















**Boneless Chuck Roasts or Steaks**  
Value Pack, Limit 5



**Fresh Heritage Farm Chicken Drumstick or Thighs**  
Bone-In



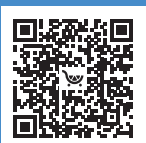


**NATURAL Bone-In\* Skin-On CHICKEN THIGHS**

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.





**Taylor Farms Salad Kits**  
7-13.5 oz





**Hormel Bacon**  
Select Varieties,  
9.3-16 oz





**Kroger Tortilla Chips**  
Select Varieties,  
9.75-13 oz, Limit 6 Packages





**Premier Protein Shakes**  
Select Varieties,  
4-Pack, 11 fl oz,  
Limit 5 Packages





**Pepsi or 7UP**  
Select Varieties,  
24-Pack, 12 fl oz Cans,  
Limit 5 Packages

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



**Red Cherries**





**Large Avocados**



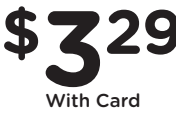


**Kroger Cottage Cheese or Sour Cream**  
Select Varieties,  
24 oz





**Fred Meyer Milk**  
Select Varieties,  
Gallon, Limit 2





**Kettle Brand Potato Chips**  
6-7.5 oz or GT's Kombucha, 16 fl oz;  
Select Varieties



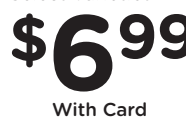


**Coca-Cola, Pepsi or 7UP**  
Select Varieties,  
6-Pack, 16.9 fl oz Bottles,  
Limit 8 Packages

Regular retail is up to \$11.99 each with Card.



**Dave's Killer Bread Organic Bread**  
18-27 oz or Bagels, 5 ct;  
Select Varieties



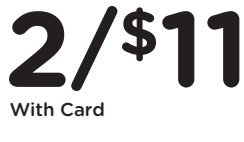


**Dannon Oikos Greek Yogurt**  
Select Varieties,  
4 ct





**Clif ZBar**  
Select Varieties,  
5-6 ct





**Bibigo or Pagoda Entrée**  
Select Varieties,  
8.1-24 oz



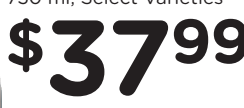


**Arm & Hammer Laundry Detergent**  
45.5-50 fl oz or Power Paks, 24 ct;  
Select Varieties





**Tito's**  
1.75 Liters or Hennessy or Grand Marnier,  
750 ml; Select Varieties

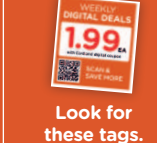


WEEKLY DIGITAL DEALS

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









**Strawberries**  
16 oz



Price without digital coupon is up to \$5.89 each with Card.



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



Price without digital coupon is up to \$6.99 lb with Card. Sold in a 3 lb Roll for \$20.97



**Kroger Cheese**  
Select Varieties,  
6-8 oz



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



**Barilla Pasta**  
Select Varieties,  
12-16 oz



Price without digital coupon is up to \$1.99 each with Card.

\*While supplies last.

SALE DATES: Wed. January 21 - Tues. January 27, 2026. Prices and items are effective at your local Fred Meyer store. Prices do not reflect the City of Seattle Sugar Sweetened Beverage Tax. Items plus deposit as per the Oregon Bottle Recovery Act. SELECTION MAY VARY BY STORE, LIMITED TO STOCK ON HAND. WE RESERVE THE RIGHT TO LIMIT QUANTITIES AND CORRECT PUBLISHED ERRORS.





# EARN \$10

## TOWARD A FUTURE PURCHASE

WHEN YOU SPEND \$100 OR MORE IN A SINGLE  
TRANSACTION WITH DIGITAL COUPON\*

[CLIP COUPON](#)

\*Exclusions apply. See coupon for details.



**Kroger**  
**Breaded Crunchy Butterfly Shrimp**  
Frozen, 32 oz

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



**\$10<sup>99</sup>**  
/EA  
With Digital Coupon

**Private Selection**  
**Hummus**  
10 oz or Deli Kitchen  
Corn Tortilla Chips,  
14-16 oz; Select Varieties,  
In the Deli

**\$3<sup>99</sup>**  
/EA  
With Digital Coupon  
Price without digital coupon  
is up to \$5.49 each with Card.



# WEEKLY DIGITAL DEALS

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

Look for  
these tags.



**Coca-Cola,  
Pepsi or 7UP**  
Select Varieties,  
2 Liter  
**\$1<sup>99</sup>**  
/EA  
With Digital Coupon  
Price without digital coupon  
is up to \$4.49 each with Card.



**Large  
Pineapple**  
Price without digital coupon is up to \$4.99 each with Card. **\$3<sup>49</sup>**  
/EA  
With Digital Coupon



**Mom's Best  
Cereals**  
11.5-16.5 oz or  
Malt-O-Meal  
Cereal, 16-18 oz;  
Select Varieties  
**\$2<sup>49</sup>**  
/EA  
With Digital Coupon  
Price without digital coupon  
is up to \$3.99 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  
**\$4<sup>99</sup>**  
/EA  
With Digital Coupon  
Price without digital coupon  
is up to \$6.99 each with Card.



**Miracle Whip**  
19-30 fl oz or  
Heinz Ketchup,  
32 oz; Select Varieties  
**\$3<sup>49</sup>**  
/EA  
With Digital Coupon  
Price without digital coupon  
is up to \$5.49 each with Card.



**Ben & Jerry's  
Ice Cream**  
16 fl oz or Nature Valley  
Breakfast Biscuits,  
10 ct; Select Varieties  
**\$4<sup>49</sup>**  
/EA  
With Digital Coupon  
Price without digital coupon  
is up to \$6.99 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  
**\$8<sup>99</sup>**  
/EA  
With Digital Coupon  
Price without digital coupon  
is up to \$11.99 each with Card.



**Kind  
Bars**  
Select Varieties,  
4-6 ct  
**\$7<sup>99</sup>**  
/EA  
With Digital Coupon  
Price without digital coupon  
is up to \$9.99 each with Card.



**Quilted Northern  
Bath Tissue**  
12 Mega Rolls or  
Brawny Paper Towels,  
6 Double Rolls;  
Select Varieties  
**\$10<sup>99</sup>**  
/EA  
With Digital Coupon  
Price without digital coupon  
is up to \$12.99 each with Card.



**Muscle Milk**  
Select Varieties,  
4-Pack, 11 fl oz  
**\$7<sup>49</sup>**  
/EA  
With Digital Coupon  
Price without digital coupon  
is up to \$9.49 each with Card.



**Bounce  
Dryer Sheets**  
160 ct or Downy  
Unstopables, 6.9-8.3 oz;  
Select Varieties  
**\$5<sup>99</sup>**  
/EA  
With Digital Coupon  
Price without digital coupon  
is up to \$7.99 each with Card.



**Tuscan  
Candle**  
Select Varieties,  
14 oz  
**\$6<sup>99</sup>**  
/EA  
With Digital Coupon  
Price without digital coupon  
is up to \$7.99 each with Card.

\*While supplies last.



# 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**  
Select Varieties,  
8-Pack, 20 fl oz

9.49 With Card  
-1.00  
**\$8.49**  
/EA\*



**Zapp's  
or Utz**  
**Potato Chips**  
Select Varieties,  
7.75-16 oz

3.49 With Card  
-1.00  
**\$2.49**  
/EA\*



3.29 With Card  
-1.00  
**\$2.29**  
/EA\*  
**Progresso Soup**  
18-19 oz or  
Hormel Chili, 15 oz;  
Select Varieties



3.49 With Card  
-1.00  
**\$2.49**  
/EA\*  
**Jif**  
**Peanut Butter**  
13-16 oz or Banza  
Pasta, 5.5-8 oz;  
Select Varieties



5.79 With Card  
-1.00  
**\$4.79**  
/EA\*  
**Zoi**  
**Greek Yogurt**

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



6.49 With Card  
-1.00  
**\$5.49**  
/EA\*  
**Kettle & Fire**  
**Bone Broth**  
Select Varieties,  
16.2-16.9 oz



9.99 With Card  
-1.00  
**\$8.99**  
/EA\*  
**Kevin's Chicken**  
**Entrées**  
Select Varieties,  
16 oz

4.49 With Card  
-1.00  
**\$3.49**  
/EA\*  
**Darigold**  
**Butter**

Select Varieties, 16 oz



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



6.99 With Card  
-1.00  
**\$5.99**  
/EA\*  
**Hershey's**  
**Unwrapped**  
**Candy**  
7-9 oz or Black Forest  
Fruit Snacks, 22 ct;  
Select Varieties



9.99 With Card  
-1.00  
**\$8.99**  
/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**  
Select Varieties,  
6-Pack,  
12 oz Cans



8.99 With Card  
-1.00  
**\$7.99**  
/EA\*  
**Crest**  
**Toothpaste**  
Select Varieties,  
3.8-4.8 oz



7.49 With Card  
-1.00  
**\$6.49**  
/EA\*  
**Dixie**  
**Paper Plates**  
**or Bowls**  
Select Varieties,  
25-90 ct



# SAVE ON NATURAL & ORGANIC ITEMS



4.49 With Card  
-1.00  
**\$3.49** /EA\*  
**Pacific Foods Organic Soup**  
Select Varieties,  
32 fl oz



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



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

**SAVE \$1 EACH**  
**WHEN YOU BUY 5 OR MORE.**  
**MIX & MATCH 5 or more**  
**participating items with Card.**  
\*When you buy 5 or more participating items in the same transaction with Card. Participating item varieties and sizes may vary by store.  
Look for these tags.  
**1.99** /EA



5.49 With Card  
-1.00  
**\$4.49** /EA\*  
**Cedar's Organic Hommus**  
10 oz  
or Stacy's Pita Chips,  
6.75-7.33 oz;  
Select Varieties,  
In the Deli



5.99 With Card  
-1.00  
**\$4.99** /EA\*  
**Kashi Organic Cereal**



8-18 oz or Califia Farms Organic Almondmilk, 48 fl oz; Select Varieties



5.99 With Card  
-1.00  
**\$4.99** /EA\*  
**Simple Truth Organic Lunch Meat**  
Select Varieties,  
5-6 oz



6.49 With Card  
-1.00  
**\$5.49** /EA\*  
**Vitaminwater**  
Select Varieties,  
6-Pack, 16.9 fl oz



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



8.49 With Card  
-1.00  
**\$7.49** /EA\*  
**Olipop Soda**  
Select Varieties,  
4-Pack, 12 fl oz



14.49 With Card  
-1.00  
**\$13.49** /EA\*  
**Applegate Chicken**  
Select Varieties,  
16 oz



4.99 With Card  
-1.00  
**\$3.99** /EA\*  
**Crofter's Organic Fruit Spread**

Select Varieties, 16.5 oz



# HOME TEAM ESSENTIALS

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



**\$8.99**  
/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  
**\$9.99**  
/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

**\$3.49**  
/EA  
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.



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



Sensible  
Portions  
Veggie Snacks  
Select Varieties,  
3.75-7 oz

**2/\$7**  
With Card



Kroger  
Cocktail Smokies  
14 oz

**2/\$8**  
With Card



Bloom Pop  
Soda  
Select Varieties,  
12 fl oz

**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,  
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

**\$27.99**

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



**\$6**

With Card  
Kroger  
Broccoli or  
Cauliflower  
Florets  
24-32 oz



# 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

**\$10<sup>99</sup>**  
With Card



Kroger  
Single Serve  
Salad Bowls  
4.75-7 oz

**2/\$9**  
With Card

Kroger  
Instant Oatmeal  
**3/\$6**  
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

**\$9<sup>29</sup>**  
With Card



Private Selection  
Preserves  
Select Varieties,  
13 oz

**\$4<sup>69</sup>**  
With Card



Simple Truth  
Organic Broth  
Select Varieties,  
32 oz

**2/\$5**  
With Card



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

**\$5<sup>79</sup>**  
With Card



Kroger  
Ice Cream  
Select Varieties,  
48 fl oz

**2/\$6**  
With Card



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

**99¢**  
With Card

## BOTTLES & BREWS



Denali, Mike's  
Hard Lemonade  
or Glacier Brewhouse  
**\$19<sup>99</sup>**

Select Varieties,  
12-Pack,  
11.2-12 fl oz  
Bottles or Cans,  
Plus Deposit  
Where Applicable



**10.99 EA**  
**-10%**  
With Card

**\$9<sup>89</sup>**  
/EA\*  
Ménéage à Trois  
or Apothic  
Select Varieties,  
750 ml



Crown Royal,  
Jameson or  
Maker's Mark  
Select Varieties,  
750 ml

**\$25<sup>99</sup>**



Denali,  
Anchorage Distillery  
or Alaskan  
Select Varieties,  
4-Pack, 12 fl oz Cans

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

\*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

**\$4.99**

With Card

Select Varieties,  
5.25-6.5 oz



Simple Truth  
Almond Butter  
Select Varieties,  
16 oz

**\$8.19**

With Card



Poppi Soda  
Select Varieties,  
12 fl oz Cans

**3/\$5**

With Card



Built Puff  
Protein Bars  
Select Varieties,  
4 ct

**\$11.59**

With Card



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

**\$6.39**

With Card



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

**\$4.99**

With Card

## HOME, HEALTH & MORE!



TRESemmé  
Shampoo or  
Conditioner  
Select Varieties,  
28 fl oz

**\$6.79**

With Card



Vital Proteins  
Collagen Peptides  
Select Varieties,  
10-13.51 oz

**\$22.99**

With Card



Comforts  
Baby Food  
Variety Pack  
Select Varieties, 12 ct

**\$8.99**

With Card



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

**\$5.79**

With Card



Suave  
Body Wash  
Select Varieties,  
18 fl oz

**\$3.29**

With Card



GoodCook  
Meal Prep  
Containers  
Select Varieties,  
10-Pack

**\$8.99**

With Card



2551\_FMAAK

TB04

**Honeycrisp or SugarBee Apples**  
**\$2.99** /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**

**\$7.99**  
With Card  
**Blueberries**  
18 oz



**Bloom Haus January Jubilee Bouquet**  
**\$11.99**



**Red Tomatoes on the Vine**  
**\$2.99** /LB  
With Card



**California Cuties Seedless Mandarins**  
3 lb  
**\$5.99**  
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<sup>®</sup>  
Macaroni & Cheese  
SERVES 3-4

**FAMILY SIZE**  
**Bob Evans**  
MASHED POTATOES  
Original  
SERVES 4



**Bob Evans Family Size Side**  
Select Varieties,  
28-32 oz  
**\$5.49**  
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  
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/\$7**  
With Card



**Fresh Columbia River Steelhead Fillets**  
Farm-Raised  
**\$10.99** /LB  
With Card



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

**Lemon Pudding Cake**  
30 oz or Classic Cake,  
6"; Select Varieties  
**\$7**  
With Card



**Home Chef Classic Seasoned Fresh Roasted Chicken**  
or Other Varieties,  
Fully Cooked, 2 lb  
**\$9.99**  
With Card



**Private Selection Brown Sugar Ham**  
or Sharp Cheddar Cheese,  
\$12.49 lb with Card;  
Select Varieties,  
Sliced to Order  
or Grab & Go  
**\$15.99** /LB





# BOTTLES & BREWS



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

**\$17.99** /EA\*

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



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

**\$6.29** /EA\*

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



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

**\$14.39** /EA\*

**La Marca, Jam Cellars or Chateau Ste Michelle**  
Select Varieties,  
750 ml



**\$17.99**

**Twisted Tea, Michelob Ultra or Kona**

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



Jack Daniel's  
or Kahlua  
**\$20.99**

Select Varieties,  
750 ml



**\$18.99**

**Wildness, King Street or Bearpaw**

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

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

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





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

**\$19<sup>99</sup>**  
With Card



Valentine's Day  
Exchange Cards  
Select Varieties

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



Holiday Home  
Valentine's Day  
Mug  
Select Varieties

**\$4<sup>99</sup>**  
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

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



Queen Anne  
Cordial Cherries  
Select Varieties,  
6.6 oz

**\$3<sup>99</sup>**  
With Card



Brach's  
Heart Candy  
Select Varieties,  
12 oz

**\$4<sup>19</sup>**  
With Card



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

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



Lindt  
Gourmet Truffles  
6.7 oz

**\$19<sup>99</sup>**  
With Card



Dove  
Chocolate Hearts  
Select Varieties,  
7.94-8.87 oz

**\$5<sup>79</sup>**  
With Card



Trolli or Nerds  
Candy Box  
Select Varieties,  
6 oz

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

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