



8.99/LB With Card
-3.00/LB
DIGITAL COUPON OFFER
\$5.99/LB

Boneless Chuck Roasts or Steaks
Value Pack or Beef Flanken Style Ribs, Bone-In, Limit 5

MIX & MATCH
BOGO FREE
of Equal or Lesser Value
With Card

Fresh Foster Farms or Simply Raised Full Line Chicken Sale
Select Varieties

55+ SENIOR DISCOUNT
TAKE AN EXTRA 10% OFF
ON IN-STORE PURCHASES
TUESDAY, DECEMBER 9
For details & exclusions, visit FredMeyer.com/senior

Clip a new digital coupon every day!

Scan me or visit FredMeyer.com/MerryDays to clip today's digital coupon. Each coupon must be redeemed by Tuesday, 12/16.

\$1.49/LB
With Card

Honeycrisp Apples

\$4.99
With Card

Simple Truth Organic Blueberries
18 oz

MIX & MATCH
BOGO FREE
of Equal or Lesser Value
With Card

Tillamook Cheese
Select Varieties, 5.5-8 oz

MIX & MATCH
BOGO FREE
of Equal or Lesser Value
With Card

Bibigo or Pagoda Entrée
Select Varieties, 8.1-24 oz

MIX & MATCH
B2G2 FREE
of Equal or Lesser Value
With Card

Coca-Cola, Pepsi or 7UP
Select Varieties, 6-Pack, 16.9 fl oz Bottles, Limit 8 Packages, Plus Deposit Where Applicable
Regular retail is up to \$6.99 each with Card.

33% OFF
Today's Prices
with Card & Digital Coupon

All Holiday Candy
Select Varieties, Varies By Store

MIX & MATCH
B2G2 FREE
of Equal or Lesser Value
With Card

Cheez-It Crackers
5.75-12.4 oz or **Town House Crackers**, 9-13.8 oz; Select Varieties

MIX & MATCH
BOGO FREE
of Equal or Lesser Value
With Card

Polar Seltzer Water
Select Varieties, 8-Pack, 12 fl oz Cans, Plus Deposit Where Applicable

Kroger Cottage Cheese or Sour Cream
24 oz or Almond Breeze, 64 fl oz; Select Varieties

2/\$5
With Card

LOCAL

Franz Wide Pan Bread
24 oz or Naked Organic Bread, 20-27 oz; Select Varieties

\$3.99
With Card

MIX & MATCH
B2G2 FREE
of Equal or Lesser Value
With Card

Doritos
9-10.75 oz or Ruffles, 7.25-10.25 oz or Tostitos, 9.5-14.43 oz; Select Varieties
Regular retail is up to \$5.99 each with Card.

Acrobat
Select Varieties, 750 ml

\$8.99
With Card

\$7.99/LB
With Card

Fresh Norwegian Salmon Fillets
Farm-Raised

3 DAY SALE
SATURDAY - MONDAY ONLY

\$1.49/LB
With Card

Boneless Pork Half Loin

\$1.99
With Card

Lay's Potato or Kettle Cooked Potato Chips
Select Varieties, 5-8 oz, Limit 5 Packages

\$16.99

Pabst or Rainier
Select Varieties, 30-Pack, 12 fl oz Cans, Plus Deposit Where Applicable

SAVE 50%
With Card

Candles, Melts & Diffusers

Prices valid in-store or for pickup orders placed on Saturday-Monday.

WEEKLY DIGITAL DEALS
Use each coupon **UP TO 5 TIMES** in one transaction*

Find even more deals online!

Look for these tags.

\$1.49/LB
With Digital Coupon
Price without digital coupon is up to \$2.29 lb with Card.

\$3.99/LB
With Digital Coupon
Price without digital coupon is up to \$4.99 lb with Card. Sold in a 3 lb Roll for \$14.97.

LOCAL

Tillamook Cheese
Select Varieties, 32 oz Bar

\$7.99/EA
With Digital Coupon
Price without digital coupon is up to \$9.99 each with Card.

\$1.99/EA
With Digital Coupon
Price without digital coupon varies by store.

SALE DATES: Wed. December 3 - Tues. December 9, 2025. 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.

*While supplies last.

WEEKLY DIGITAL DEALS

Use each coupon
UP TO 5 TIMES
in one transaction*

Look for
these tags.



SeaPak
Breaded Shrimp
Select Varieties,
Frozen, 18-22 oz
Price without digital coupon is up to \$8.99 each with Card.

\$7.99
/EA
With Digital Coupon



**Coca-Cola,
Pepsi or 7UP**
Select Varieties,
24-Pack, 12 fl oz Cans,
Plus Deposit
Where Applicable

\$9.99
/EA
With Digital Coupon
Price without digital coupon
is up to \$15.99 each with Card.



Dole
Salad Kits
Select Varieties, 7-12 oz
Price without digital coupon is up to \$4.59 each with Card.

\$2.99
/EA
With Digital Coupon



Snack Factory
Pretzel Crisps
5-7.2 oz or
Stonemill Kitchens Dip,
10 oz; Select Varieties,
In the Deli

\$2.99
/EA
With Digital Coupon
Price without digital coupon
is up to \$4.99 each with Card.



Zoi
Greek Yogurt
Select Varieties,
32 oz

\$1.99
/EA
With Digital Coupon
Price without digital coupon
is up to \$3.49 each with Card.



Jimmy Dean
Frozen Breakfast
Entrée
Select Varieties,
4-10 ct

\$5.49
/EA
With Digital Coupon
Price without digital coupon
is up to \$7.49 each with Card.



Red Baron
Pizza
Select Varieties,
11.12-23.45 oz

\$2.99
/EA
With Digital Coupon
Price without digital coupon
is up to \$3.99 each with Card.



Marie Callender's
Bowl
10.5-13 oz
or Healthy Choice
Cafe Steamers,
9.5-10.3 oz;
Select Varieties

\$1.99
/EA
With Digital Coupon
Price without digital coupon
is up to \$2.49 each with Card.



Ghirardelli
Baking Chips
Select Varieties,
10-12 oz

\$4.99
/EA
With Digital Coupon
Price without digital coupon
is up to \$5.99 each with Card.



Downy
Fabric Softener
64-111 fl oz or Bounce
Dryer Sheets, 240 ct;
Select Varieties

\$7.99
/EA
With Digital Coupon
Price without digital coupon
is up to \$10.99 each with Card.

*While supplies last.

MIX & MATCH SAVE \$5 AN EXTRA

When you spend \$15 on Makeup,
Beauty or Personal Care items, with Card.*

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



WEEKLY DIGITAL DEALS

Use each coupon
UP TO 5
TIMES
in one transaction*



Look for
these tags.

**Garnier Fructis
Shampoo
or Conditioner**
Select Varieties, 11.3-12.5 fl oz

\$2.99
/EA
With Digital
Coupon



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

**Nerds,
Sweetarts
or Trolli Candy**
Select Varieties, 7.15-14 oz

\$2.99
/EA
With Digital
Coupon



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

*While supplies last.

**Energizer Max
Batteries**
AA or AAA, 8 ct

\$6.99
/EA
With Digital
Coupon



Price without digital coupon is up to \$7.99 each with Card.

Dec. 3 - Dec. 9

FRIENDS & FAMILY DISCOUNT

SAVE AN EXTRA 20% | 15% | 10%

APPAREL & SHOES*

Includes Price Blasters

HOME

ELECTRONICS*

Including Connected Home,
Laptops & Video Games

with Digital Coupon

*Exclusions apply. See digital coupon for details.

CELEBRATE NATIONAL CANDLE DAY

3 DAYS

Saturday, December 6
through Monday, December 8

**SAVE
50%**

With Card



**Candles, Wax Melts,
Warmers, Oils
& Diffusers**
Selection varies by store.

SAVE \$2 EACH WHEN YOU BUY 3 OR MORE.

MIX & MATCH 3 or more participating items with Card.



Find even more online!

Scan me to shop all participating items.

*When you buy any 3 or more participating items in the same transaction with Card. Participating item varieties and sizes may vary by store.



Look for these tags.



Foster Farms Frozen Chicken
24 oz or
Birds Eye Frozen Vegetables,
38-80 oz;
Select Varieties

8.49 With Card
-2.00

\$6.49 /EA*



Dave's Killer Bread
Organic Bread
18-27 oz or Organic
Burger Buns,
8 ct; Select Varieties

6.99 With Card
-2.00

\$4.99 /EA*



3.99 With Card
-2.00
\$1.99 /EA*

Rao's Soup
15.5-16 oz or
Annie's Deluxe
Macaroni & Cheese,
11-11.3 oz; Select Varieties



3.99 With Card
-2.00
\$1.99 /EA*

Tree Top Juice
Select Varieties,
64 fl oz



4.49 With Card
-2.00
\$2.49 /EA*
Planet Oat Oatmilk Creamer

32 fl oz or Bob's Red Mill
All-Purpose Flour, 5 lb;
Select Varieties



5.49 With Card
-2.00

\$3.49 /EA*

Jif Peanut Butter
28 oz or Califia Farms
Cold Brew Coffee,
48 fl oz; Select Varieties,
Plus Deposit
Where Applicable



6.99 With Card
-2.00

\$4.99 /EA*

Oscar Mayer Deli Fresh Lunch Meat
Select Varieties,
16 oz

7.99 With Card
-2.00
\$5.99 /EA*
Seattle's Best Coffee

Select Varieties, 10-12 oz Bag



7.99 With Card
-2.00

\$5.99 /EA*

Marie Callender's Pie
25-42 oz
or Fisher Pecans,
10 oz; Select Varieties



9.99 With Card
-2.00

\$7.99 /EA*

Stouffer's Family Size Entrée
28-40 oz
or Larabar Multipack,
8 ct; Select Varieties



4.99 With Card
-2.00
\$2.99 /EA*

Nancy's Organic Yogurt
32 oz
or Private Selection
Preserves, 13 oz;
Select Varieties



9.99 With Card
-2.00

\$7.99 /EA*

Pepperidge Farm Goldfish Crackers
27.3-30 oz or Kroger
Crustless Sandwiches,
10 ct; Select Varieties



19.99 With Card
-2.00

\$17.99 /EA*

Cascade Action Pacs
Select Varieties,
47-78 ct



9.99 With Card
-2.00

\$7.99 /EA*

Hefty Trash Bags
Select Varieties,
18-45 ct

**Nature's Own
Perfectly
Crafted Buns**
8 ct
or Bread, 22 oz;
Select Varieties



4.49 With Card
-2.00
\$2.49 /EA*



7.49 With Card
-2.00
\$5.49 /EA*

**Impossible
Plant Based Entrée**
10-14 oz or Mahatma
Jasmine Rice, 5 lb;
Select Varieties



**Topo Chico Sabores
Sparkling Water**
8-Pack, 12 fl oz Cans
or Bai Wonder Water,
6-Pack, 14 fl oz Bottles;
Select Varieties,
Plus Deposit
Where Applicable

8.99 With Card
-2.00
\$6.99 /EA*



6.99 With Card
-2.00
\$4.99 /EA*
**Coffee-Mate
Creamer**

64 fl oz or Purely Elizabeth
Granola, 8-12 oz;
Select Varieties

**SAVE \$2 EACH
WHEN YOU BUY 3 OR MORE.**

**MIX & MATCH 3 or more
participating items with Card.**

*When you buy any 3 or more participating
items in the same transaction with Card.
Participating item varieties and sizes
may vary by store.

**Look for
these tags.**



**Private Selection
Red Velvet
Bundt Cake**
41.5 oz or
Double Layer Cake,
8"; Select Varieties,
In the Bakery

16.99 With Card
-2.00
\$14.99 /EA*



7.99 With Card
-2.00
\$5.99 /EA*
Hormel Bacon
Select Varieties,
12-16 oz



7.99 With Card
-2.00
\$5.99 /EA*
**Simple Truth
Cauliflower Crust Pizza**
13.25-17.76 oz
or Carbone Pasta Sauce,
15-24 oz; Select Varieties

6.49 With Card
-2.00
\$4.49 /EA*
**Ferrero
Chocolate**



Select Varieties,
4.6-5.3 oz



**Bob's Red Mill
Organic Flour**
5 lb or Clearly Canadian
Sparkling Water, 4-Pack,
11 fl oz Bottles; Select Varieties,
Plus Deposit Where Applicable

9.99 With Card
-2.00
\$7.99 /EA*



11.99 With Card
-2.00
\$9.99 /EA*
**Brawny
Paper Towels**

Select Varieties,
6 Double Rolls



15.99 With Card
-2.00
\$13.99 /EA*

**Swiffer
Duster Refills**
Select Varieties,
11-18 ct



8.99 With Card
-2.00
\$6.99 /EA*
**Mrs. Meyer's
Multi-Surface
Cleaner Concentrate**
Select Varieties,
32 fl oz

BRING ON THE HOLIDAY BAKING

Discover holiday ideas and recipes at FredMeyer.com/HolidayBaking



Kroger Vegetable or Canola Oil
Select Varieties,
48 fl oz
\$3.49
With Card



Carnation Evaporated Milk
Select Varieties,
12 fl oz
\$1.69
With Card



Imperial Vegetable Oil Spread
99¢
With Card

16 oz or Kroger Marshmallows,
10 oz; Select Varieties



Kroger Butter
Select Varieties,
2-Pack, 16 oz
\$6.99
With Card



Kroger Brown or Powdered Sugar
Select Varieties,
2 lb
\$1.79
With Card



Holiday Home Baking Accessories or Cookie Kit
Select Varieties
SAVE 50%
Tag Reflects Savings With Card

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

GROCERY ESSENTIALS



Pillsbury Grands Biscuits, Crescents or Cinnamon Rolls
Select Varieties,
8 ct
2/\$5
With Card



Swanson Broth
32 oz or Heinz Gravy, 12 oz;
Select Varieties
2/\$4
With Card



Little Debbie Snacks
Select Varieties,
6-12 ct
2/\$6
With Card



Ocean Spray Cranberry Juice Cocktail
64 fl oz or Classico Pasta Sauce, 15-24 oz;
Select Varieties
2/\$6
With Card



DiGiorno Pizza
Select Varieties,
14.14-30.3 oz
2/\$10
With Card
When you buy 2 or more in the same transaction with Card. Quantities less than 2 are up to \$6.99 each with Card.



Arm & Hammer Laundry Detergent
100.5-105 fl oz or Power Pacs, 32-42 ct;
Select Varieties
BUY 1, GET 1 of Equal or Lesser Value FREE
With Card

BOTTLES & BREWS



White Claw, Modelo or Corona
\$28.99

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



Ninkasi or Pelican
Select Varieties, 6-Pack,
12 fl oz Bottles or Cans,
Plus Deposit Where Applicable
\$9.99



Erath
Select Varieties,
750 ml
\$11.99
With Card



La Marca
Select Varieties,
750 ml
\$12.99
With Card

YOUR HOME TEAM FAVORITES

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



\$4.99

With Card
Kroger Dinner Sausage Links
Select Varieties,
18 oz



Kroger Bacon Wrapped Beef Tenderloin Filet
Select Varieties, 6 oz

\$6

With Card



Home Chef
Smoked
St. Louis Style Ribs

\$13.99

With Card



Fully Cooked,
2 lb, In the Deli



Private Selection Angus Beef Patties

Select Varieties,
Frozen, 2 lb

\$11.99

With Card



Naked Bread Organic Buns
8 ct or Kroger
Mixed Nuts, 10.3 oz;
Select Varieties

\$3.99

With Card



Tyson Frozen Chicken
Select Varieties,
23-29 oz

\$5.99

With Card



Tim's Cascade Style Potato Chips
7-7.5 oz or Herdez Salsa,
15.7 oz; Select Varieties

\$3.79

With Card



Kroger Charcoal Briquets

\$8.99

With Card

15.4 lb or Instant Light
Charcoal Briquets, 11.6 lb



Sapporo
Select Varieties,
12-Pack, 12 fl oz
or Guinness, 8-Pack,
14.9 fl oz Bottles or Cans,
Plus Deposit Where Applicable

\$15.99



\$4.49

With Card
Wonderful Pistachios
Roasted & Salted,
8 oz

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

FRESH-PICKED APPLE SAVINGS



LOCAL

Kroger
Honeycrisp Apples

\$4.99

With Card

3 lb or Simple Truth **Organic**
Honeycrisp Apples, 2 lb



LOCAL

Opal
or Granny Smith
Apples

\$1.79
/LB
With Card



LOCAL

Simple Truth
Organic Gala or
Granny Smith Apples
2 lb

\$3.99
With Card



**POM Wonderful
Large
Pomegranates
or Kroger
Bartlett Pears, 2 lb**
\$2⁹⁹
With Card



**Wonderful
Seedless
Lemons**
1 lb
\$2⁴⁹
With Card



\$4⁹⁹
With Card
**12 oz
Raspberries**

**Bloom Haus
Winter Whimsy
Bouquet**

\$9⁹⁹



**Private Selection
Gourmet Potatoes**
1.5 lb Bag

2/\$7
With Card



**Fresh Cut
Fruit Bowls**
Select Varieties,
18 oz,
In Select Stores

\$5
With Card



GUARANTEED FRESH



87¢
/LB

With Card
**Sugardale
Portion Hams**
or Kroger Hickory Smoked
Spiral Hams, Honey Glazed,
Bone-In for \$1.47 lb;
Limit 1 with Additional
\$25 Purchase



Pork Spareribs
Bone-In
\$1⁹⁹
/LB
With Card



**Wild-Caught
Lobster Tails**
Previously Frozen,
3-4 oz

2/\$12
With Card



**Oscar Mayer
Fun Pack Lunchables**
8.9-10.7 oz or Kroger
Breakfast Sausage, 16 oz Roll;
Select Varieties

2/\$6
With Card



**Kroger
Ground Sausage
or Meatballs**
Select Varieties,
16 oz

\$3⁹⁹
With Card

DELI & BAKERY

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

**Fresh Baked
Cookies**
Select Varieties,
12 ct

\$2⁹⁹
With Card



**Private Selection
Chicken Noodle
Soup**
or Other Varieties,
24 oz

\$6⁴⁹
With Card



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

\$9⁹⁹





HOME CHEF

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.



CHOOSE FROM:

**Boneless Turkey or Ham,
Serves 4-6**

Double L Ranch Boneless Turkey, **\$75**

Double L Ranch Boneless Ham, **\$80**

**Bone-In Turkey or Ham,
Serves 6-8**

Butterball Bone-In Turkey, **\$90**

Private Selection Bone-In Ham, **\$85**



All Holiday Meals Include Choice Of Protein And...

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

Products require heating



HOME CHEF

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 FOR CHRISTMAS 12/22!

DELI OR BAKERY PARTY PLATTERS

Select Varieties, In-Store Made,
24 Hour Notice Appreciated



BOTTLES & BREWS



\$18.99

Heineken, Blue Moon or Athletic

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



**Fort George
or Incline
\$10.99**

Select Varieties, 4-6-Pack,
12-16 fl oz Bottles or Cans,
Plus Deposit Where Applicable



**10.99^{EA}
-10%
With Card**

\$9.89
/EA*

**Kendall-Jackson
or Stella Rosa**
Select Varieties,
750 ml



**7.99^{EA}
-10%
With Card**

\$7.19
/EA*

**14 Hands or
Columbia Crest**
Select Varieties,
750 ml



**7.99^{EA}
-10%
With Card**

\$7.19
/EA*

**Yellow Tail
or Woodbridge**
Select Varieties,
750 ml



\$10.99

**Pfriem
or Boneyard**

Select Varieties, 6-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!

FIND YOUR FAVORITE NATURAL ITEMS

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

Simple Truth Organic Spices
Select Varieties,
0.16-2.57 oz



Planet Oat Oatmilk
Select Varieties,
52 fl oz

2/\$5
With Card



Frito-Lay Simply Snacks
Select Varieties,
5.25-8.5 oz

2/\$7
With Card



Simple Truth Organic Broth
Select Varieties,
32 oz
\$1.79
With Card



GT's Kombucha
Select Varieties, 16 fl oz,
Plus Deposit
Where Applicable
MIX & MATCH
BUY 1, GET 1
of Equal or Lesser Value
FREE
With Card



Simple Truth Ground Bison
16 oz,
No Antibiotics Ever
\$11.49
With Card

HOME, HEALTH & MORE!



Kroger Liquid Hand Soap
Select Varieties,
7.5 fl oz

10/\$10
With Card



Muscle Milk
Select Varieties,
12-Pack, 11 fl oz

\$23.99
With Card



Kroger Omeprazole
Select Varieties, 42 ct
\$11.99
With Card



Eucerin Lotion
16.9 fl oz or Cream,
8 oz; Select Varieties

\$11.99
With Card



Emergen-C Supplements
18-45 ct or Ollly Supplements,
30-90 ct; Select Varieties



\$12.99
With Card



3M Command Hooks or Strips
Select Varieties

SAVE 20%
Tag Reflects Savings
With Card

SAVE 50%

Tag Reflects Savings With Card

Holiday Home Lights, Trim-a-Tree, Décor, Stockings, Wrapping Paper and Baking Accessories

Select Varieties

HOLIDAY MAGIC STARTS HERE

Holiday Home Nutcracker
Select Varieties, 14"

Holiday Home Mini Lights
Select Varieties, 100 ct

HD Designs Frosted Jar Candle
Select Varieties, 19 oz

Zuru Stocking Stuffer Toys
Select Varieties

Trolli or Nerds Gummy Clusters Holiday Candy
Select Varieties, 8-10 oz

Brach's Candy Canes
12 ct

Hershey's Holiday Candy
Select Varieties, 9-10.1 oz

Brach's Cinnamon Imperials
12 oz

Russel Stover or Whitman's Assorted Chocolates
Select Varieties, 8.1-10 oz

Lindt Lindor Truffle Bar
Select Varieties, 1.3 oz

Terry's Chocolate Orange
Select Varieties, 5.11 oz