

FRESH FOR EVERYONE™
Fred Meyer

USDA CHOICE

9.99/LB With Card
-3.00/LB
DIGITAL COUPON OFFER
\$6.99/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!

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.

Honeycrisp Apples

\$2.29/LB
With Card

USDA ORGANIC

Simple Truth Organic Blueberries
18 oz

\$7.99
With Card

Tillamook Cheese
Select Varieties, 5.5-8 oz

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

ALASKA SEAFOOD

Wild-Caught Alaska Sockeye Salmon Fillets
Previously Frozen

\$12.99/LB
With Card

3 DAY SALE
SATURDAY - MONDAY ONLY

Bibigo or Pagoda Entrée
Select Varieties, 8.1-24 oz

MIX & MATCH
BOGO 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

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

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

All Holiday Candy
Select Varieties, Varies By Store

Boneless Pork Half Loin

\$1.99/LB
With Card

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

\$2.99
With Card

Cheeze-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/\$6
With Card

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

\$4.49
With Card

Sara Lee Whole Wheat Bread
20 oz

\$3.99
With Card

Doritos
9-10.75 oz or Ruffles, 7.25-10.25 oz or Tostitos, 9.5-14.43 oz; Select Varieties

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

Coors, Budweiser or Miller
30-Pack, 12 fl oz or Michelob Ultra, 24-Pack, 12 fl oz Bottles or Cans; Select Varieties, Plus Deposit Where Applicable

\$27.99

Candles, Melts & Diffusers

SAVE 50%
With Card

Celebrate National Candle Day

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*

Red, Green or Black Seedless Grapes
\$2.49/LB
With Digital Coupon
Price without digital coupon is up to \$3.49 lb with Card.

80% Lean Ground Beef
Sold in a 3 lb Roll for \$14.97
\$4.99/LB
With Digital Coupon
Price without digital coupon is up to \$5.99 lb with Card. Sold in a 3 lb Roll for \$17.97.

Tillamook Cheese
Select Varieties, 32 oz Bar
\$9.99/EA
With Digital Coupon
Price without digital coupon is up to \$11.99 each with Card.

Kroger Eggs
Large, Grade AA, 12 ct
\$2.49/EA
With Digital Coupon
Price without digital coupon varies by store.

*While supplies last.

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 \$9.99 each with Card. **With Digital Coupon**

\$8.99
/EA

WEEKLY DIGITAL DEALS

Use each coupon
UP TO 5 TIMES
in one transaction*

Look for
these tags.



Dole
Salad Kits
Select Varieties, 7-12 oz
Price without digital coupon is up to \$5 each with Card.

\$3.49
/EA
With Digital Coupon



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

\$3.99
/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

\$13.99
/EA

With Digital Coupon
Price without digital coupon
is up to \$21.99 each with Card.



Häagen-Dazs
Ice Cream
14 fl oz or Bars, 3 ct;
Select Varieties

\$3.49
/EA

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



Zoi
Greek Yogurt
Select Varieties,
32 oz

\$2.99
/EA

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



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

\$6.49
/EA

With Digital Coupon
Price without digital coupon
is up to \$8.49 each with Card.



Red Baron
Pizza
Select Varieties,
11.12-23.45 oz

\$3.99
/EA

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



Ghirardelli
Baking Chips
Select Varieties,
10-12 oz

\$5.99
/EA

With Digital Coupon
Price without digital coupon
is up to \$6.99 each with Card.



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

\$2.99
/EA

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



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

\$9.99
/EA

With Digital Coupon
Price without digital coupon
is up to \$12.99 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

\$3.49
/EA
With Digital
Coupon



Price without digital coupon is up to \$4.99 each with Card.

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

\$3.49
/EA
With Digital
Coupon



Price without digital coupon is up to \$4.49 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

9.49 With Card
-2.00

\$7.49
/EA*



**Post
Family Size
Cereal**
Select Varieties,
14-20.5 oz

5.59 With Card
-2.00

\$3.59
/EA*



4.99 With Card
-2.00
\$2.99
/EA*
**Planet Oat
Oatmilk Creamer**

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



6.49 With Card
-2.00

\$4.49
/EA*
**Califa Farms
Cold Brew Coffee**
Select Varieties,
48 fl oz



7.99 With Card
-2.00

\$5.99
/EA*
**Oscar Mayer
Deli Fresh
Lunch Meat**
Select Varieties,
16 oz



8.99 With Card
-2.00
\$6.99
/EA*
**Seattle's
Best Coffee**

Select Varieties, 10-12 oz Bag



8.99 With Card
-2.00

\$6.99
/EA*
**Marie Callender's
Pie**
25-42 oz
or Fisher Pecans,
10 oz; Select Varieties



10.99 With Card
-2.00

\$8.99
/EA*
**Stouffer's
Family Size Entrée**
28-40 oz
or Larabar Multipack,
8 ct; Select Varieties



5.49 With Card
-2.00
\$3.49
/EA*
**Nancy's
Organic Yogurt**
32 oz
or Private Selection
Preserves, 13 oz;
Select Varieties



10.49 With Card
-2.00

\$8.49
/EA*
**Pepperidge Farm
Goldfish Crackers**
27.3-30 oz or Kroger
Crustless Sandwiches,
10 ct; Select Varieties



21.99 With Card
-2.00

\$19.99
/EA*
**Cascade
Action Pacs**
Select Varieties,
47-78 ct



10.99 With Card
-2.00

\$8.99
/EA*
**Hefty
Trash Bags**
Select Varieties,
18-45 ct



Peet's Coffee
Select Varieties,
10-10.5 oz Bag

12.79 With Card
-2.00

\$10.79
/EA*



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

9.99 With Card
-2.00

\$7.99
/EA*



7.99 With Card
-2.00

\$5.99
/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.



8.49 With Card
-2.00

\$6.49
/EA*

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



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

18.49 With Card
-2.00

\$16.49
/EA*



7.49 With Card
-2.00

\$5.49
/EA*
Ferrero
Chocolate

Select Varieties,
4.6-5.3 oz



8.99 With Card
-2.00

\$6.99
/EA*

Hormel Bacon
Select Varieties,
12-16 oz



9.29 With Card
-2.00

\$7.29
/EA*

Simple Truth
Cauliflower Crust Pizza
13.25-17.76 oz
or Carbone Pasta Sauce,
15-24 oz; Select Varieties



10.99 With Card
-2.00

\$8.99
/EA*

Bob's Red Mill
Organic Flour
5 lb



17.99 With Card
-2.00

\$15.99
/EA*

Swiffer
Duster Refills
Select Varieties,
11-18 ct



9.99 With Card
-2.00

\$7.99
/EA*

Mrs. Meyer's
Multi-Surface
Cleaner Concentrate
Select Varieties,
32 fl oz



12.99 With Card
-2.00

\$10.99
/EA*

Brawny
Paper Towels

Select Varieties,
6 Double Rolls

BRING ON THE HOLIDAY BAKING

Discover holiday ideas and recipes at FredMeyer.com/HolidayBaking



Kroger Vegetable or Canola Oil
Select Varieties,
48 fl oz
\$3.99
With Card



Carnation Evaporated Milk
Select Varieties,
12 fl oz
\$1.99
With Card



Imperial Vegetable Oil Spread
\$1.19
With Card

16 oz or Kroger Marshmallows,
10 oz; Select Varieties



Kroger Butter
Select Varieties,
2-Pack, 16 oz
\$7.99
With Card



Kroger Brown or Powdered Sugar
Select Varieties,
2 lb
\$2.19
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/\$6
With Card



Swanson Broth
Select Varieties,
32 oz
2/\$6
With Card



Swiss Miss Hot Cocoa Mix
Select Varieties,
8 ct
\$3.49
With Card



Ocean Spray Cranberry Juice Cocktail
64 fl oz or Classico
Pasta Sauce, 15-24 oz;
Select Varieties
2/\$7
With Card



DiGiorno Pizza
Select Varieties,
14.14-30.3 oz
2/\$12
With Card
When you buy 2 or more in the same transaction with Card.
Quantities less than 2 are up to \$7.99 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



Alaskan, Wildness or 49th State
\$19.99

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



16.99 EA
-10%
With Card

\$15.29 /EA*
Bota Box or Black Box
Select Varieties,
3 Liters



Tito's or Jose Cuervo
750 ml or High Noon,
8-Pack, 12 fl oz Cans;
Select Varieties
\$18.99



Bacardi, Fireball or Skyy
Select Varieties,
1.75 Liters
\$29.99

*When You Buy Any 6 Participating Items with Card.

YOUR HOME TEAM FAVORITES

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



\$5.99

With Card
Kroger Dinner Sausage Links
Select Varieties,
18 oz



Kroger Bacon Wrapped Beef Tenderloin Filet
Select Varieties, 6 oz

\$7

With Card



Home Chef
Smoked
St. Louis Style Ribs

\$15.49

With Card

Fully Cooked,
2 lb, In the Deli



Private Selection Angus Beef Patties

Select Varieties,
Frozen, 2 lb

\$12.99

With Card



Kroger Mixed Nuts
Select Varieties,
10.3 oz

\$3.99

With Card



Tyson Frozen Chicken
Select Varieties,
23-29 oz

\$6.99

With Card



Tim's or Hawaiian Brand Potato Chips
Select Varieties,
7-7.5 oz

\$4.79

With Card



Kroger Charcoal Briquets

\$9.99

With Card

15.4 lb or Instant Light
Charcoal Briquets, 11.6 lb



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

\$8.99



\$5.49

With Card
Wonderful Pistachios
Roasted & Salted,
8 oz

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

FRESH-PICKED APPLE SAVINGS



Kroger
Honeycrisp Apples

\$6⁹⁹

With Card

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



Opal
or Granny Smith
Apples

\$2²⁹
/LB
With Card



Simple Truth
Organic Gala or
Granny Smith Apples
2 lb

\$5⁹⁹
With Card



**POM Wonderful
Large
Pomegranates**
or Kroger
Bartlett Pears, 2 lb

2/\$7

With Card



**Wonderful
Seedless
Lemons**
1 lb

\$3.49

With Card



\$8.49

With Card
**12 oz
Raspberries**

**Bloom Haus
Winter Whimsy
Bouquet**

\$11.99



**Private Selection
Gourmet Potatoes**
1.5 lb Bag

2/\$9

With Card



**Large
Avocados**

\$3.99
/EA

With Card



GUARANTEED FRESH



99¢
/LB

With Card

**Sugardale
Portion Hams**

or Kroger Hickory Smoked
Spiral Hams, Honey Glazed,
Bone-In for \$1.97 lb;
Limit 1 with Additional
\$25 Purchase



Pork Spareribs
Bone-In

\$2.49

/LB
With Card



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

2/\$14

With Card



**Oscar Mayer
Fun Pack Lunchables**

8.9-10.7 oz or Kroger
Breakfast Sausage, 16 oz Roll;
Select Varieties



2/\$7

With Card



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

\$4.99

With Card



DELI & BAKERY

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

**Fresh Baked
Cookies**

Select Varieties,
12 ct

\$3.99

With Card



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

\$7.49

With Card



NEW!

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

\$10.99





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, **\$80**

Double L Ranch Boneless Ham, **\$85**

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

Butterball Bone-In Turkey, **\$95**

Private Selection Bone-In Ham, **\$90**



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

15.99^{EA}
-10%
With Card

\$14³⁹ /EA*

La Marca,
Jam Cellars
or Erath

Select Varieties,
750 ml



9.99^{EA}
-10%
With Card

\$8⁹⁹ /EA*

Ménage à Trois,
Bogle or
Clos Du Bois
Select Varieties,
750 ml



12.99^{EA}
-10%
With Card

\$11⁶⁹ /EA*

Josh Cellars,
Kendall-Jackson
or Oyster Bay
Select Varieties,
750 ml



Jameson,
Crown Royal
or Grey Goose

\$26⁹⁹

Select Varieties, 750 ml



New Amsterdam

\$13⁹⁹

750 ml or Denali
or Anchorage Distillery,
8-Pack, 12 fl oz Cans; Select Varieties



\$22⁹⁹

Pabst or Busch

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/\$6
With Card



**Simple Truth
Vegetable Chips**
Select Varieties,
6 oz

\$3.49
With Card



**Simple Truth
Organic Broth**
Select Varieties,
32 oz
\$2.29
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
\$12.49
With Card

HOME, HEALTH & MORE!



**Kroger
Liquid Hand Soap**
Select Varieties,
7.5 fl oz
4/\$5
With Card



Muscle Milk
Select Varieties,
12-Pack, 11 fl oz
\$26.79
With Card



**Kroger
Omeprazole**
Select Varieties, 42 ct
\$13.99
With Card



**Eucerin
Lotion**
16.9 fl oz or Cream,
8 oz; Select Varieties
\$14.99
With Card



**Emergen-C
Supplements**
Select Varieties,
18-45 ct
\$13.99
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

SAVE
50%

Tag Reflects Savings
With Card

HD Designs
Frosted Jar
Candle

Select Varieties,
19 oz

HD Designs
Frosted Jar
Candle

Select Varieties,
19 oz

Zuru
Stocking Stuffer
Toys

Select Varieties

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

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

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