

3 days only!

deals & steals

Thurs. Jan. 8 - Sat. Jan. 10

2⁹⁹

Heirloom Navel Oranges or Fuji or Pink Lady Apples
Reg. \$4.99-\$5.99-3 lb.

2⁴⁹

Quaker Instant Oatmeal, Life Cereal or Protein Bars
Reg. \$3.99-\$6.49-7-14.1 oz.-Selected varieties

4⁹⁹

7Up, Dr Pepper, Canada Dry, Fanta, Minute Maid or Barq's
Reg. \$9.79-Limit 8 per customer-12 pack-12 oz. cans or 8 pack-12 oz. bottles-Selected varieties

50% OFF

BUY 1 GET 1 FREE
*Limit 2 FREE items with the purchase of 2.

Smithfield Marinated Pork Tenderloin, Boneless Loin Filet or Shoulder Roast
Reg. \$8.99-19.2-23 oz.-All varieties

50% OFF

2⁹⁹

Smithfield Bacon
Reg. \$5.99-Limit 3 per customer-12 oz.-Regular or Thick

18% OFF

17⁹⁹

Lay's Mega Size Multi-Pack Snacks
Reg. \$21.99-42 ct.-Selected varieties

22% OFF

11⁹⁹

Folgers Coffee
Reg. \$15.39-Limit 4 per customer-22.6-25.9 oz.-All varieties

27% OFF

2¹⁹ LB

Schnucks Natural Fresh Boneless, Skinless Chicken Breasts
Reg. \$2.99 lb.-Limit 3 per customer-Value pack-Sold in pkgs. of 4 lbs. or more

33% OFF

5⁹⁹

Driscoll's Sweetest Batch Blueberries
Reg. \$8.99-11 oz.

2 \$ 5

Little Leaf Farms Lettuce
Reg. \$3.29-4 oz.

\$5 EACH WHEN YOU BUY 3

MOW! Fresh Atlantic Salmon Skin-On Portions
Reg. \$6 ea.-6 oz.-Choose from Regular or Tuscan Herb

2 \$ 4

Campbell's Chunky or Microwaveable Soup or Chili
Reg. \$3.34-\$3.54-15.2-19 oz.-Selected varieties

3⁴⁹

Hudsonville or Breyers Ice Cream or Frozen Dessert
Reg. \$5.49-\$6.99-48 oz.-All varieties

2⁹⁹

Jack's Pizzas
Reg. \$4.29-13.8-15.8 oz.-All varieties

2.99 EA

When You Buy 3 or 4.99 Each
Doritos, Ruffles or Tostitos
Reg. \$4.89-\$4.99-6-13 oz.-Selected varieties

BUY 1 GET 1 FREE
*Limit 2 FREE items with the purchase of 2.

Kellogg's Cereals
Reg. \$4.99-9.6-16.1 oz.-Selected varieties

3.99

Nabisco Family Size Oreos, Snack Crackers or Ritz Chips or BelVita
Reg. \$4.99-\$6.99-10.69-18.71 oz.-Oreos, Crackers or Ritz or 8 ct.-BelVita-Selected varieties

3.49

Schnucks Orange Juice
Reg. \$4.94-52 oz.-All varieties

2.99 EA

When You Buy 3 or 5.49 Each
Schnucks Sparkling Water
Reg. \$5.49-12 pack-12 oz. cans-All varieties

17.99

Bounty Paper Towels or Charmin Bath Tissue
Reg. \$22.99-\$24.99-6 ct.-Triple Plus-Bounty or 12 ct.-Mega XL-Charmin-Selected varieties

GREAT LOW PRICE EVERY DAY

1000s of items storewide!

LOW PRICES EVERY DAY

on the items you buy most

GREAT LOW PRICE EVERY DAY

6.99

Tyson Breaded Chicken Nuggets, Tenders or Patties
23-29 oz.-Selected varieties

GREAT LOW PRICE EVERY DAY

5.99

Chobani Yogurt
32 oz.-All varieties

GREAT LOW PRICE EVERY DAY

3.49

Schnucks Sugar
4 lb.

GREAT LOW PRICE EVERY DAY

25.99

Michelob Ultra
24 pack-12 oz. cans-Selected varieties

REWARD YOURSELF Instantly with digital offers.

EARN \$10 IN REWARDS POINTS WHEN YOU SPEND \$30 ON ANY PROCTER & GAMBLE PRODUCTS
Redeem 1 time in one transaction

2X POINTS
All Full Circle Products

***ST. LOUIS* FOOD AND WINE**

TICKETS NOW AVAILABLE | FEB. 6 & 7

New! Enter Early With Our Spritz Hour Add-on Experience
Must be 21 or older to attend.

Some offers and digital coupons not valid on Schnucks Delivers. Printed Digital Coupons not accepted. Offers valid thru 1/13.

Schnucks®
SINCE 1939

**ONE FAMILY
OF BRANDS**

**EVERYDAY VALUE
IN EVERY AISLE**



Fuel up with these
protein picks!



89¢
Schnucks Regular
or Chili Beans
Reg. 94¢-15.15.5 oz.-
Selected varieties



99¢
Schnucks
Chunk Light Tuna
Reg. \$1.24-\$1.29-2.6-5 oz.-
Selected varieties



5.99
Schnucks
Snack Nuts
Reg. \$6.99-8-10.25 oz.-
All varieties



2.79
Schnucks
Cottage Cheese
Reg. \$3.19-24 oz.-All varieties



3.29
Schnucks Large
Free Range Eggs or
Full Circle Cage Free Eggs
Reg. \$3.79-\$3.99-1 dozen



9.99
Schnucks Jerky
Reg. \$12.54-8 oz.-
All varieties



2.99
Full Circle
Dry Lentils or Beans
Reg. \$3.19-\$3.69-16 oz.-
Selected varieties



4.29
Full Circle
Bone Broth
Reg. \$4.49-32 oz.-
Selected varieties



4.99
Full Circle
Organic Chia Seeds
Reg. \$5.84-12 oz.

\$5

**EACH WHEN
YOU BUY 3**

**MIX AND MATCH
LOOK FOR THE
ORANGE DOT**



**Swift Ground
Beef and Pork Blend**
16 oz.-
80% Lean, 20% Fat



**Perdue Chicken Breast
Nuggets, Patties or
Sea Creature Nuggets
or Johnsonville
Bratwurst Patties**
24-29 oz.-Selected varieties



**Oscar Mayer Carving
Board Lunchmeats
or Chicken Strips or
Holmes Smokehouse
Smoked Sausage Slices**
5.5-12 oz.-All varieties



**Nathan's Bagel or
Pretzel Dogs or
Johnsonville
Summer Sausage**
12-16 oz.-All varieties



**Gorton's
Seafood**
11-11.4 oz.-
Selected varieties



**Scott & Jon's
Salmon or
Shrimp Bowls**
8-9.6 oz.



**Nature's Best
41-50 Ct. Raw
EZ Peel Shrimp**
12 oz.



**Reser's Main St. Bistro
Baked or Roasted
Side Dishes**
17-20 oz.-Selected varieties



**Just Bare Family Pack
Drumsticks or Thighs**
36 oz.-No Added Hormones. No Antibiotics Ever.
All Natural. Cage Free. Gluten Free

You must purchase a minimum of three packages to qualify. Additional packages will also ring at sale price of just \$5 each. Purchases of less than three will ring at regular price as stated on package. Special cuts and special orders not included. While supplies last.

FEED the FAM

CHECK OUT THESE QUICK AND EASY MEAL DEALS

All UNDER \$10



Full Circle Pasta Meal
Full Circle Organic Pasta
12-16 oz.-All varieties-Sale \$1.69
Full Circle Organic Pasta Sauce
24 oz.-All varieties-Sale \$2.99
**Full Circle Take & Bake
French Baguette**
12-14 oz.-Sale \$3.49
Full Circle Organic Green Beans
14.5 oz.-Sale \$1.79



Rotisserie Chicken Meal
Whole Rotisserie Chicken
No antibiotics ever-Available hot or fresh
chilled-Herb or Natural Only, excludes
Brown Butter & Sage and Mammoth Chicken-
Reg. \$5.99-In Deli Dept.
**Birds Eye Steamfresh Premium
Vegetable Blends**
10-14.4 oz.-Selected varieties-Sale \$1.99
**Schnucks Deluxe
Macaroni & Cheese**
12-14 oz.-Selected varieties-
Reg. \$1.64



Classic Beef Chili
Brooks Chili Beans
15.5 oz.-Selected varieties-Sale \$1.25
**Red Gold Tomatoes
or Tomato Sauce**
14.5-15 oz.-All varieties-Sale \$1.25
**Certified Angus Beef
73% Lean Ground Beef**
1 lb.-Sale \$5.49
**Schnucks
Chili Seasoning**
1-1.37 oz.-All varieties-Sale 69¢



Pork Ramen Bowl
JUST Bare 90% Lean Ground Pork
16 oz.-No antibiotics ever. 100% vegetarian diet.
No added hormones or steroids-Sale \$3.99
Maruchan Ramen Noodles
3 oz.-Selected varieties-Reg. 49¢
**Birds Eye Steamfresh
Basic Vegetables**
10-10.8 oz.-Selected varieties-Sale \$1.25
Swanson Broth
32 oz.-Selected varieties-Sale \$1.99
Schnucks Asian Vegetables
8-15 oz.-All varieties-Reg. \$1.49

Wellness Your Way

**EARN
2X POINTS**

1/7 - 2/3



pork
TASTE WHAT
PORK CAN DO.



**2.29
LB**
Fresh Boneless
Pork Sirloin Roast



7.99
Verde 93% Lean
Organic Grass-Fed
Ground Beef
16 oz.-No antibiotics or
added growth hormones.
100% Free Range Beef



SAVE \$1
Izzio Bread
Reg. \$3.99-\$6.49-
9-24 oz.-
Selected varieties-
In Bakery Dept.



**SCAN HERE TO
MAKE THIS PORK
FAJITA SKILLET**



6.99
GoGo SqueeZ
Applesauce
10-12 ct.-
All varieties



6.99
Chobani 20g
Protein Yogurt
4 pack-6 oz. cups-
All varieties



2.99
Silk
Almondmilk
64 oz.-
Selected varieties



5.49
Full Circle
Energy Bars
5 ct.-All varieties



4.99
Full Circle Organic
Quick Oats
18 oz.



5.99
Kodiak Power Cakes
Flapjack & Waffle Mix
18-24 oz.-Selected varieties



8.99
Rootberry
Frozen Meals
10.5-12 oz.-All varieties



3 FOR \$7
1st Phorm
Protein Bars or
Meat Sticks
2.15-2.2 oz.-All varieties



10.99
Native Shampoo
or Conditioner
16.5 oz.-All varieties



Cater Your Winning Watch Party

Serves 8 to 14! Order in the Deli at least 72 hours in advance.



**3.99
PER SERVING**
Chicken Enchiladas
10 ct.-Serves 8-10-Reg. \$39.99-
Shredded Chicken wrapped in a
flour tortilla loaded with cheese
and red enchilada sauce



**4.99
PER SERVING**
Beef Tips with
Mushroom Sauce
4 lb.-Serves 12-14-Reg. \$59.99-
Beef Tips in a rich, savory mushroom gravy,
blended with bowtie noodles



**3.50
PER SERVING**
St Louis Salad
3.25 lb.-Serves 8-10-Reg. \$27.99-
Iceberg lettuce mixed with artichokes,
roasted red peppers, shredded
parmesan cheese and red onion.
Served with Creamy Italian dressing



**3.33
PER SERVING**
Roasted Rainbow
Vegetables
Reg. \$39.99-3.5 lb.-Serves 12-14-Reg. \$39.99-
A colorful blend of roasted broccoli, carrots,
onion, zucchini and yellow and red peppers

Number of servings and price per serving vary based on preferred serving size. Advertised serving price based on [lowest] estimated number of servings shown.

BEVERAGE



1.99
Assorted Beverages
1 liter-Smartwater or Evian Water,
16 oz.-Ghost or C4 Energy Drink or
12 oz.-Bloom Pop Prebiotic Soda-
Selected varieties



3.49
Schnucks
Natural Spring Water
24 pack-1/2 liter bottles



**BUY 2
GET 1
FREE**
*Equals *6.53 Each
After Instant Savings
Pepsi, Starry or
Mountain Dew
12 pack-12 oz. cans or
8 pack-12 oz. bottles-
All varieties



**3.99
EA**
When You Buy 3 or *6.99 Each

Pepsi, Starry, Mountain Dew,
Coca Cola, 7Up,
Dr Pepper or Canada Dry
Reg. \$6.99-6 pack-1/2 liter bottles-
All varieties



4.99
Propel
6 pack-1/2 liter bottles-
All varieties



25% OFF
Knudsen or Santa Cruz
Juice or Lemonade
Reg. \$8.99-\$11.99-32 oz.-
All varieties



15.99
NUTRL
Vodka Seltzer Cocktails
8 pack-12 oz. cans-
Selected varieties



21.99
Miller Lite
24 pack-12 oz. cans



22.99
Bud Family
24 pack-12 oz. cans-
All varieties



15.99
Jim Beam
Bourbon Whiskey or
Svedka Vodka
750 ml bottle-Whiskey or
1.75 liter bottle-Vodka-
Selected varieties



**\$11.89 EACH
FOR WINE CLUB
MEMBERS
OR \$13.99 EACH**

Kendall-Jackson, Giesen or
Kim Crawford Low Calorie
or Non-Alcoholic Wine
750 ml bottle-Selected varieties

MEAT



SAVE \$3 LB

Certified Angus Beef Boneless Sirloin Steak
Reg. \$13.99 lb.-Value pack

CUT & HAND-TRIMMED IN STORE

You'll taste the difference in every juicy, tender and flavorful bite.



\$5 EACH WHEN YOU BUY 3

Smithfield Hometown Original Links or Patties, Purnell's Old Folks Pork Sausage Rolls or Jimmy Dean Applewood Bacon
12-20 oz.-All varieties



\$5 EACH WHEN YOU BUY 3

Nathan's Beef or Cheese Franks, Edmond's Chili or Custard Stand Hot Dog Chili
11-16 oz.-All varieties



4.49

Hillshire Farm Ultra Thin Sliced Lunchmeats
7-9 oz.-All varieties

\$1 EA

When You Buy 5 or '2.49 Each

Lunchables Basics
3.1-4.4 oz.-All varieties



\$5 EACH WHEN YOU BUY 3

Fresh Boneless Pork Sirloin Chops
Value pack

CUT & HAND-TRIMMED IN STORE

PRODUCE



1.99 LB

Tomatoes on the Vine

3 FOR \$5

Bolthouse Fresh Carrots
12 oz.-Choose from Petite, Crinkles or Matchstix



4.99

The Little Potato Co. Dynamic Duo Potatoes
3 lb.

3 LB BAG



3.99

Pero Family Farms Organic Green Beans or Mini Peppers
12 oz.-Green Beans or 8 oz.-Peppers

ORGANIC



2.99

Dole Salad Blends
5-12 oz.

4.49

Zespri SunGold Kiwi
1 lb.

10 FOR \$10

Organic Citrus
Choose from Navel Oranges, Grapefruit or Lemons

ORGANIC

SEAFOOD



9.99 LB

31-40 Ct. Raw Wild Shell-On Gulf Shrimp or Cooked Tail-Off Shrimp



4.99 LB

Tilapia Fillets
Sold frozen or previously frozen

SEASONED & COOKED FREE

\$5 EACH WHEN YOU BUY 3

Phillip's Seafood Crab Cakes or Soups or Chef Gris Gris Shrimp Bowls
6-11 oz.



\$5 EACH WHEN YOU BUY 3

Tastee Choice Shrimp Skillet Meals
20 oz.

\$5 EACH WHEN YOU BUY 3

Northern Chef Boom Boom or Coconut Shrimp or Sea Salt & Pepper Calamari
9-10 oz.

BAKERY



2.69

Cake Slice
7 oz.



SAVE \$1

Goosey Butter Cookies
Reg. \$5.99-10 ct.

BAKED FRESH IN-STORE

SAVE \$1

Whole or Sliced Loaf Cake
Reg. \$5.99-\$6.99-12-16.5 oz.



SAVE 50¢

Filled Danish
Reg. \$4.99-14 oz.

BUY 1 GET 1 FREE
Limit 2 FREE items with the purchase of 2.

Schnucks Bagels
Reg. \$4.99-6 ct.

DELI



SAVE \$1

Brown Butter & Sage Rotisserie Chicken
Reg. \$7.99-Excludes Herb, Natural and Mammoth Chicken-Limited time offer

NEW!



3.99

Sabra Hummus
10 oz.

BUY 2 GET 1 FREE
Equals \$3.33 Each After Instant Savings

Snack Factory Pretzel Crisps
7.2 oz.-Selected varieties



SAVE \$1

Chicken Pot Pie
Reg. \$7.99-\$12.99-12-30 oz.

SAVE \$2 LB

Dietz Watson Chicken Breast
Reg. \$13.99 lb.

GROCERY

SCAN FOR EVEN MORE SAVINGS!




2.49

Pace Salsa or Picante Sauce
16 oz.-Selected varieties

2 FOR \$4

Barilla Protein+ or Al Bronzo Pasta or Prego Pasta Sauce
8.8-16 oz.-Pasta or 24 oz.-Sauce-All varieties



5 FOR \$5

Campbell's Chicken Noodle or Tomato Soup or Swanson Broth
10.75 oz.-Soup or 14 oz.-Broth-Selected varieties

4 FOR \$5

Chef Boyardee Pasta or Kraft Macaroni & Cheese
5.5-15 oz.-Selected varieties



2.49

Ben's Original Ready Rice or Ready Risotto
8.5-8.8 oz.-Selected varieties

1.19

Starkist Chunk Light Tuna or Chicken
2.6-5 oz.-Selected varieties

Buy Any 4 SAVE \$4

General Mills MIX & MATCH

See store for details.

BOX TOPS FOR EDUCATION



1.49 EA

When You Buy 4 or '2.49 Each

Old El Paso Taco Shells or Enchilada Sauce
4.6-7.4 oz.-Shells or 10 oz.-Sauce-Selected varieties



1.49 EA

When You Buy 4 or '2.49 Each

Progresso or Old El Paso Soup
18-19 oz.-Selected varieties



2.19 EA

When You Buy 4 or '3.19 Each

Pillsbury Grands! Biscuits
12.4-16.3 oz.-Selected varieties



2.49 EA

When You Buy 4 or '3.49 Each

General Mills Cereals or Nature Valley or Mott's Breakfast Bars
8.99-16 oz.-Cereals or 6 ct.-Bars-Selected varieties



2.49 EA

When You Buy 4 or '3.49 Each

General Mills Chex Mix
8 oz.-All varieties



2.49 EA

When You Buy 4 or '3.49 Each

Pillsbury Crescents, Cinnamon Rolls or Ready to Bake Cookies
8 ct.-Crescents or Rolls or 16.16.5 oz.-Cookies-Selected varieties



2.49 EA

When You Buy 2 or '3.49 Each

Cape Cod Potato Chips
7-9 oz.-Selected varieties



2.99

Crav'n French Fries, Onion Rings or Tater Tots
16-32 oz.-All varieties

BUY 1 GET 1 FREE
Limit 2 FREE items with the purchase of 2.

SuperPretzel Soft Pretzels
Reg. \$4.39-9.13 oz.-Selected varieties



10 FOR \$6

Yoplait Yogurt
4-6 oz.-All varieties

3.49 EA

Dannon Yogurt, Activia Proactive Yogurt or Too Good Dairy Coffee Creamer
Sale \$3.99-4 ct.-Yogurt or 25.4 oz.-Creamer-Selected varieties



1.99

Little Debbie Donuts
8.5-10.5 oz.-All varieties

2.99

Ken's Salad Dressing
16 oz.-Selected varieties



3.49

Smucker's Uncrustables
4 ct.-All varieties

2 FOR \$5

Jif Peanut Butter or Welch's Grape Jelly
15.5-18 oz.-All varieties



\$1 EA

Knorr Side Dishes
Sale 4 for \$5-4.5.7 oz.-Selected varieties

10 FOR \$10

ONE Protein Bar
2.12 oz.-All varieties

PRICES GOOD IN THE FOLLOWING CENTRAL, MO STORES ONLY:
JEFFERSON CITY • COLUMBIA • BATTLE CROSSING
Some items not available in some stores. While Supplies Last.
We reserve the right to limit quantities. ©2026 Schnucks

DIGITAL COUPONS

Digital and print coupons may not be combined for the same item in the same transaction. Offers and Digital Coupons not valid on Schnucks Delivers. Limit 1 Digital Coupon per item per account. For more details, visit [schnucks.com](https://www.schnucks.com).

*You must be a member of Wine Club to get advertised Wine Club prices. For membership terms and to join visit [Schnucks.com/wine-club](https://www.schnucks.com/wine-club).

CMD (49g 307, 714, 715, 726)

BONUS SAVINGS



3 FOR \$5
Evolution
Fruit Soda
12 oz.-
In Produce Dept.



\$5 EACH WHEN YOU BUY 3
Impossible
Nuggets, Patties,
Sausage or Steak Bites
Made From Plants
8-14 oz.-Selected varieties-
In Meat Dept.



3 FOR \$5
Pretzella
Pretzel Bites
2.6-2.7 oz.-
In Bakery Dept.



8.99 LB
Schnucks
Hard Salami
In Deli Dept.



6.49
Vicolo Pizzas
13-15.75 oz.-
Selected varieties-
In Deli Dept.



1.79
Lewis
1/2 Loaves
12 oz.-
All varieties



BUY 1 GET 1 FREE
Limit 2 FREE items
with the purchase of 2.
Schnucks Popcorn
Reg. \$2.59-
3 ct.-All varieties



3.49
Dole
Fruit Cups
4 ct.-Selected varieties



2.99
Jell-O Refrigerated
Gelatin or Pudding
Snacks or Reddi-wip
Whipped Topping
4 ct.-Snacks or 6.5 oz.-Topping-
Selected varieties



2.99
Mrs Butterworth's
Syrup
24 oz.-
Selected varieties



2 FOR \$4
Musselman's
Apple Sauce
4-6 ct.-Selected varieties



3 FOR \$5
Hidden Valley
Salad Dressing &
Seasoning Mix
0.4-1 oz.-Selected varieties



4.29
Simply
Orange Juice
46 oz.-All varieties



3.49
Coffee-Mate
Coffee Creamer or
Cold Foam Creamer
32 oz.-Coffee Creamer or
14 oz.-Cold Foam Creamer-
All varieties



6.99
Tru Fru
8 oz.-
All varieties



2.99
Crav'n
Hashbrown Patties
10 ct.-All varieties



2.99
Classico
Pasta Sauce
24 oz.-All varieties



1.29
Schnucks
Condiments
4-24 oz.-
Selected varieties



3.49
MiO Water Enhancer,
Crystal Light
Drink Mix or Capri Sun
1.62 oz.-MiO or
6-10 ct.-Crystal Light or
Capri Sun-Selected varieties



2.99
Swiss Miss
Cocoa
8-10 ct.-
All varieties



6.99
Ready Protein Bar
Multi-Pack
5 ct.-All varieties



3.99
Schnucks
Frozen Pasta
13.1-16 oz.-
All varieties



2.49
Swanson Stock or
Chicken Ramen Broth
32 oz.-Selected varieties



3.49
Maruchan
Ramen Noodles
12 ct.-Selected varieties



14.99
Coca-Cola
24 pack-12 oz. cans-
All varieties



6.99
Lipton Tea
12 pack-1/2 liter bottles-
All varieties



3.99
Gatorade
Sports Drink
6 pack-12 oz. bottles-
All varieties



11.99
Smirnoff Vodka
750 ml bottle-
Selected varieties



8.99
Blue Moon, Corona
or Athletic N/A
6 pack-12 oz. cans or bottles-
Selected varieties

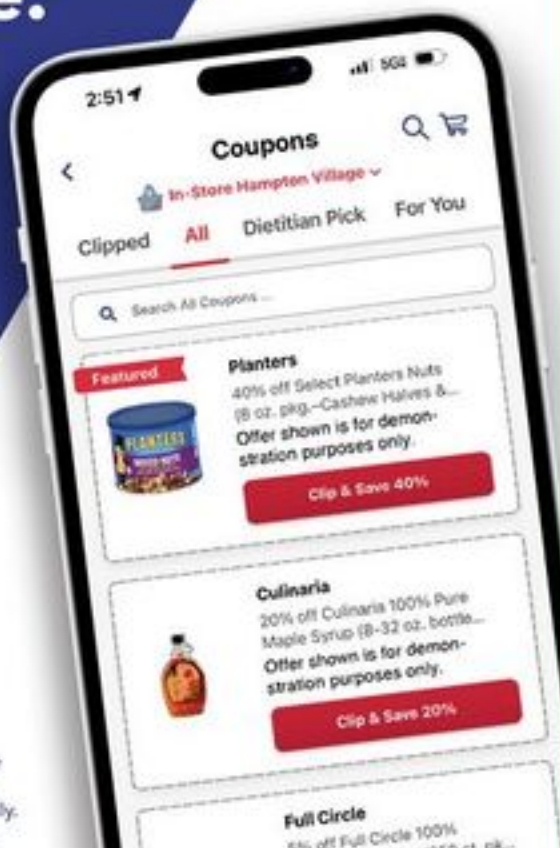


25.99
Busch or
Busch Light
30 pack-12 oz. cans

REWARD YOURSELF

instantly with
digital offers.*

Earn 2% back
on every
purchase.*



*Restrictions apply.
Offers shown on phone
screen graphic are for
marketing purposes only.
Actual offers may vary.

FEATURED DIGITAL OFFERS



EARN \$10
IN REWARDS POINTS
WHEN YOU SPEND
\$30 ON ANY PROCTER
& GAMBLE PRODUCTS
Redeem 1 time in one transaction



2X
POINTS
All Full Circle
Products



5X POINTS
Blue Buffalo
Life Protection Formula
Dry Dog Food
5-24 lb.-All varieties



5X POINTS
Select Barilla Pasta
7-16 oz.-
Selected varieties

Some offers and digital coupons not valid on Schnucks Delivers.
Printed Digital Coupons not accepted. To view your targeted Digital Coupons on the website,
you must be logged in to your Schnucks Rewards account. Offers valid thru 1/13.

VIEW EVEN MORE OFFERS IN THE APP

CLICK HERE