

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!

12 MERRY DAYS
12/3 - 12/14

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

USDA CHOICE

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

Oscar Mayer Bacon
Select Varieties,
12-16 oz

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

\$7.99/LB
With Card

Fresh Norwegian Salmon Fillets
Farm-Raised

3 DAY SALE
SATURDAY - MONDAY ONLY

LOCAL

\$1.49/LB
With Card

Honeycrisp Apples

USDA ORGANIC

\$4.99
With Card

Simple Truth Organic Blueberries
18 oz

Tillamook Cheese
Select Varieties,
5.5-8 oz

LOCAL

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

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
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

\$1.99
With Card

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

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

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

Polar Seltzer Water
Select Varieties,
8-Pack, 12 fl oz Cans

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

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.

La Marca
Select Varieties,
750 ml

\$12.99
With Card

Kroger Sparkling Water
Select Varieties,
12-Pack, 12 fl oz Cans,
Limit 5 Packages

\$3.49
With Card

Celebrate National Candle Day

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*

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

Red, Green or Black Seedless Grapes

\$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.

80% Lean Ground Beef
Sold in a 3 lb Roll for \$11.97

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.

Kroger Cage Free Eggs
Large, Grade AA,
12 ct

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.



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

\$7.99
/EA

WEEKLY DIGITAL DEALS

Use each coupon
UP TO 5 TIMES
in one transaction*

Look for these tags.

WEEKLY DIGITAL DEALS
1.99 EA
SEA & SHIP PRODUCE



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.



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.



Coca-Cola, Pepsi or 7UP
Select Varieties,
24-Pack, 12 fl oz Cans
\$9.99
/EA
With Digital Coupon
Price without digital coupon
is up to \$15.99 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.



Marie Callender's Bowl
10.5-13 oz
or Healthy Choice
Café 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.



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

\$2.99
/EA



Häagen-Dazs Ice Cream
14 fl oz or Bars, 3 ct
or Pepperidge Farm
Cookies, 5-8.6 oz;
Select Varieties
\$2.99
/EA
With Digital Coupon
Price without digital coupon
is up to \$4.99 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.



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.



**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.



*While supplies last.

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



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*



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

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



7.49 With Card
-2.00

\$5.49
/EA*

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



6.49 With Card
-2.00

\$4.49
/EA*
**Ferrero
Chocolate**

Select Varieties,
4.6-5.3 oz



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



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

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

**MIX & MATCH
BUY 1, GET 1
of Equal or Lesser Value**

FREE

With Card

BOTTLES & BREWS



Elysian, White Claw or Athletic

\$18.99

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



Schilling, Seattle Cider or 2 Towns
Select Varieties, 6-Pack,
12 fl oz Bottles or Cans,
Plus Deposit Where Applicable

\$11.99



Chateau Ste Michelle
Select Varieties,
750 ml

\$6.99

With Card



Josh Cellars
Select Varieties,
750 ml

\$10.99

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



Jameson, Skrewball or Maker's Mark
Select Varieties,
750 ml

\$19.99



\$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



\$10⁹⁹

**Georgetown
or New Belgium**

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



On The Rocks
375 ml or
Svedka, 750 ml;
Select Varieties

\$7⁹⁹



6.99^{EA}
-10%
With Card

\$6²⁹ /EA*

**Cook's, Gekkeikan
or Cupcake**
Select Varieties,
750 ml



**Fireball or
Captain Morgan**
\$12⁹⁹

Select Varieties, 750 ml



Jack Daniel's
or Kahlua
\$37⁹⁹

Select Varieties, 1.75 Liters



\$25⁹⁹

Coors or Miller
Select Varieties, 30-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
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"

\$9⁹⁹

With Card

Holiday Home
Mini Lights

Select Varieties,
100 ct

SAVE
50%

Tag Reflects Savings
With Card

HD Designs
Frosted Jar
Candle

Select Varieties,
19 oz

\$6⁹⁹

With Card

Zuru
Stocking Stuffer
Toys

Select Varieties

\$7⁹⁹

With Card

Trolli or Nerds
Gummy Clusters
Holiday Candy

Select Varieties,
8-10 oz

\$3⁹⁹

With Card

Brach's
Candy Canes

12 ct

\$1⁹⁹

With Card

Hershey's
Holiday Candy

Select Varieties,
9-10.1 oz

\$4⁹⁹

With Card

Brach's
Cinnamon
Imperials

12 oz

\$3²⁹

With Card

Russel Stover
or Whitman's
Assorted Chocolates

Select Varieties,
8.1-10 oz

\$7⁴⁹

With Card

Lindt Lindor
Truffle Bar

Select Varieties,
1.3 oz

4/\$5

With Card

Terry's
Chocolate Orange

Select Varieties,
5.11 oz

\$5⁴⁹

With Card

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

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