



FRESH FOR EVERYONE™



USDA CHOICE

\$1.99 /LB
With Card

Pork Shoulder Roasts
Bone-In



Fresh Heritage Farm Chicken Drumstick or Thighs
Bone-In

99¢ /LB
With Card



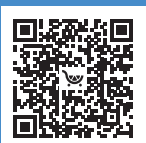
8.99/LB With Card
-3.00/LB
DIGITAL COUPON OFFER

\$5.99 /LB

Boneless Chuck Roasts or Steaks
Value Pack, Limit 5

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.



Red Cherries

\$3.99 /LB
With Card



Large Avocados

4/\$5
With Card



Kroger Cottage Cheese or Sour Cream
Select Varieties,
24 oz

2/\$5
With Card



Waterloo Sparkling Water
8-Pack, 12 fl oz Cans or
Simple Truth
Organic Peanut Butter,
15-16 oz; Select Varieties,
Plus Deposit Where Applicable

\$3.99
With Card



Kettle Brand Potato Chips
6-7.5 oz or GT's
Kombucha, 16 fl oz;
Select Varieties,
Plus Deposit Where Applicable

2/\$6
With Card



MIX & MATCH
BUY 2, GET 2
FREE
of Equal or Lesser Value
With Card



Coca-Cola, Pepsi or 7UP
Select Varieties,
6-Pack, 16.9 fl oz Bottles,
Limit 8 Packages,
Plus Deposit Where Applicable
Regular retail is up to \$7.49 each with Card.

2/\$10
With Card



Taylor Farms Salad Kits
7-13.5 oz

\$2.99
With Card



Hormel Bacon
Select Varieties,
9.3-16 oz

\$3.99
With Card



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

2/\$3
With Card



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

\$6.99
With Card



Coca-Cola, Pepsi or 7UP
Select Varieties, 24-Pack,
12 fl oz Cans, Limit 5 Packages,
Plus Deposit Where Applicable

\$7.99
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*



Find even more deals online!



Look for these tags.



Strawberries
16 oz

\$2.49 /EA

With Digital Coupon
Price without digital coupon
is up to \$4.49 each with Card.



93% Lean Ground Beef
Sold in a 3 lb Roll
for \$14.97

\$4.99 /LB

With Digital Coupon
Price without digital coupon
is up to \$6.49 lb with Card.
Sold in a 3 lb Roll for \$19.47



Kroger Cheese
Select Varieties,
6-8 oz

\$1.49 /EA

With Digital Coupon
Price without digital coupon
is up to \$2.49 each with Card.



Fred Meyer Milk
Select Varieties,
Half Gallon
(Excludes Chocolate)

\$1.39 /EA

With Digital Coupon
Price without digital coupon
varies by store.

*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 \$10.99 each with Card.

\$9.99
/EA

With Digital Coupon

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.

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,
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.

\$1.99
/EA

With Digital Coupon



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.

10 \$10 for SALE

Each participating item
is just \$1 with Card.*

*Selection varies by store.



- 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.

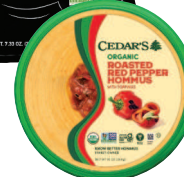
Look for these tags.



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



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

6.49 With Card
-1.00

\$5.49 /EA*



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!

