

Ruler
F O O D S By Kroger

Ruler
FOODS

Shop Smart, Spend Less

SUPER SAVERS

4.99

Kroger
Navel Oranges
8 lb Bag



SUPER SAVERS

3.99

Indiana Kitchen
Smoked Bacon
16 oz



SUPER SAVERS

69¢

Heritage Farm
Leg Quarters
Sold in a 10 lb Bag for \$6.90



**NEW YEAR
NEW APP!**



Delivery



Exclusive
Savings



Weekly Ads

Download TODAY!



App Store



Google Play

SUPER SAVERS

1.99

Blueberries
1 pint, Blackberries,
6 oz or Raspberries, 6 oz



SUPER SAVERS

3.49

Kroger Yukon
Gold Potatoes
5 lb Bag or Red
Potatoes, 5 lb Bag



SUPER SAVERS

3.99 lb

Kroger 73%
Lean Ground Beef
Sold in a 3 lb Roll for \$11.97



SUPER SAVERS

2/\$5

Kroger Salad Bowls
Select Varieties, 5.5 - 6.7 oz



Buy 2 Get 1 FREE!



SUPER SAVERS

BUY 2, GET 1

FREE

Of Equal or Lesser Value
Kroger Purified
Drinking Water
40-Pack, 16.9 fl oz, Limit 6



SUPER SAVERS

BUY 2, GET 1

FREE

Of Equal or Lesser Value
Kroger
Carbmaster Yogurt
6 oz, Limit 9



SUPER SAVERS

BUY 2, GET 1

FREE

Of Equal or Lesser Value
Kroger
Microwave Popcorn
6 ct, Limit 9



SUPER SAVERS

BUY 2, GET 1

FREE

Of Equal or Lesser Value
Kroger
Pizza Rolls
50 ct, Limit 9

TB01 2548_RUMOS



Prices effective Friday, January 2
through Tuesday, January 13, 2026.

2 locations in St. Louis, MO • Sikeston, MO • Cape Girardeau, MO • St. Charles, MO • Collinsville, IL • Highland, IL
Granite City, IL • Godfrey, IL • Belleville, IL • Fairview Heights, IL • St. Ann, MO
While supplies last. No rain checks accepted. Beer and Wine available at select stores.

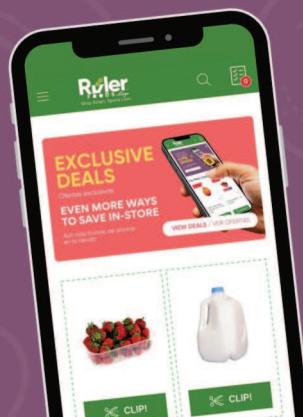


SUPER SAVERS

4/\$5

Idahoan
Mashed Potatoes
4 oz or Blue Bonnet
Butter, 4 ct

NEW WAY TO SAVE!



**\$75+ IN
SAVINGS
EVERY WEEK
WITH DIGITAL
COUPONS**



SUPER SAVERS

4/\$5

Hunt's Manwich
Sloppy Joe Sauce
15 oz, Jose Ole Chimichanga,
5 oz or Kroger Salmon Pouch,
2.5 oz



3.89

Kroger
Butter Sticks
4 ct, 16 oz

1.85

Kroger
Jumbo Biscuits
8 ct, 16 oz



2.39

Kroger
Sriracha Sauce
17 oz

59¢

Maruchan
Instant Lunch
2.25 oz



2.79

On-Cor Dinners
26-28 oz or
Red Lobster
Cheddar Bay
Biscuit Mix, 11.36 oz



1.95

Kroger Cereal
or Original
Pancake Mix,
32 oz



1.99

Kroger Saltine
Crackers
16 oz

3/\$5

Kroger Hearty
Ready To Serve
Soups
Select Varieties,
18.6-18.8 oz



3.99

Chick-Fil-A
Sauce
16 fl oz

7.59

Kroger
Frozen Chicken
22-25 oz



3.15

Jimmy Dean
Breakfast Bowls
7-9 oz



1.99

Kroger
Sliced Cheese
16 ct, 12 oz or
Bunny Bread, 16 oz



SUPER SAVERS

2/\$7

Jack's Pizza
Select Varieties,
13.8-15.8 oz

Fresh for Less!



99¢

Kroger
Cut & Peeled
Baby Carrots
16 oz Bag



99¢ LB

Roma
Tomatoes



99¢ LB

Sweet Onions



99¢ LB

Red or
White Onions



99¢

Kroger Jumbo
Russet Potato
14 oz,
Microwave-Ready



🏆 SUPER SAVERS

99¢

Kroger
In Shell Peanuts
Salted or
Unsalted, 10 oz

Freshness Guaranteed!



10/\$10

Bar S Franks
12 oz



2/\$6

Kroger Ham
Diced or Cubed, 8 oz



\$5

Chicken Drumsticks

Bone-In, 4.5 lb Package or Thin Chicken
Breast Boneless Skinless, 1.25 lb Package



10/\$10

Armour
Lunchmakers
Select Varieties,
2.44-2.67 oz



2/\$6

Kroger Pork
Sausage Roll
Select Varieties, 16 oz



\$5

Kroger Boneless
Loin Chops
5 ct, 1.25 lb Package
or Cook's Bone-In
Ham Steak,
1.18 lb Package

Simple Truth Super Savers!



🏆 SUPER SAVERS

2/\$5

Simple Truth
Organic
Baby Spinach
or Spring Mix, 5 oz



🏆 SUPER SAVERS

5.99

Simple Truth
Pecan Halves
12 oz or Walnut
Halves & Pieces, Raw



🏆 SUPER SAVERS

2.79

Simple Truth
Organic
Gala Apples
2 lb Bag



🏆 SUPER SAVERS

5.99

Simple Truth Organic
Grass Fed 85% Lean
Ground Beef
16 oz

Super Savers


🏆 SUPER SAVERS
2/\$4

Simple Truth
Almond Milk
1/2 Gallon, or
Simple Truth
Organic Soy Milk,
64 fl oz


🏆 SUPER SAVERS
2/\$4

Simple Truth
Organic
Frozen Fruit
10-12 oz


🏆 SUPER SAVERS
2/\$5

Simple Truth
Organic
Yogurt Tubes
2 oz, Fruit Strips, 8 ct
or 100% Organic
Apple Juice, 64 fl oz


🏆 SUPER SAVERS
2/\$7

Simple Truth
Organic
Peanut Butter
16 oz or
Honey, 12 oz


🏆 SUPER SAVERS
2/\$8

Simple Truth
Protein
Chicken Bowls
9-9.5 oz


🏆 SUPER SAVERS
2/\$10

Simple Truth
Pizza On
Cauliflower Crust
14 oz

Simple Truth: Quality You Can Trust


🏆 SUPER SAVERS
10/\$10

Simple Truth
Organic
Can Vegetables
14.5-15.25 oz or
Petite Diced Tomatoes,
14.5 oz


🏆 SUPER SAVERS
2/\$5

Simple Truth
Organic Cheese
Shredded or Slices
6 oz


🏆 SUPER SAVERS
2/\$9

Simple Truth
Vapor Distilled Water
24-Pack


🏆 SUPER SAVERS
2/\$4

Simple Truth
Organic
Pasta Sauce
24 oz or
90 Second Rice,
8.8 oz


🏆 SUPER SAVERS
2/\$7

Simple Truth Natural Cage
Free Large Brown Eggs
12 ct


🏆 SUPER SAVERS
2/\$4

Simple Truth
Organic
Blue Tortilla Chips
9 oz, or Simple Truth
Sweet Potato Chips,
6 oz

Protein Made Simple


🏆 SUPER SAVERS
2/\$8

Simple Truth
Protein Pancakes
10-40 ct, Creamy
Protein Peanut Butter,
16 oz or Protein
French Toast Sticks


🏆 SUPER SAVERS
2/\$8

Simple Truth
Protein Oatmeal
4 ct


🏆 SUPER SAVERS
2/\$6

Simple Truth
Protein Soups
24 oz


🏆 SUPER SAVERS
10/\$10

Simple Truth Protein
Cottage Cheese
5.65 oz

OLLY

THE PERFECT WOMEN'S MULTI
A Powerful Blend of Vitamins A, C, E, B6, B12, Iron & Folic Acid

THE PERFECT MEN'S MULTI
A Powerful Blend of Vitamins A, C, E, B6, B12, Zinc & Selenium

KIDS MULTI + PROBIOTIC
A Powerful Blend of Vitamins A, C, E, B6, B12, Iron & Folic Acid

PROBIOTIC + PREBIOTIC
A Powerful Blend of Vitamins A, C, E, B6, B12, Zinc & Selenium

🛒 SUPER SAVERS

8.99

OLLY Multivitamins or Probiotics
30-90 ct

Premier Protein

30g PROTEIN | 160 | 1g SUGAR | 24g CARB | LOW FAT | GOLD

Chocolate

Vanilla

12 Pack

🛒 SUPER SAVERS

24.99

Premier Protein Shake
12-Pack, 11 fl oz

Super Saver Snuggles and Sweets for Valentine's Day!

16.99

Valentine Squishmallow
14"

5.99

Valentine Squishmallow
5"

9.99

Disney Valentine Squishmallow
8"

7.99

Valentine Squishmallow
8"

4.99

Hershey's or Dove Valentine Assorted Chocolate,
7.6-10.1 oz

4.49

Butterfinger or Crunch Heart Bags
9-9.4 oz or M&M's Bags, 10 oz

Feel Better Without Spending More!

4.99

Kroger Multi-Symptom Cold & Flu Day & Nighttime Cold Medicine
12 fl oz

10/\$10

Kroger Cough Drops
30 ct

5.99

Kroger Mucus Relief
14 ct

4.99

Kroger Severe Cold & Flu Day & Nighttime Multi-Symptom Cold Medicine Softgels
24 ct

4.49

Halls Cough Drops
80 ct

8.39

Coricidin High Blood Pressure Cold & Flu Tablets
20 ct

NEW WAY TO DELIVER!

Start your order today on the Ruler Foods app or at RulerFoods.com



🛒 SUPER SAVERS

4/\$5

Pillsbury Cake Mix
15.25 oz or Martha White
Muffin Mix, 7-7.6 oz



1.95
Pillsbury
Frosting
16 oz



2.19
Kroger
Cream Cheese
8 oz



🛒 SUPER SAVERS

3/\$5

Kroger
Bagels
6 ct



🛒 SUPER SAVERS

4/\$5

Milo Famous
Sweet Tea
20 fl oz or Powerade,
28 fl oz



🛒 SUPER SAVERS

2/\$5

Kroger
Cookies
Select Varieties,
11.3-15 oz



2.29

Kroger
Toaster Treats
12 ct or Kroger
Pancake Syrup, 24 fl oz



🛒 SUPER SAVERS

2/\$6

Nabisco
Ritz Crackers
8.8-13.7 oz or
Saltines, 16 oz

1.25
Kroger
Ketchup
24 oz



2.95

Kroger
Frozen Potatoes
Select Varieties,
19-32 oz



🛒 SUPER SAVERS

4/\$5

Knorr Pasta
or Rice Sides
Select Varieties, 4.2-5.7 oz



🛒 SUPER SAVERS

3/\$5

Kroger
Dressing
16 fl oz or Real
Bacon Bits, 3 oz;
Select Varieties



🛒 SUPER SAVERS

4/\$5

Kroger Frozen
Vegetables
12 oz or 90 Second Rice,
8.8 oz



Find us online:



**SHOP SMARTER WITH
YOUR OTC CARD**

*For details on products covered by your specific plan, please reach out to your insurance provider

DID YOU KNOW?

You can use your Medicare Advantage Food & OTC Benefit Card to shop eligible groceries and over the counter medications.*

Sign up for email & SMS messages:



Accepted at

Ruler
Foods
Shop Smart, Spend Less