



Sugardale

Ham Portions

Shank or Butt Portion, Bone-In, Limit 1 with Additional \$25 Purchase

Taylor Farms Salad Kits



\$499 /LB

Raspberries or Blackberries

POLAR

Polar Seltzer

Select Varieties

12 fl oz Cans,

Plus Deposit

Where Applicable

8-Pack,

MIX & MATCH

BUY 1, GET 1



Boneless Petite Sirloin Steaks or Beef

Flanken Style Ribs. Bone-In; Value Pack

With Card

Stouffer's or Lean Cuisine **Entrée** Select Varieties,

5.75-12.875 oz

With Card When you buy 4 or more in the same transaction with Card. Quantities less than 4 are up to \$3.99 each with Card.



of Equal or Lesser Value With Card

Coca-Cola, Pepsi or 7UP Select Varieties, 12-Pack,

12 fl oz Cans or 8-Pack, 12 fl oz Bottles, Limit 8 Packages, Plus Deposit Where Applicable Regular retail is up to \$10.99 each with Card.

Kroger



Bibigo or Pagoda Select Varieties, 8.1-24 oz

Kroger

Ice Cream

48 fl oz or Eggo

Waffles, 8-10 ct;

BUY 1, GET 1





Screamin' Sicilian Pizza 16.7-27.4 oz or Cheez-It Pizza. 16.85-19.9 oz;

OATNUI N BUY 1, GET 1

Oroweat Bread Select Varieties, 24 oz MIX & MATCH BUY 1, GET 1 of Equal or Lesser Value

Lay's **Potato Chips** 5-8 oz or Cheetos,

6.5-9 oz or Sunchips,

7 oz; Select Varieties

MIX & MATCH

BUY 2, GET 2

With Card

\$5.89 each with Card.

of Equal or Lesser Value



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

With Card









saving in the right direction

sugar...

NET WT 4 LB (1.81kg)

BLACK BOX



BOTA BO

Bota Box or Black Box Select Varieties. 3 Liters

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

Use each coupon UP TO 5









Cosmic Crisp or **Pink Lady Apples** Œ /LB

Jimmy Dean Jimmy Dean **Breakfast Sausage**

Select Varieties,

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

With Digital Coupon



32 oz **Kroger Cheese** /EA With Digital Coupon Price without digital coupon is up to \$6.99 each with Card.



Philadelphia **Cream Cheese** 8 oz Bar or Club Crackers, 11-13.7 oz; Select Varieties

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

*While supplies last.

FLASH SALE

December 11-19



Schweid and Sons Ground Beef

Select Varieties, 16 oz

\$ 5 9 9 /EA With Card

While Supplies Last



CLIP A HOT NEW DEAL EVERY DAY through 12/14

Visit FredMeyer.com/MerryDays to clip today's digital coupon!

Each coupon must be redeemed by 12/16



Eastern Fisheries Sea Scallops

16 oz or Large Peeled & Deveined Shrimp, Raw, 31-40 ct, Sold in a 2 lb Bag; Frozen

Price without digital coupon is up to \$16.98 each with Card. With Digital Coupon



Private Selection Mesquite Smoked Turkey Breast Sliced to Order or

Grab 'N Go, In the Deli

With Digital Coupon Price without digital coupon is up to \$12.99 lb with Card.

Kroger **Frozen Potatoes** Select Varieties, 19-32 oz

With Digital Coupon

Price without digital coupon is up to \$2.99 each with Card.



18 ct

/EA

With Digital Coupon

Price without digital coupon is up to \$10.49 each with Card

WEEKLY DIGITAL DEALS

Use each coupon **UP TO 5 TIMES** in one transaction

Look for these tags.



Kroger **California Navel Oranges**

Price without digital coupon is up to \$5.49 each with Card.





Campbell's **Chunky Soup**

18.6-19 oz or Kroger Salad Dressing, 16 fl oz; Select Varieties

With Digital Coupon

Price without digital coupon is up to \$2.49 each with Card.

40-Pack Fred Meyer

16.9 fl oz or Kroger Alkaline Water, 24-Pack, 16.9 fl oz. Plus Deposit Where Applicable

Purified Water

/EA

With Digital Coupon

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

Tide

Laundry Detergent 73-84 fl oz or Tide Pods, 25-42 ct; Select Varieties

With Digital Coupon

Price without digital coupon is up to \$12.99 each with Card.



Green Mountain or McCafé K-Cups Select Varieties, 10 ct

With Digital Coupon

Price without digital coupon

is up to \$8.99 each with Card.

Kroger Party Pail Ice Cream Select Varieties, 128 fl oz

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



*While supplies last.



WATER

MIX & MATCH 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



WEEKLY DIGITAL DEALS

UP TO 5
TIMES
in one transaction



these tags.



L'Oréal or Maybelline Mascara

Select Varieties, 1 ct

Price without digital coupon is up to \$11.99 each with Card.



Price without digital coupon is up to \$12.49 each with Card.

*While supplies last.



Price without digital coupon is up to \$3.79 each with Card.

SHOP. SAVE. REPEAT.



\$AVE

When you **Spend \$150** or more

sAVE

When you Spend \$100 or more

save

When you Spend \$50 or more

on any mix of Home, Apparel & Electronics

with Digital Coupon.



*Exclusions apply, see Digital Coupon for details.













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.



these tags.



Foster Farms

8.49 With Card Frozen Chicken -2.00 24 oz or

Cascadian Farm Organic Family Size Granola, 22 oz; Select Varieties



Dave's Killer Bread **Organic Bread**

18-27 oz or Nature Valley Biscuits. 10 ct: Select Varieties

6.99 With Card -2.00

10.99 With Card -2.00

/EA* **Starbucks**

10-12 oz Bag or K-Cups,

Coffee









5.99 With Card

Tate's Bake Shop Cookies

4.6-7 oz or Yoplait Go-Gurt, 16 ct; Select Varieties



6.99 With Card -2.00

Coffee-Mate Creamer

64 fl oz or Califia Farms Organic Almondmilk, 48 fl oz; Select Varieties



3.99 With Card -2.00

/EA*

General Mills Chex Cereal

12-14 oz or Tree Top Juice, 64 fl oz; Select Varieties



7.49 With Card -2.00

Vitaminwater

Select Varieties, 6-Pack, 16.9 fl oz, Plus Deposit Where Applicable



4.49 With Card -2.00

/EA

Bob's **Red Mill Flour**

Select Varieties, 5 lb



Li'l Yami Yogurt Select Varieties, 6-Pack, 4 oz



4.29 With Card -2.00

Tazo Tea Select Varieties, 16-20 ct

QUILTED



Quilted Northern Bath Tissue

12 Mega Rolls or Viva Paper Towels, 6 Single Plus Rolls; Select Varieties



9.99 With -2.00

Hormel **Beef Entrées** Select Varieties,

15 oz

19.99 With Card -2.00

Cascade **Actionpacs**

47-78 ct or Persil Laundry Detergent, 126-150 fl oz: Select Varieties



26.99 With Card

-2.00

Premier Protein Shakes Select Varieties 12-Pack, 11 fl oz





17.99 With Card -2.00

Olive Oil Select Varieties, 50.7 fl oz



4.49 With Card -2.00

Nature's Own **Perfectly Crafted** Buns

8 ct or Santa Cruz Organic Juice, 32 fl oz; Select Varieties, Plus Deposit Where Applicable



4.99 With Card -2.00

Post Family Size Cereal

14-25 oz or Nature Valley Protein Bars, 5 ct: Select Varieties



6.99 With Card -2.00

/EA*

José Olé **Taquitos**

16-22.5 oz or Foster Farms Corn Dogs, 12-40 ct; 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.

3.49 With Card

-2.00





Propel

12-Pack, 16.9 fl oz Bottles or Topo Chico Sabores Sparkling Water, 8-Pack, 12 fl oz Cans; Select Varieties, Plus Deposit Where Applicable

8.99 With Card

-2.00



10 ct: Select Varieties 7.99 With Card -2.00 Best

Seattle's Best Coffee

10-12 oz Bag or K-Cups, 10 ct; Select Varieties



Oscar Maver Cotto Salami or Bologna Select Varieties,

-2.00

9.99 With



Hefty

Waste Bags Select Varieties, 18-40 ct 8.99 With Card -2.00

/EA*



PITA THINS

7.99 With Card -2.00

Stacy's Pita Chips or Pita Thins

Select Varieties, 15.6-16 oz, In the Deli









HOLIDAY MAGIC

Discover more deals at FredMeyer.com/Holiday



Carando **Meatballs** Frozen, 16 oz or Johnsonville Summer Sausage, 10-12 oz: Select Varieties

With Card

Red **Garnet Yams** or White **Sweet Potatoes**

With Card

In the Bakery

Fresh Baked **Private Selection Butter Croissants** Large, 4 ct or Muffins, 4 ct; Select Varieties,



Seattle International **Baking Company** Hoagie Rolls Select Varieties,

With Card

Ocean Spray Juice Cocktail Select Varieties. 64 fl oz

Kroger

Egg Nog

Half Gallon

Select Varieties,

With Card

With Card



Pacific Foods Organic Broth

32 oz or Pepperidge Farm Stuffing, 12 oz; Select Varieties

With Card

Pillsbury Grands

Select Varieties,

Biscuits, Crescents

or Cinnamon Rolls







FAIRY WHOLE GRAIN original **Nabisco** Ritz or **Snack Crackers** Select Varieties, 3-13.7 oz With Card

NUTMEG GROUND

With Card

Kroger or Simple Truth **Organic Spices** Select Varieties. 0.11-48 oz



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

With Card



Coors

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



Rubbermaid **TakeAlongs Food Storage** 4 ct

With Card



Pyrex Pie Plate 9.5 Inch

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

GINGERBREADY



2 FL OZ (59 ML)

Spice Islands Pure Vanilla Extract 2 fl oz

With Card



Kroger All Purpose Flour

With Card





Jell-O **Family Size** Gelatin or **Pudding Mix** Select Varieties, With Card



Kroger Vegetable Oil 48 fl oz or Grandma's Molasses, 12 fl oz;

With Card



Holiday Home Baking Accessories

or Create-A-Treat Cookie Kit, Select Varieties

With Card

CHOCOLATE

MIX & MATCH

BUY 1, GET 1

0.6-6 oz

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



Tillamook

SOUR

Tillamook

Sour Cream

16 oz or Kroger

Brown & Serve Rolls

12 ct: Select Varieties

GROCERY ESSENTIALS

International **Delight Creamer** Select Varieties,

Brown & Serve
Classic White

With Card



Baskin Robbins Ice Cream Select Varieties. 14 fl oz



BUY 1, GET 1 of Equal or Lesser Value



Coca-Cola, Pepsi or 7ÚP Select Varieties,

6-Pack, 16.9 fl oz Bottles, Plus Deposit Where Applicable

With Card When you buy 4 or more in the same transaction with Card Quantities less than 4 are up to \$6.99 each with Card.



Quaker **Rice Cakes** Select Varieties, 4.5-7.23 oz





Arm & Hammer **Laundry Detergent** 100.5-105 fl oz or Power Paks 32-42 ct.

Select Varieties

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

MIX & MATCH EVERYDAY 10% OFF ANY 6 750 ML, 1 LITER OR 1.5 LITER BOTTLES OF WINE

*SAVE 10% Every day when you purchase 6 bottles of wine or more with Card. Mix and Match 6 bottles, 750 ml, 1 Liter or 1.5 Liter sizes. Limit one discount per transaction. Excludes wine sizes 375 ml, 3 Liter, 4 Liter and 5 Liter. Exclusions apply.



Bogle or Ménage à Trois Select Varieties, 750 ml



15.99 EA -10% With Card

Chandon, Meiomi or **Mumm Napa** Select Varieties, 750 ml



Josh Cellars Select Varieties, 750 ml

With Card



Angry Orchard, Blue Moon or Athletic Select Varieties, 12-Pack, 12 fl oz Bottles or Cans, Plus Deposit Where Applicable



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!

DESSERT DONE RIGHT!



Private Selection Four Layer Red Velvet Cake

\$2299

With Card

or Other Varieties, 8", In the Bakery



Private Selection Red Velvet Cake Roll

or Other Varieties, 18 oz, In the Bakery \$**7**99



Private Selection Red Velvet Cupcakes or Other Varieties.

4 ct, In the Bakery

\$6

GIVE THE · GIFT OF GIFT CARDS

SEND CHEER ANYWHERE WITH eGIFT CARDS









Visit giftcards.FredMeyer.com to shop online.

FIND YOUR FAVORITE NATURAL ITEMS







Almond Breeze Almondmilk 64 fl oz or Planet Oat Oatmilk, 52 fl oz; Select Varieties

With Card



Martinelli's **Sparkling Cider** Select Varieties, 25.4 fl oz, Plus Deposit Where Applicable

With Card



Miss Vickie's **Potato Chips**

8 oz or Frito-Lay Simply Snacks, 5.25-8.5 oz; Select Varieties

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

With Card

Regular retail is up to \$5.29 each 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



Simple Truth **Breakfast Sausage Links or Patties** Select Varieties

With Card

HOME, HEALTH & MORE!



Revlon **Hair Dryer**

or Conair Instant Heat

With Card



Nature Made

Supplements 14-300 ct or Nature's Bounty Supplements, 25-360 ct; Select Varieties

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

With Card





Native Shampoo

16.5 fl oz or Deodorant. 2.65 oz; Select Varieties

MIX & MATCH

BUY 1, GET 1 of Equal or Lesser Value



Sensodyne **Toothpaste** Select Varieties, With Card



HD Designs Frosted Jar Candle Select Varieties.

With Card



STRETCH YOUR HOLIDAY DOLLARS!





Create-A-Treat Gingerbread **House Kit**

Select Varieties, 1 ct Tag Reflects Savings

SAVE



Holiday Home Christmas Rolled Throw Select Varieties,

Zuru **Mini Brands** Capsules Select Varieties

With Card

Hasbro Game Select Varieties

With Card



Brown & Haley

10 oz

With Card



Select Varieties,

With Card

3.1 oz

With Card



Kinder Joy Eggs

With Card



Hershey's **Giant Size Candy Bar** Select Varieties, 7.13-7.56 oz

With Card











Ferrero Rocher Gift Box Select Varieties, 9.1-10.6 oz

o 1-STOP GAME DAY SHOP



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







Aidell's **Dinner Sausage** Select Varieties,

With Card





Family Size Appetizers Select Varieties. 16-33 oz



Mission **Tortilla Chips** Select Varieties, 9-11 oz Regular retail is up to \$3.79 each with Card.



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

With Card



DiGiorno Pizza

Select Varieties, 14.14-30.3 oz

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.



Kroger Celebration **Plastic Cups** Select Varieties, 50 ct



White Claw,

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



With Card Wonderful

Pistachios

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



©CAL

Kroger

Honeycrisp Apples

With Card

3 lb or Simple Truth Organic Honeycrisp Apples 2 lb



Simple Truth Organic Gala or Granny Smith **Apples** With Card 2 lb Bag



Granny Smith or Opal Apples

/LB With Card



Half Loin







California Cuties Seedless Mandarins

\$499

With Card



Red, Green or Black Seedless Grapes

\$299 With Card



Bloom Haus Festive Flurries Bouquet

\$999



Kroger Packaged Vegetables Select Varieties,

\$6 With Card



Fresh Made Large Fruit Tray with Dip, 73.5 oz, In Select Stores

\$**22**99

With Card



GUARANTEED FRESH



Kroger Side DishesSelect Varieties,



Fresh Atlantic Salmon Fillets

\$99 /LB With Card

MIX & MATCH

30%

Tag Reflects Savings With Card
Ribeye Steaks
Report or Repolates

Bone-In or Boneless New York Strip Steaks; Value Pack



Hillshire Farm Lunch Meat

Select Varieties, 7-9 oz

2/\$7

With Card



Shrimp Tray Sale

Select Varieties, 11-25 oz, Frozen or Full Line Crab Sale, Whole Cooked Dungeness Crab, Snow Crab Clusters, King Crab Legs, 9-12 ct,

Previously Frozen

25%

Tag Reflects Savings With Card

DELI & BAKERY

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

Frosted
Sugar Cookies
10 ct or Glazed
Donuts, 12 ct;

\$5



Private Selection Sliced Pepperoni or Salami Cracker Cuts

10-12 oz or Meat & Cheese Roll Ups, 5-6 oz; Select Varieties

\$699

With Card



Home Chef Fried or Baked Chicken

Fully Cooked, 8-Piece, Includes 2 Breasts, 2 Thighs, 2 Wings & 2 Drumsticks

\$999



BOTTLES & BREWS

13.99 EA -10%

With Card

J Lohr, **Bonanza** or Chateau **Ste Michelle**

Select Varieties. 750 ml







Stella Rosa. **Oyster Bay or Korbel** Select Varieties. 750 ml



20.99 EA -10%

With Card

Argyle,

Lange or Hess Select Varieties. 750 ml



Select Varieties, 750 ml With Card





Deschutes or Guinness

> Select Varieties, 6-Pack, 11.2-12 fl oz Bottles or Cans. Plus Deposit

Where Applicable

Plus Deposit Where Applicable

PICK UP EVERYTHING FOR GAME DAY!

