



FRESH FOR EVERYONE™



USDA  
CHOICE



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



Fresh Foster Farms  
or Simply Raised  
Chicken Full Line Sale  
Select Varieties



93% Lean  
Ground Beef  
Sold in a 3 lb Roll  
for \$17.97



**\$6.99**  
/LB  
With Card



**\$5**  
With Card



**\$8**  
With Card



**2/\$6**  
With Card



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



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



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



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



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of Equal or Lesser Value  
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FREE**  
of Equal or Lesser Value  
With Card

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

On FRIDAY purchases



Scan here or visit  
FredMeyer.com/FuelEvent  
to download coupon.  
\*Exclusions apply.  
See coupon for details.



**\$3.49**  
With Card



**\$7.99**  
/LB  
With Card



**2/\$9**  
With Card



**\$3.99**  
With Card



**2/\$3**  
With Card

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\*



**\$4.99**  
/EA  
With Digital Coupon  
Price without digital coupon  
is up to \$8.99 each with Card.



**\$4.99**  
/LB  
With Digital Coupon  
Price without digital coupon  
is up to \$5.99 lb with Card.  
Sold in a 3 lb Package for \$17.97



**\$6.49**  
/EA  
With Digital Coupon  
Price without digital coupon  
is up to \$7.49 each with Card.



**\$1.99**  
/EA  
With Digital Coupon  
Price without digital coupon varies by store.





**Aidell's Dinner Sausage**  
Select Varieties, 12 oz  
Price without digital coupon is up to \$4.99 each with Card. **With Digital Coupon**

**\$4.49** /EA



**Mini Cupcakes**  
12 ct or Brownie Bites, 10.5-11.9 oz;  
Select Varieties, In the Bakery

**\$5** /EA

**With Digital Coupon**  
Price without digital coupon is up to \$6 each with Card.

# WEEKLY DIGITAL DEALS

Use each coupon **UP TO 5 TIMES** in one transaction\*  
Look for these tags.



**Club Crackers**  
11-13.7 oz or Town House Crackers, 9.2-13.8 oz;  
Select Varieties

**\$2.99** /EA

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



**Kroger Navel Oranges or Grapefruit**  
8 lb Bag  
Price without digital coupon is up to \$12.99 each with Card.

**\$6.99** /EA  
**With Digital Coupon**



**Simple Truth Organic Broth**  
Select Varieties, 32 oz

**\$1.79** /EA

**With Digital Coupon**  
Price without digital coupon is up to \$2.29 each with Card.



**Stouffer's or Lean Cuisine Entrée**  
Select Varieties, 5.75-12.875 oz

**\$2.99** /EA

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



**Sun Chips**  
Select Varieties, 7 oz

**\$3.49** /EA

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



**Kodiak Frozen Waffles**  
Select Varieties, 6-10 ct

**\$6.99** /EA

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



**Smucker's Uncrustables**  
Select Varieties, 10 ct

**\$9.99** /EA

**With Digital Coupon**  
Price without digital coupon is up to \$11.99 each with Card.



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

**\$3.99** /EA

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



**Kroger Ultra Bath Tissue**  
Select Varieties, 24 Mega Rolls

**\$16.99** /EA

**With Digital Coupon**  
Price without digital coupon is up to \$22.99 each with Card.

\*While supplies last.

## MIX & MATCH SAVE \$10 AN EXTRA

When you spend \$40 or more on participating Baby, Pet 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.

**OGX Shampoo  
or Conditioner**  
Select Varieties, 13 fl oz

**\$6.49**  
/EA  
With Digital  
Coupon

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



**Colgate  
Optic White  
Toothpaste**  
Select Varieties, 4.2 oz

**\$2.99**  
/EA  
With Digital  
Coupon

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



**Fireside Supreme  
4-Hour Firelogs**  
6 ct

**\$19.99**  
/EA  
With Digital  
Coupon

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



\*While supplies last.



CLIP COUPON

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

on Simple Truth® products

\*See coupon for details.



**SAVE \$100**  
**999<sup>99</sup>**  
 With Card



**RoomSense Cannon  
 88" Power Reclining  
 Leather Sofa**

Reg. 1099.99  
 Power Recliner  
 Reg. 649.99 With Card **549.99**



**Sitswell Kasen  
 Glider Recliner**

**SAVE \$250**  
**299<sup>99</sup>**  
 With Card  
 Reg. 549.99  
 Also in brown or gray.

**SAVE \$100**  
**479<sup>99</sup>**  
 With Card

**75" SAMSUNG**

**Crystal UHD 4K Smart TV**  
 UN75U7900  
 Reg. 579.99



**THE  
 BIG  
 WINTER SALE**  
**SAVE UP TO 70%**  
 From Original Prices With Card  
 Selection may vary by store.  
 Limited to stock on hand.





# NATURAL & ORGANICS

Explore a great selection of natural choices.



Simple Truth  
Natural  
Ground Lamb  
16 oz, No Antibiotics Ever  
**\$10.49**  
With Card



Simple Truth  
Natural  
80% Lean  
Beef Burgers  
Frozen, 2 lb  
**\$14.99**  
With Card



Simple Truth  
Organic Gala,  
Granny Smith  
or Pink Lady Apples  
2 lb Bag  
**\$4.49**  
With Card



Simple Truth  
Fresh Roasted  
Chicken  
Fully Cooked,  
2 lb, In the Deli  
**\$11.99**



Simple Truth  
Organic  
Cucumbers  
16 oz  
**\$4.99**  
With Card

Olipop  
Soda  
Select Varieties,  
12 fl oz

**3/\$7**  
With Card



Fage  
Greek Yogurt  
Select Varieties,  
5.3 oz

**3/\$5**  
With Card



Kettle Brand  
Potato Chips  
Select Varieties,  
6-7.5 oz

**2/\$7**  
With Card



Lärabar  
Select Varieties,  
1.06-1.7 oz

**4/\$5**  
With Card



Simple Truth  
Organic  
Peanut Butter  
**\$4.49**  
With Card

15-16 oz or  
Bear Naked Granola,  
11-12 oz; Select Varieties



Traditional  
Medicinals  
Organic Tea  
16 ct or Kashi  
Organic Cereal,  
8-18 oz; Select Varieties

**\$5.49**  
With Card



Simple Truth  
Organic Frozen  
Vegetables  
Select Varieties,  
10-12 oz



**\$2.79**  
With Card



Think  
Protein Bars  
Select Varieties,  
5 ct

**\$10.49**  
With Card



Simple Truth  
Organic  
Tortilla Chips  
Select Varieties,  
9 oz



**2/\$6**  
With Card



# GROCERY ESSENTIALS



**Green Mountain  
or McCafé K-Cups**  
10 ct or Donut Shop Coffee,  
12 oz Bag or K-Cups, 10 ct;  
Select Varieties



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

**FREE**  
With Card



**Coffee-Mate  
Creamer**  
32 fl oz or Cold Foam,  
14 oz; Select Varieties

**FINAL COST  
When You Buy 2**

**2/\$8**

With Card  
When you buy 2 or more in the same  
transaction with Card. Quantities less  
than 2 are up to \$4.99 each with Card.



**Simply  
Juice**  
Select Varieties,  
52 fl oz

**\$4.69**  
With Card



**Progresso Soup**  
Select Varieties,  
18.5-19 oz

**FINAL COST  
When You Buy 8**

**8/\$12**

With Card  
When you buy 8 or more in the same  
transaction with Card. Quantities less  
than 8 are up to \$3.29 each with Card.



**LaCroix  
or Waterloo  
Sparkling Water**  
Select Varieties,  
8-Pack, 12 fl oz Cans

**\$4.69**  
With Card

## BOTTLES & BREWS



**Athletic, Blue Moon  
or Mike's Hard  
Lemonade**  
Select Varieties, 6-Pack,  
11.2-12 fl oz Bottles or Cans,  
Plus Deposit  
Where Applicable

**\$10.99**



**Pabst  
or Busch**  
Select Varieties, 30-Pack,  
12 fl oz Bottles or Cans,  
Plus Deposit  
Where Applicable

**\$22.99**



10.99 EA  
-10%  
With Card

**\$9.89**  
/EA\*

**Apothic,  
Fre or J Lohr**  
Select Varieties,  
750 ml

\*When You Buy Any 6 Participating Items with Card.

## SAVE MORE WITH DIGITAL COUPONS

Use each coupon up to 5 times in one transaction with Card.

Find even more online!  
Scan me to download  
digital coupons.

\*When you buy participating  
items in the same transaction  
with Digital Coupon.



Look for  
these tags.



5.79 With Card  
-1.00 Off 1

DIGITAL COUPON OFFER

**\$4.79**  
/EA\*

**Red Baron  
Pizza**  
Select Varieties,  
14.87-23.45 oz



1.59 With Card  
-50¢ Off 1

DIGITAL COUPON OFFER

**\$1.09**  
/EA\*

**Pillsbury  
Cake Mix**  
Select Varieties,  
15.25 oz



5.79 With Card  
-2.00 Off 1

DIGITAL COUPON OFFER

**\$3.79**  
/EA\*

**Kellogg's  
Large Size  
Cereal**  
Select Varieties,  
11-20.9 oz



1.79 With Card  
-50¢ Off 1

DIGITAL COUPON OFFER

**\$1.29**  
/EA\*

**Rice-A-Roni  
or Pasta Roni**  
Select Varieties,  
4.3-7.2 oz



10/\$13 With Card

-2.00 Off 10  
DIGITAL COUPON OFFER

**10/\$11**

**Chobani  
Greek Yogurt**  
Select Varieties,  
5.3 oz



15.99 With Card  
-3.00 Off 1

DIGITAL COUPON OFFER

**\$12.99**  
/EA\*

**Tide Laundry  
Detergent**  
Select Varieties,  
92-105 fl oz



7.49 With Card  
-2.00 Off 1

DIGITAL COUPON OFFER

**\$5.49**  
/EA\*

**Kroger  
Soft & Strong  
Bath Tissue**  
12 Double Rolls



2.89 With Card  
-50¢ Off 1

DIGITAL COUPON OFFER

**\$2.39**  
/EA\*

**Kroger  
Apple Juice  
or Juice Cocktail**  
64 fl oz;  
Select Varieties



# SAVE MORE WITH DIGITAL COUPONS

Use each coupon **up to 5 times**  
in one transaction with Card.

Find even more online!

Visit [FredMeyer.com/5Xcoupons](http://FredMeyer.com/5Xcoupons)  
to download digital coupons.

\*When you buy participating items in the same  
transaction with Digital Coupon. Participating  
item varieties and sizes may vary by store.



Look for  
these tags.



Frito-Lay  
Simply Snacks

5.25-8.5 oz  
or Miss Vickie's  
Potato Chips,  
8 oz; Select Varieties

5.49 With Card  
-1.00 Off 1  
DIGITAL COUPON OFFER

**\$4.49**  
/EA\*



Clif  
Z Bar  
Select Varieties,  
5-6 ct

6.99 With Card  
-50¢ Off 1  
DIGITAL COUPON OFFER

**\$6.49**  
/EA\*

12.79 With Card  
-1.00 Off 1  
DIGITAL COUPON OFFER

**\$11.79**  
/EA\*

Just Bare  
Frozen  
Chicken

Select Varieties, 19.2-24 oz



10.49 With Card  
-1.00 Off 1  
DIGITAL COUPON OFFER

**\$9.49**  
/EA\*

Gardein  
Ultimate  
Plant-Based  
Entrée  
Select Varieties,  
14-15 oz



Simple Truth  
Sparkling Water  
Select Varieties,  
8-Pack, 12 fl oz Cans

4.69 With Card  
-1.00 Off 1  
DIGITAL COUPON OFFER

**\$3.69**  
/EA\*



2.29 With Card  
-1.00 Off 1  
DIGITAL COUPON OFFER

**\$1.29**  
/EA\*

Vitaminwater  
Select Varieties,  
20 fl oz



4.69 With Card  
-1.00 Off 1  
DIGITAL COUPON OFFER

**\$3.69**  
/EA\*  
Cascadian Farm  
Organic Cereal  
or Granola

Select Varieties, 9-15 oz



6.99 With Card  
-1.00 Off 1  
DIGITAL COUPON OFFER

**\$5.99**  
/EA\*

Horizon  
Organic Milk  
Select Varieties,  
59-64 fl oz



6.29 With Card  
-1.00 Off 1  
DIGITAL COUPON OFFER

**\$5.29**  
/EA\*

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



4.69 With Card  
-50¢ Off 1  
DIGITAL COUPON OFFER

**\$4.19**  
/EA\*

Kettle & Fire  
Broth  
Select Varieties,  
32 oz



8.99 With Card  
-1.00 Off 1  
DIGITAL COUPON OFFER

**\$7.99**  
/EA\*

Chomps  
Chomplings  
Select Varieties,  
6 ct



4.29 With Card  
-50¢ Off 1  
DIGITAL COUPON OFFER

**\$3.79**  
/EA\*

Simple Truth  
Organic  
Instant Oatmeal  
Select Varieties,  
10-12 ct



6.99 With Card  
-1.00 Off 1  
DIGITAL COUPON OFFER

**\$5.99**  
/EA\*

Simple Truth  
Organic  
Maple Syrup  
Select Varieties,  
8 fl oz



# YOUR HOME TEAM FAVORITES



Find more game day  
deals & recipes at  
[FredMeyer.com/Football](http://FredMeyer.com/Football)

## \$10<sup>99</sup>

With Card  
**Fresh**  
**Private Selection**  
**Angus Beef Patties**  
Select Varieties,  
1.32-1.33 lb



**Pork  
Back Ribs**  
Bone-In

## \$5<sup>49</sup>

/LB  
With Card



**Kroger  
Meat Lover's  
Pizza**

## \$8

With Card

or Other Varieties,  
22.8-27 oz, In the Deli



**Johnsonville  
Dinner Sausage**  
16-19 oz or Nathan's  
Beef Franks, 11-12 oz;  
Select Varieties

## \$5<sup>49</sup>

With Card



**Lay's  
Potato Chips**  
5-8 oz or Doritos,  
8-10.75 oz or  
Smartfood Popcorn,  
6.25-7.75 oz;  
Select Varieties

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

**FINAL COST**  
When You Buy 4  

## \$3<sup>49</sup>

/EA  
With Card



**DiGiorno  
Pizza**  
Select Varieties,  
14.14-30.3 oz

When you buy 2 or more in the same transaction with Card.  
Quantities less than 2 are up to \$8.99 each with Card.

**FINAL COST**  
When You Buy 2  

## 2/\$12

With Card



**Rockstar  
Energy Drink**  
Select Varieties,  
12-16 fl oz

## 3/\$5

With Card



16 lb or Match Light  
Charcoal, 12 lb;  
Select Varieties



**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

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

## \$27<sup>99</sup>



## 2/\$12

With Card  
**Wholly  
Guacamole**  
15 oz

## \$13<sup>99</sup>

With Card

**Kingsford  
Original  
Charcoal**



# HOME, HEALTH & MORE!



**Force Factor Supplements**  
Select Varieties,  
60 ct

**\$14<sup>99</sup>**

With Card



**Hershey's  
King Size Candy**  
Select Varieties,  
2.6-3.5 oz

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

**FREE**

With Card



**Sensodyne  
Toothpaste**  
Select Varieties, 4 oz

**\$7<sup>49</sup>**

With Card



**Premier Protein  
Shakes**  
Select Varieties,  
4-Pack, 11 fl oz

**\$10<sup>89</sup>**

With Card



**Dawn  
Powerwash**  
16 fl oz or  
Dishwashing Liquid,  
17.4 fl oz;  
Select Varieties

**\$6<sup>39</sup>**

With Card

**FIND MORE DIGITAL COUPON  
SAVINGS ON OUR SITE & APP!**



**Philips  
LED A19  
Light Bulbs**  
60 Watt,  
Select Varieties,  
4-Pack

**\$7<sup>99</sup>**

With Card





**Kroger  
Mini Peppers**  
2 lb  
**\$6**  
With Card



**SugarBee  
Apples**  
**\$3.49** /LB  
With Card



**\$4.29**  
With Card  
**Fresh Raspberries  
or Blackberries**  
6 oz

**Bloom Haus  
Brilliance in Bloom  
Bouquet**  
**\$11.99**  
BLOOM  
HAUS



**Broccoli  
Crowns**  
**\$3.29** /LB  
With Card



**Wonderful  
Seedless Lemons**  
3 lb Bag  
**\$5**  
With Card



**GUARANTEED FRESH**



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

**Whole  
Pork Tenderloin**  
or Hormel Marinated  
Pork Loin Filets, 1.5 lb  
or St. Louis Pork Back Ribs,  
Bone-In



**Simply  
Potatoes**  
Select Varieties,  
20 oz  
**2/\$7**  
With Card



**Wild-Caught  
Alaska Sockeye  
Salmon Fillets**  
Previously Frozen  
**\$12.99** /LB  
With Card



**Kevin's  
Entrees**  
Select Varieties,  
16 oz  
**\$10.99**  
With Card



**Sea Pak  
Appetizers**  
Select Varieties,  
Frozen, 18-22 oz  
**\$9.99**  
With Card

**DELI & BAKERY**  
Order party trays, cakes and more at  
[FredMeyer.com/fresh](http://FredMeyer.com/fresh)

**Private Selection  
Fresh Baked  
Cinnamon Rolls**  
Select Varieties,  
4 ct  
**\$7.99**



**Crunchy Sushi  
Combo**  
12-14.1 oz,  
Available in  
Select Stores  
**\$10.99**

**Private Selection  
Hard Salami**  
or Provolone Cheese,  
\$11.49 lb with Card;  
Select Varieties,  
Sliced to Order  
or Grab & Go

**\$12.49** /LB  
With Card





# BOTTLES & BREWS



**\$19.99**

**Alaskan, Wildness  
or 49th State**

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



Rich and Rare  
or Platinum 7X  
**\$23.99**

Select Varieties, 1.75 Liters



**\$10.99**

**Cutwater,  
Crown Royal  
or Jameson**

Select Varieties,  
4-Pack, 12 fl oz Cans



9.99<sup>EA</sup>  
-10%  
With Card

**\$8.99**  
/EA\*

**Bogle  
or Clos Du Bois**  
Select Varieties,  
750 ml



6.99<sup>EA</sup>  
-10%  
With Card

**\$6.29**  
/EA\*

**Yellow Tail  
or Barefoot**  
Select Varieties,  
750 ml



16.99<sup>EA</sup>  
-10%  
With Card

**\$15.29**  
/EA\*

**Bota Box  
or Black Box**  
Select Varieties,  
3 Liters

\*When You Buy Any 6 Participating Items with Card.

**CHEERS TO GREAT DEALS ON YOUR FAVORITES!**



# THE BIG STORAGE SALE

Garage • Totes • Closet • Laundry

## SAVE AN EXTRA \$5

when you spend \$25 on storage

With Card & Digital Coupon. Exclusions apply. See Digital Coupon for details.



**Sterilite Latch Tote**  
64-Quart

**\$8<sup>99</sup>**  
With Card



**Sterilite Tote**  
Select Varieties,  
18-Gallon

**\$7<sup>99</sup>**  
With Card



**Holiday Home Christmas Tree Bag**  
1 ct

**SAVE 30%**  
Tag Reflects Savings  
With Card



**Sterilite Gift Wrap Box**  
30 inch

**\$12<sup>99</sup>**



**Sterilite Wreath Storage Box**

**\$12<sup>99</sup>**  
With Card



**Sterilite Stack & Carry Ornament Box**  
24 Compartments

**\$12<sup>99</sup>**



**Sterilite Shoebox**  
1 ct

**\$1<sup>99</sup>**



**Sterilite Sweater Box**  
2 ct, 12-Quart

**\$6<sup>99</sup>**



**Sterilite Tote**  
30-Gallon

**\$12<sup>99</sup>**

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