

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.

5 OZ
**Rouses
Chunk Light
Tuna**



87¢

12 OZ
**Rouses
Fish Fry**



\$1.79

18 OZ
**Rouses
Squeeze
Mayo**



\$3.49

2 LB
**Rouses
All Purpose
Flour**



\$1.79



1 COUNT
**Rouses
Small
Laminate Bags**

Our extra-durable totes hold
up to 40 lbs!

1 COUNT
**Rouses
Large
Laminate Bags**

These large bags are perfect to
fit everything on your list!

SAVINGS FOR SPRING TIME

24 PACK 10 OZ
**Rouses
Spring or
Drinking Water**



2/\$7

14 OZ
**Rouses
BBQ Sauces**



2/\$5

20 OZ
**Rouses
Jalapeño
Ketchup**



2/\$5

12 OZ
**Rouses
American
Cheese Slices**



\$2.99

5 OZ
**Rouses
Chips**



3/\$5

20 PACK 6 OZ
**Rouses
Happy
Drinks**



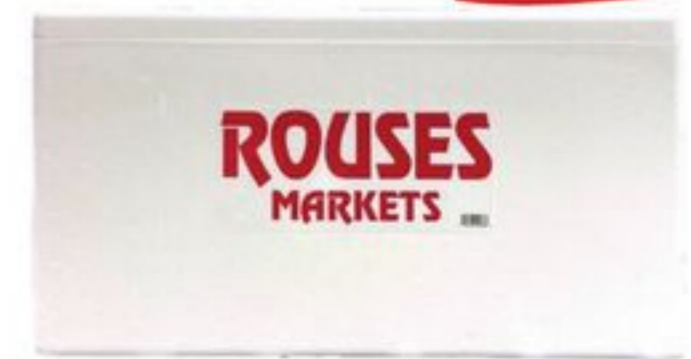
2/\$9

20 COUNT 16 OZ
**Rouses
Cups**



2/\$4

47 QUART
**Rouses
Foam Cooler**



\$11.99

CUSTOMER SATISFACTION GUARANTEED. QUALITY PRODUCTS FROM OUR FAMILY TO YOURS. - Danny Rouse

Prices good February 26th thru March 26th 2025.



Eat Right WITH ROUSES

ROUSES MARKETS

RISE AND SHINE WITH A HEALTHY START



32 OZ
Lifeway Kefir
\$3.49



A good source of probiotics

16 OZ
Nancy's Cottage Cheese
\$4.99



Contains live probiotics



16 OZ
Once Again Peanut Butter
\$6.99



5 varieties

7.4 OZ
Nature's Path Waffles
\$3.79



Dark Chocolate, Gluten Free, Buckwheat, and Pumpkin flavors



0.73 - 1.64 OZ
Bigelow Teas
\$2.99

Huge selection of 23 varieties Family tea blenders since 1945



24 OZ
Food For Life Bread
\$5.99

Find it in the Frozen Aisle Sprouted grain bread



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



IDEAS FOR FLAVORFUL MEALS

8 - 10 OZ
Earthbound Farm Frozen Vegetables
\$2.79



24 OZ
Bell & Evans Organic Chicken Bone Broth
\$8.99



1.8 - 7 OZ
Chef Paul Prudhomme's Magic Seasonings Blends
\$3.49



28 OZ
Cento Canned Tomatoes
\$2.99



OR 6 OZ Cento Tomato Paste 4/\$5

10.5 OZ
Cento Clam Sauce
\$3.59



OR 15 OZ Cento Clam Juice \$2.49

DINNER TIME DONE RIGHT

9 OZ
Made With Dijon Mustard
2/\$5



0.76 - 1.34 OZ
Alessi Seasoning Grinders
\$1.99



Black Pepper, Mixed Pepper and Dipping Spices flavors

9.7 - 12 OZ
Quorn Meatless Substitutions
\$4.99



Soy free Excellent source of protein

15 OZ
Cento Sauce Italiano
\$2.49



Flavorful cooking ingredient

12 OZ
Swoon Lemonade or Tea
\$1.79



Zero sugar

8.5 OZ
Lucky Foods Chicken Spring Rolls
\$3.99



Hand-rolled Fully-cooked



16 - 28 OZ
Arrowhead Mills Grains or Lentils
\$3.99



Add fiber to your meals

5.5 OZ
Aleia's Gluten Free CROUTONS
\$3.49



A simple gluten free alternative



12 OZ
Bell & Evans Gluten Free or Organic Tenders or Nuggets
\$5.00



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