**5.99**  
 Gorton's Fish 18.2-24.5 oz or Innovasian General Tso's Chicken, 18 oz;



**Hot Price!**  
**5.49**  
 Kroger Meatballs 26 oz or Sandwich Bros., 6ct, 15 oz



**Hot Price!**  
**10/\$10**  
 Kroger Microwave Pizza  
 7.2 oz or Banquet Pot Pies, 7 oz; Select Varieties



**Low Price!**  
**8.49**  
 Birds Eye Voila Skillet Meals  
 42 oz or Chef Boyardee Frozen Meals, 40 oz; Select Varieties



**Low Price!**  
**2/\$3**  
 Banquet Meals 8.9-11.88 oz or Jack's Pizza Sticks, 7.97 oz; Select Varieties



**Low Price!**  
**13.99**  
 Hot Pockets 12-Pack, 54 oz or White Castle Cheese Sliders, 16 ct, 29.28 oz; Select Varieties



**Low Price!**  
**4.95**  
 El Monterey Burrito 8 ct or Ore-Ida Tater Tots, 32 oz; Select Varieties



**Low Price!**  
**5.99**  
 Xtra Laundry Detergent Plus OxiClean  
 136.4 oz or Purex Mountain Breeze Detergent, 75 fl oz



**Hot Price!**  
**4/\$5**  
 Kroger Aluminum Foil 25 sq ft, Dinnerware 48 ct, Facial Tissue 160 ct or Smartway Freezer Bags, Gallon



**Low Price!**  
**15.99**  
 Meow Mix Original Choice Dry Cat Food 16 lb or Purina Dog Chow Complete, 18.5 lb



# Simple Truth Items

## 10% or More Off Everyday Low Price!

\*Priced as marked



**Hot Price!**  
**10/\$10**  
Simple Truth Organic  
Canned Vegetables  
Petite Diced Tomatoes, or  
Tomato Sauce, 14.5-15 oz;  
Select Varieties



**Hot Price!**  
**3.59** Simple Truth  
Organic Granola  
Select Varieties, 11 oz



**Hot Price!**  
**2/\$4**  
Simple Truth  
Organic Frozen Fruit  
Select Varieties, 10 oz



**Hot Price!**  
**1.79** Simple Truth Organic  
Himalayan Rice Cakes  
3 oz or Blue Tortilla Chips, 9 oz



**Hot Price!**  
**2/\$7** Simple Truth  
Organic Honey  
12 oz, Creamy Peanut Butter,  
16 oz or Agave, 23.5 oz



**Hot Price!**  
**4/\$5** Simple Truth  
Organic Broth  
32 oz, or Condensed  
Cream of Soup, 10.5 oz



**Hot Price!**  
**1.49** Simple Truth Organic  
Frozen Vegetables  
12 oz or Extra Firm Tofu,  
14oz; Select Varieties



**Hot Price!**  
**2/\$5**  
Simple Truth Organic  
Blueberry Breakfast Cookies  
8.8 oz, Maple Brown Sugar Oatmeal,  
14.1 oz or Honey Toasted Oats, 12.2 oz



**Hot Price!**  
**4.89** Simple Truth Vapor  
Distilled Water  
24-Pack, 16.9 fl oz



**Hot Price!**  
**2/\$5**  
Simple Truth  
Organic 100%  
Apple Juice  
64 fl oz

TB04\_2448\_RULER

**The perfect gift, always in stock!**  
Check out our selection of gift cards for every occasion.

Connect with us:  
[www.RulerFoods.com](http://www.RulerFoods.com)  
Like us on:

Sing up for email and  
SMS notification and  
stay in touch!



**Hot Price!**  
**2/\$4**  
Celsius  
Select Varieties, 12 fl oz

**Hot Price!**  
**5.99**  
Albanese 12 Flavor Gummies  
Select Varieties, 36 oz

## Household Needs



**Low Price!**  
**7.99**  
Comforts  
Mixed Pouch  
Select Varieties,  
12-Pack, 4 oz

**Hot Price!**  
**3.99**  
Sterilite Rectangle  
Laundry Basket

**Hot Price!**  
**6.99**  
Zak Shaker Bottle  
27 oz or Sip Bottle,  
128 oz

**Low Price!**  
**1.89**  
Gerber 2  
Baby Food  
Select Varieties,  
2-Pack, 4 oz

**Hot Price!**  
**8.99**  
Sterilite  
Tote with Latch  
64 qt

**Low Price!**  
**8.99**  
Premier Protein  
Shakes  
Select Varieties,  
4-Pack, 11 fl oz

## Everyday Essentials



**Hot Price!**  
**1.25-2.50**  
Foilware  
1-5 ct

**Hot Price!**  
**1.25**  
White Rain  
Hand Soap  
Select Varieties,  
11.25 oz

**Low Price!**  
**4/\$5**  
Theater Box  
Candy  
Select Varieties,  
0.92-6.5 oz

**Hot Price!**  
**10/\$10**  
Square or  
Rectangle Food  
Storage with Lids

**Low Price!**  
**2.99**  
Suave  
Body Wash  
Select Varieties,  
18 fl oz

**Hot Price!**  
**3.99**  
Nestlé Fun Size  
10-10.2 oz or Nerds  
Clusters, 8 oz;  
Select Varieties

# ARE YOU 65 OR OLDER?

Use your Food & OTC Benefit Card to shop eligible groceries and over-the-counter medications\*

**We Accept**

nations  
benefits

OTC  
Network®



**&more™**

\*For details on products covered by your specific plan, please reach out to your insurance provider.

# SIMPLE TRUTH

simple truth



Hot Price!

**3.79**

Simple Truth Organic Baby Spring Mix or 50/50 Blend Mix, 16 oz



Hot Price!

**69¢**

Simple Truth Zero Sugar Yogurt Select Varieties, 5.3 oz



Hot Price!

**2.99**

Simple Truth Organic Shredded Cheese Select Varieties, 6 oz



Hot Price!

**3.59**

Simple Truth Organic String Cheese 8 oz or Cinnamon Rolls, 17.5 oz



Hot Price!

**5.79**

Simple Truth Pizza on Cauliflower Crust Select Varieties, 14 oz



Hot Price!

**2/\$3**

Simple Truth Unsweetened Almond Milk or Coconut Milk, 32 fl oz



Low Price!

**1.99**

Kroger Tomatoes 4 ct, or Kroger Classic Garden Salad, 24 oz



Low Price!

**99¢**

Kroger Cut & Peeled Baby Carrots 16 oz Bag or Kroger Microwave-Ready Jumbo Russet Potato, 14 oz



Hot Price!

**2.99**

Kroger Apples 3 lb Bag, Select Varieties

## FRESHNESS GUARANTEED!



Hot Price!

**2/\$5**

Kroger Sausage Roll Mild or Hot, 16 oz



Hot Price!

**2/\$6**

Kroger Lunchmeat Tubs Select Varieties, 9 oz



Hot Price!

**16.99**

Kroger Boneless Skinless Chicken Breast 6 lb Package



Low Price!

**5.99**

Kroger Large Cooked Shrimp Tail Off, 31/40 ct, 12 oz



Hot Price!

**3.99**

Kroger Bacon Select Varieties, 16 oz



Hot Price!

**3.99**

Kroger Ham or Chicken Salad Select Varieties, 12 oz

## SAVE BIG On Fresh Sweets!

Low Price!

**\$4**

Bakery Fresh Muffins Select Varieties, 4 ct, 15 oz



Hot Price!

**3.99**

Bakery Fresh Donuts Pre-Glazed Ring or Chocolate Enrobed, 12 ct, 26-30 oz

# SAVE ON SMOOTHIES AND MORE!



Hot Price!

**2.79**

Blueberries  
1 Pint



Low Price!

**1.69**

Kroger  
Tender Spinach  
10 oz Bag



Low Price!

**2.49**

Kroger Kale  
16 oz Bag



Low Price!

**7.99**

Private Selection  
Frozen Fruit  
Select Varieties, 48 oz



Low Price!

**4.99**

Sambazon  
Organic Blend  
Superfruit Smoothie  
Select Varieties, 4 ct



Hot Price!

**3.99**

Simple Truth Organic  
Vanilla Low Fat Yogurt  
or Plain Greek Yogurt,  
32 oz; Select Varieties



Hot Price!

**2.15**

Simple Truth  
Almond Milk  
or Soy Milk, 1/2 Gallon



Hot Price!

**88¢**

Sparkling Ice  
Select Varieties, 17 oz

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