



Kroger
Breaded Crunchy Butterfly Shrimp
Frozen, 32 oz
Price without digital coupon is up to \$10.99 each with Card. **With Digital Coupon**

\$9.99
/EA



Private Selection
Hummus
10 oz or Deli Kitchen
Corn Tortilla Chips,
14-16 oz; Select Varieties,
In the Deli
\$2.99
/EA
With Digital Coupon
Price without digital coupon
is up to \$4.49 each with Card.



DiGiorno Pizza
14.14-30.3 oz or Party Size
Ruffles, 12.5-13 oz
or Tostitos, 14.5-20 oz;
Select Varieties
\$3.99
/EA
With Digital Coupon
Price without digital coupon
is up to \$5.99 each with Card.



Dunkin' Coffee
10-12 oz Bag or K-Cups,
10 ct or Café Bustelo
Coffee, 11 oz Bag
or K-Cups, 10 ct;
Select Varieties
\$6.99
/EA
With Digital Coupon
Price without digital coupon
is up to \$9.99 each with Card.

10 \$10
for
SALE
Each participating item
is just \$1 with Card.
*Selection varies by store.

WEEKLY DIGITAL DEALS
Use each coupon
UP TO 5 TIMES
in one transaction*
Look for
these tags.
WEEKLY DIGITAL DEALS
1.99
/EA
SCAN & SAVE MORE



**Coca-Cola,
Pepsi or 7UP**
Select Varieties,
2 Liter,
Plus Deposit
Where Applicable
\$1.49
/EA
With Digital Coupon
Price without digital coupon
is up to \$3.49 each with Card.



Miracle Whip
19-30 fl oz or
Heinz Ketchup,
32 oz; Select Varieties
\$2.99
/EA
With Digital Coupon
Price without digital coupon
is up to \$4.99 each with Card.



**Kind
Bars**
Select Varieties,
4-6 ct
\$5.99
/EA
With Digital Coupon
Price without digital coupon
is up to \$7.99 each with Card.



**Large
Pineapple**
Price without digital coupon is up to \$2.99 each with Card. **With Digital Coupon**

\$1.99
/EA



Barilla Pasta
Select Varieties,
12-16 oz
99¢
/EA
With Digital Coupon
Price without digital coupon
is up to \$1.59 each with Card.



**Ben & Jerry's
Ice Cream**
16 fl oz or Nature Valley
Breakfast Biscuits,
10 ct; Select Varieties
\$3.49
/EA
With Digital Coupon
Price without digital coupon
is up to \$5.99 each with Card.



**Quilted Northern
Bath Tissue**
12 Mega Rolls or
Brawny Paper Towels,
6 Double Rolls;
Select Varieties
\$9.99
/EA
With Digital Coupon
Price without digital coupon
is up to \$11.99 each with Card.



Starkist Tuna, 2.6-5 oz • Rice-A-Roni, 4.3-7.2 oz
• **Powerade, 28 fl oz • BodyArmor, 16 fl oz**
• **Nissin Ramen or Chow Mein, 2.54-4 oz**
• **Sparkling Ice, 17 fl oz • Campbell's**
Chicken Noodle or Tomato Soup, 10.75 oz
• **Larabar, 1.06-1.7 oz • Simple Truth Organic**
Beans, 15 oz • Kroger Snacking Medley, 1.5 oz
• **Snapple, 16 fl oz • Cheez-It Grab-N-Go Snacks,**
1-3 oz • Old El Paso Taco Seasoning, 1 oz

WEEKLY DIGITAL DEALS

Use each coupon
UP TO 5
TIMES
in one transaction*



Look for
these tags.

Muscle Milk
\$6.99
/EA
With Digital
Coupon



Select Varieties,
4-Pack, 11 fl oz

Price without digital coupon is up to \$8.99 each with Card.

Bounce
Dryer Sheets
\$4.99
/EA
With Digital
Coupon



160 ct or Downy
Unstopables, 6.9-8.3 oz;
Select Varieties

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

*While supplies last.

Tuscany
Candle
Select Varieties, 14 oz
\$6.99
/EA
With Digital
Coupon



Price without digital coupon is up to \$7.99 each with Card

SAVE \$1 EACH

WHEN YOU BUY 5 OR MORE.

MIX & MATCH 5 or more participating items with Card.



Find even more online!

Scan me to shop all participating items.

*When you buy any 5 or more participating items in the same transaction with Card. Participating item varieties and sizes may vary by store.

BUY 5 OR MORE
SAVE \$1 EACH
1.99
With Card

Look for these tags.



Gatorade
8-Pack, 20 fl oz
or Skinny Pop
Popcorn Multipack,
10 ct; Select Varieties,
Plus Deposit
Where Applicable

8.49 With Card
-1.00

\$7.49
/EA*



**Zapp's or Utz
Potato Chips**
7.75-16 oz
or Yerba Madre
Organic Yerba Mate,
15-15.5 fl oz;
Select Varieties,
Plus Deposit Where Applicable

2.99 With Card
-1.00

\$1.99
/EA*



2.79 With Card
-1.00

\$1.79
/EA*

Progresso Soup
18-19 oz or
Hormel Chili, 15 oz;
Select Varieties



2.99 With Card
-1.00

\$1.99
/EA*

**Jif
Peanut Butter**
13-16 oz or Banza
Pasta, 5.5-8 oz;
Select Varieties



4.99 With Card
-1.00

\$3.99
/EA*
**Zoi
Greek Yogurt**

32 oz or Oatly Oatmilk,
64 fl oz; Select Varieties



5.99 With Card
-1.00

\$4.99
/EA*

Amy's Entrée
8.4-10.3 oz or
Kettle & Fire
Bone Broth,
16.2-16.9 oz;
Select Varieties



8.99 With Card
-1.00

\$7.99
/EA*

**Kevin's Chicken
Entrées**
Select Varieties,
16 oz

3.99 With Card
-1.00
\$2.99
/EA*
**Darigold
Butter**

16 oz or Daiya
Dairy-Free Cheese,
7.1-7.8 oz; Select Varieties



3.99 With Card
-1.00

\$2.99
/EA*

**Chobani
Greek Yogurt**
4 ct or
Cascadian Farm
Organic Cereal
or Granola, 9-14.6 oz;
Select Varieties



5.99 With Card
-1.00

\$4.99
/EA*

**Hershey's
Unwrapped
Candy**
7-9 oz or Black Forest
Fruit Snacks, 22 ct;
Select Varieties



8.99 With Card
-1.00

\$7.99
/EA*

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



6.99 With Card
-1.00

\$5.99
/EA*

**Liquid Death
Sparkling Water**
6-Pack, 12 oz Cans
or Quest Tortilla
Chips, 4 oz;
Select Varieties,
Plus Deposit
Where Applicable



8.99 With Card
-1.00

\$7.99
/EA*

**Crest
Toothpaste**
Select Varieties,
3.8-4.8 oz



6.49 With Card
-1.00

\$5.49
/EA*

**Dixie
Paper Plates
or Bowls**
Select Varieties,
25-90 ct

SAVE ON NATURAL & ORGANIC ITEMS



3.99 With Card
-1.00

\$2.99 /EA*

Pacific Foods Organic Soup
32 fl oz or Goodles Mac & Cheese, 5.25-6 oz; Select Varieties



1.99 With Card
-1.00

99¢ /EA*

Annie's Mac & Cheese
5.25-6 oz or Core Water, 30.4 fl oz; Select Varieties, Plus Deposit Where Applicable



3.49 With Card
-1.00

\$2.49 /EA*

Almond Breeze Almondmilk

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



3.99 With Card
-1.00

\$2.99 /EA*

Simple Truth Sparkling Water
Select Varieties, 8-Pack, 12 fl oz Cans, Plus Deposit Where Applicable

SAVE \$1 EACH
WHEN YOU BUY 5 OR MORE.

MIX & MATCH 5 or more participating items with Card.

*When you buy any 5 or more participating items in the same transaction with Card. Participating item varieties and sizes may vary by store.

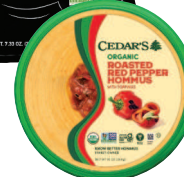
Look for these tags.



4.49 With Card
-1.00

\$3.49 /EA*

Cedar's Organic Hommus
10 oz or Stacy's Pita Chips, 6.75-7.33 oz; Select Varieties, In the Deli



5.29 With Card
-1.00

\$4.29 /EA*

Simple Truth Organic Lunch Meat
Select Varieties, 5-6 oz



6.49 With Card
-1.00

\$5.49 /EA*

Vitaminwater
6-Pack, 16.9 fl oz or Luna Bars, 6 ct; Select Varieties, Plus Deposit Where Applicable



7.49 With Card
-1.00

\$6.49 /EA*

Amy's Pizza
12-15.3 oz or Bob's Red Mill Oats, 28-32 oz; Select Varieties



5.49 With Card
-1.00

\$4.49 /EA*

Kind Breakfast Bars



8.49 With Card
-1.00

\$7.49 /EA*

Olipop Soda
Select Varieties, 4-Pack, 12 fl oz, Plus Deposit Where Applicable



14.49 With Card
-1.00

\$13.49 /EA*

Applegate Chicken
Select Varieties, 16 oz



12 ct or Partake Gluten Free Cookies, 5.5-6.75 oz; Select Varieties

HOME TEAM ESSENTIALS

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



\$7.99
/LB

With Card
**Beef Flanken Style
Ribs**
Bone-In,
Value Pack



**Homestyle
80% Lean
Ground Beef**
8 ct

\$12
With Card



**Home Chef
Chicken Wings**
\$8.99
/LB
With Card

Bone-In or
Boneless, Fully Cooked;
Select Varieties, In the Deli



**Lay's
Potato Chips**
5-8 oz or Doritos,
9-10.75 oz or
Sunchips, 7 oz;
Select Varieties

**FINAL COST
When You Buy 4**

4/\$10

With Card

When you buy 4 or more in the same transaction with Card.
Quantities less than 4 are up to \$5.99 each with Card.



**Sweet Baby Ray's
Barbecue Sauce**
18 oz
or Kinder's Sauce,
12.5-16.9 oz;
Select Varieties

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

FREE
With Card



**Ken's
Salad Dressing**
16 fl oz or
Sensible Portions
Veggie Snacks,
3.75-7 oz;
Select Varieties

2/\$6
With Card



**Kroger
Cocktail Smokies**
14 oz

2/\$7
With Card



**Bloom Pop
Soda**
12 fl oz or Reser's Dip,
8 oz; Select Varieties,
Plus Deposit
Where Applicable

2/\$4
With Card



**Kroger
Peanuts**
Select Varieties,
12 oz

\$1.69
With Card



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

\$4.29
With Card



**Kroger
Paper Plates**
Select Varieties,
48 ct

\$2.99
With Card



**Crock-Pot
Cook & Carry
Slow Cooker**
6-Quart

\$49.99
With Card



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

\$26.99



\$6

With Card
**Kroger
Broccoli or
Cauliflower
Florets**
24-32 oz

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

MIX & MATCH SAVE \$10 AN EXTRA

When you buy 2 participating Household, Baby or Pet 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.

EVERYTHING YOU NEED FROM KICK OFF TO CLEAN UP



SHOP OUR EXCLUSIVE BRANDS AND SAVE



Simple Truth
Natural 93% Lean
Ground Beef
16 oz Package

\$9.99
With Card



Kroger
Single Serve
Salad Bowls
4.75-7 oz

3/\$11
With Card

Kroger
Instant Oatmeal
3/\$5
With Card



8-12 ct or Kroger Tea,
64 fl oz; Select Varieties



Kroger
Trail Mix
30-36 oz or Simple Truth
Freeze Dried Fruit, 2 oz;
Select Varieties

\$7.99
With Card



Private Selection
Preserves
Select Varieties,
13 oz

\$3.99
With Card



Simple Truth
Organic Broth
32 oz or Kroger
Dijon Mustard, 12 oz;
Select Varieties

2/\$4
With Card



Simple Truth
Protein Tortilla Chips
5 oz or Kroger
Peanuts, 32-35.5 oz;
Select Varieties

\$4.99
With Card



Kroger
Ice Cream
Select Varieties,
48 fl oz

2/\$5
With Card



Kroger
Diced Tomatoes
14.5 oz or Chunk Light Tuna,
5 oz; Select Varieties

89¢
With Card

BOTTLES & BREWS



Pelican,
Topo Chico
or Ecliptic
\$17.99

Select Varieties,
12-15-Pack, 12 fl oz
Bottles or Cans,
Plus Deposit
Where Applicable



Pub Beer
18-Pack, 12 fl oz
or Budweiser, 12-Pack,
12 fl oz Bottles or Cans;
Select Varieties,
Plus Deposit Where Applicable

\$13.99



8.99 EA
-10%
With Card

\$8.09
/EA*

Bogle
or Matua
Select Varieties,
750 ml



9.99 EA
-10%
With Card

\$8.99
/EA*

Cook's
or Barefoot
Select Varieties,
1.5 Liters

*When You Buy Any 6 Participating Items with Card.



CLIP COUPON

EARN **4X** FUEL
POINTS
with digital coupon*

on Simple Truth® products

*See coupon for details.

FIND YOUR FAVORITE NATURAL ITEMS

Boulder Canyon
Chips

\$3.99

With Card

Select Varieties,
5.25-6.5 oz



Simple Truth
Almond Butter
Select Varieties,
16 oz

\$6.99

With Card



Poppi Soda
Select Varieties,
12 fl oz Cans,
Plus Deposit
Where Applicable

3/\$5

With Card



Built Puff
Protein Bars
Select Varieties,
4 ct

\$9.99

With Card



Pete & Gerry's
Organic Eggs
Large,
Grade A, 12 ct

\$5.49

With Card



Simple Truth
Beef or Turkey
Hot Dogs
Select Varieties,
10 oz

\$4.49

With Card

HOME, HEALTH & MORE!



TRESemmé
Shampoo or
Conditioner
Select Varieties,
28 fl oz

\$5.99

With Card



Vital Proteins
Collagen Peptides
Select Varieties,
10-13.51 oz

\$20.99

With Card



Comforts
Baby Food
Variety Pack
Select Varieties, 12 ct

\$7.99

With Card



Halls
Value Pack
Cough Drops
Select Varieties,
70-80 ct

\$4.99

With Card



Suave
Body Wash
Select Varieties,
18 fl oz

\$2.99

With Card



GoodCook
Meal Prep
Containers
Select Varieties,
10-Pack

\$8.99

With Card

LOCAL

Honeycrisp or SugarBee Apples

\$2.49 /LB

With Card



Suja Organic Juice Drinks
2-12 fl oz

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

FREE

With Card



BIG DEAL!

BIG PACKS

\$5.99

With Card

Blueberries

18 oz



Bloom Haus
January
Jubilee Bouquet

\$9.99

BLOOM HAUS



Red Tomatoes
on the Vine

\$1.99 /LB

With Card



California Cuties
Seedless Mandarins

3 lb

\$4.99

With Card



GUARANTEED FRESH

MIX & MATCH

BUY 1, GET 1

FREE

of Equal or Lesser Value

With Card

Hormel Marinated Pork Loin Filets

Select Varieties, 1.5 lb



FAMILY SIZE

Bob Evans[®]

TASTEFUL SIDES[™]

Macaroni & Cheese

SERVES 4

FAMILY SIZE

Bob Evans[®]

MASHED POTATOES

Original

SERVES 4



Bob Evans
Family Size Side

Select Varieties,
28-32 oz

\$4.99

With Card



Shrimp Trays

Frozen, 11-25.3 oz
or Crab Sale, Whole Cooked
Dungeness Crab, Snow Crab
Clusters or King Crab Legs,
16-22 ct; Previously Frozen

25% OFF

Tag Reflects Savings
With Card

LUNCHABLES
FUN PACK!

TURKEY & AMERICAN

LUNCHABLES
FUN PACK!

PEPPERONI PIZZA

12g PROTEIN



Oscar Mayer
Fun Pack
Lunchables

8.8- 10.7 oz
or Prime Fresh
Lunch Meat, 7-8 oz;
Select Varieties

2/\$6

With Card

Fresh
Columbia River
Steelhead Fillets

Farm-Raised

\$9.99 /LB

With Card



DELI & BAKERY

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

Lemon
Pudding Cake

30 oz or Classic Cake,
6"; Select Varieties

\$6

With Card



Home Chef
Classic Seasoned
Fresh Roasted
Chicken

or Other Varieties,
Fully Cooked, 2 lb

\$8.99

With Card



Private Selection
Brown Sugar Ham

or Sharp
Cheddar Cheese,
\$10.99 lb with Card;
Select Varieties,
Sliced to Order
or Grab & Go

\$13.99 /LB



BOTTLES & BREWS



\$19.99

**Truly, Deschutes
or New Belgium**

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



**13.99^{EA}
-10%
With Card
\$12.59^{/EA*}**

**Erath, Gruet
or Chateau Ste Michelle**
Select Varieties,
750 ml



\$9.99

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



**14.99^{EA}
-10%
With Card**

\$13.49^{/EA*}

**La Marca
or A to Z**
Select Varieties,
750 ml



**17.99^{EA}
-10%
With Card**

\$16.19^{/EA*}

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



**10.99^{EA}
-10%
With Card**

\$9.89^{/EA*}

**Korbel,
Seaglass or Erath**
Select Varieties,
750 ml

*When You Buy Any 6 Participating Items with Card.

CHEERS TO GREAT DEALS ON YOUR FAVORITES!

SAVE 30%

With Card

Valentine's Plush, Décor, Baking and Exchange Cards

SHARE THE LOVE WITH GIFTS FROM THE HEART

Find more sweet deals at FredMeyer.com/Valentines

Holiday Home Valentine's Day Jumbo Bear
Select Varieties, 36"

\$19⁹⁹
With Card

Valentine's Day Exchange Cards
Select Varieties

SAVE 30%
Tag Reflects Savings With Card

Holiday Home Valentine's Day Mug
Select Varieties

\$4⁹⁹
With Card

Holiday Home Valentine's Day Rolled Throw or Chenille Throw
Select Varieties

SAVE 50%
Tag Reflects Savings With Card

Fun Dip Valentines
24 ct

\$5⁹⁹
With Card

Queen Anne Cordial Cherries
Select Varieties, 6.6 oz

\$3⁴⁹
With Card

Brach's Heart Candy
Select Varieties, 12 oz

\$3⁷⁹
With Card

Hershey's Candy Heart Box
Select Varieties, 6.4-6.6 oz

\$5⁴⁹
With Card

Lindt Gourmet Truffles
6.7 oz

\$17⁹⁹
With Card

Dove Chocolate Hearts
Select Varieties, 7.94-8.87 oz

\$4⁹⁹
With Card

Trolli or Nerds Candy Box
Select Varieties, 6 oz

\$6⁹⁹
With Card

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

PICK UP EVERYTHING FOR GAME DAY!

Fred Meyer
TRAIL BLAZERS
REWARDS

Visit FredMeyer.com/blazers for details

HERE'S HOW IT WORKS... Look for these tags.

- 1. LOOK FOR THE TAGS**
Look for the Blazers logo on tags for participating items throughout the store. When you purchase Rewards items, you earn 1 point for every dollar you spend.
- 2. EARN POINTS AND REDEEM FOR...**
Blazers tickets, experiential prizes, apparel and more!

Participating Product
~~3.99~~
3.49
SALE

Coca-Cola
ORIGINAL TASTE