

**55+ SENIOR DISCOUNT**  
**TAKE AN EXTRA 10% OFF**  
ON IN-STORE PURCHASES  
TUESDAY, JANUARY 6  
For details & exclusions, visit FredMeyer.com/senior

**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.

**USDA CHOICE**

**\$5.99 /LB**  
With Card

**Boneless Chuck Roasts or Steaks**  
Value Pack

**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 \$14.97

**\$4.99 /LB**  
With Card

**Taylor Farms Salad Kits**  
Select Varieties, 7-13.5 oz

**\$2.99**  
With Card

**BIG DEAL! BIG PACKS**

**Simple Truth Organic Salad Blends**  
16 oz or Private Selection Snacking Tomatoes, 24 oz; Select Varieties

**\$5**  
With Card

**BIG DEAL! BIG PACKS**

**Kroger Red, Green, or Black Seedless Grapes**  
3 lb Package

**\$6**  
With Card

**Kroger Ice Cream**  
Select Varieties, 48 fl oz

**2/\$5**  
With Card

**3 DAY SALE**  
SATURDAY - MONDAY ONLY

**Extra Large EZ Peel Shrimp**  
21-25 ct, Raw, Sold in a 2 lb Bag for \$13.98

**\$6.99 /LB**  
With Card

**Fritos**  
Select Varieties, 9.25-10 oz  
Regular retail is up to \$5.89 each with Card.

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

**Screamin' Sicilian Pizza**  
17.5-25 oz or Saffron Road Entrée, 10-10.5 oz; Select Varieties

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

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

**Coca-Cola, Pepsi or 7UP**  
Select Varieties, 12-Pack, 12 fl oz Cans or 8-Pack, 12 fl oz Bottles or Polar Seltzer Water 8-Pack, 12 fl oz Cans; Limit 8 Packages  
Regular retail is up to \$10.99 each with Card.

**Chobani Creamer**  
Select Varieties, 24 fl oz

**2/\$8**  
With Card

**Outshine Fruit Bars**  
Select Varieties, 6 ct

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

**Franz Bagels**  
Select Varieties, 6 ct

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

**General Mills Giant Size Cereal**  
Select Varieties, 20-29 oz

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

**Coca-Cola, Pepsi or 7UP**  
Select Varieties, 6-Pack, 16.9 fl oz Bottles, Limit 5 Packages

**\$2.99**  
With Card

**Private Selection Pasta**  
16 oz or Pasta Sauce, 24 oz; Select Varieties

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

**Mission Carb Balance Tortillas**  
8 ct or Frank's RedHot Sauce, 12 fl oz; Select Varieties

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

**White Claw, Modelo or Corona**  
Select Varieties, 24-Pack, 12 fl oz Bottles or Cans, Plus Deposit Where Applicable

**\$28.99**

**Kroger Sour Cream, Cottage Cheese or Dip**  
Select Varieties, 16 oz

**2/\$3**  
With Card

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

Find even more deals online!

Look for these tags.

**BIG DEAL! BIG PACKS**

**Blueberries**  
18 oz

**\$2.99 /EA**  
With Digital Coupon  
Price without digital coupon is up to \$6.99 each with Card.

**Hill's Bacon**  
Sold in a 3 lb Package for \$11.97

**\$3.99 /LB**  
With Digital Coupon  
Price without digital coupon is up to \$4.99 lb with Card.  
Sold in a 3 lb Package for \$14.97

**Spindrift Sparkling Water**  
Select Varieties, 8-Pack, 12 fl oz Cans

**\$5.49 /EA**  
With Digital Coupon  
Price without digital coupon is up to \$6.49 each with Card.

**Kroger Eggs**  
Large, Grade AA, 12 ct

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

\*While supplies last.

**SALE DATES: Fri. January 2 - Tues. January 6, 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.





# 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

**\$5.49**  
/EA  
With Digital  
Coupon

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



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

**\$1.99**  
/EA  
With Digital  
Coupon

Price without digital coupon is up to \$3.99 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**  
**899<sup>99</sup>**  
 With Card



**RoomSense Cannon  
 88" Power Reclining  
 Leather Sofa**  
 Reg. 999.99  
 Power Recliner  
 Reg. 549.99 With Card **449.99**



**Sitswell Kasen  
 Glider Recliner**  
**SAVE \$250**  
**249<sup>99</sup>**  
 With Card  
 Reg. 499.99  
 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  
**\$9.49**  
With Card



Simple Truth  
Natural  
80% Lean  
Beef Burgers  
Frozen, 2 lb  
**\$13.99**  
With Card



Simple Truth  
Organic Gala,  
Granny Smith  
or Pink Lady Apples  
2 lb Bag  
**\$3.99**  
With Card



Simple Truth  
Fresh Roasted  
Chicken  
Fully Cooked,  
2 lb, In the Deli  
**\$10.99**



Simple Truth  
Organic  
Cucumbers  
16 oz  
**\$4.49**  
With Card

Olipop  
Soda  
Select Varieties,  
12 fl oz

**3/\$6**  
With Card



Fage  
Greek Yogurt  
Select Varieties,  
5.3 oz

**3/\$4**  
With Card



Kettle Brand  
Potato Chips  
Select Varieties,  
6-7.5 oz

**2/\$6**  
With Card



Bai Beverage  
18 fl oz  
or Larabar, 1.06-1.7 oz;  
Select Varieties

**10/\$10**  
With Card



Simple Truth  
Organic  
Peanut Butter  
**\$3.99**  
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

**\$4.99**  
With Card



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



**\$2.29**  
With Card



Think  
Protein Bars  
Select Varieties,  
5 ct



**\$8.99**  
With Card



Simple Truth  
Organic  
Tortilla Chips  
Select Varieties,  
9 oz



**2/\$5**  
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/\$6**

With Card  
When you buy 2 or more in the same transaction with Card. Quantities less than 2 are up to \$4.49 each with Card.



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

**\$3.99**

With Card



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

**FINAL COST**  
When You Buy 8

**8/\$10**

With Card  
When you buy 8 or more in the same transaction with Card. Quantities less than 8 are up to \$2.79 each with Card.



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

**\$3.99**

With Card

## BOTTLES & BREWS



**Michelob Ultra**  
24-Pack, 12 fl oz or Keystone Light, 30-Pack, 12 fl oz Bottles or Cans; Select Varieties, Plus Deposit Where Applicable

**\$22.99**



**Georgetown, Samuel Adams or Deschutes**  
Select Varieties, 6-Pack, 12 fl oz Bottles or Cans, Plus Deposit Where Applicable

**\$9.99**



9.99 EA  
-10%  
With Card

**\$8.99**  
/EA\*

**Ménage à Trois, Ste Chapelle or Ogio**  
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.



2.49 With Card  
-1.00 Off 1  
**DIGITAL COUPON OFFER**

**\$1.49**  
/EA\*

**Ragú Pasta Sauce**  
Select Varieties, 16-24 oz



3.79 With Card  
-1.00 Off 1  
**DIGITAL COUPON OFFER**

**\$2.79**  
/EA\*

**Blue Diamond Almond Nut Thins**  
Select Varieties, 4.25 oz



**Arrowhead Mountain Spring Water**  
24-Pack, 16.9 fl oz

5.99 With Card  
-2.00 Off 1  
**DIGITAL COUPON OFFER**

**\$3.99**  
/EA\*



**Rice-a-Roni**  
4.3-7.2 oz or Pillsbury Cake Mix, 15.25 oz, Select Varieties



1.49 With Card  
-50¢ Off 1  
**DIGITAL COUPON OFFER**

**99¢**  
/EA\*



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

10/12 With Card  
-2.00 Off 10  
**DIGITAL COUPON OFFER**

**10/\$10**



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

15.99 With Card  
-3.00 Off 1  
**DIGITAL COUPON OFFER**

**\$12.99**  
/EA\*



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

6.99 With Card  
-2.00 Off 1  
**DIGITAL COUPON OFFER**

**\$4.99**  
/EA\*



2.49 With Card  
-50¢ Off 1  
**DIGITAL COUPON OFFER**

**\$1.99**  
/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

4.49 With Card  
-1.00 Off 1  
DIGITAL COUPON OFFER

**\$3.49**  
/EA\*



**Clif  
Z Bar**  
Select Varieties,  
5-6 ct

5.99 With Card  
-50¢ Off 1  
DIGITAL COUPON OFFER

**\$5.49**  
/EA\*

10.99 With Card  
-1.00 Off 1  
DIGITAL COUPON OFFER

**\$9.99**  
/EA\*

**Just Bare  
Frozen  
Chicken**

Select Varieties, 19.2-24 oz



8.99 With Card  
-1.00 Off 1  
DIGITAL COUPON OFFER

**\$7.99**  
/EA\*

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



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

3.99 With Card  
-1.00 Off 1  
DIGITAL COUPON OFFER

**\$2.99**  
/EA\*



1.99 With Card  
-1.00 Off 1  
DIGITAL COUPON OFFER

**99¢**  
/EA\*

**Vitaminwater**  
Select Varieties,  
20 fl oz



3.99 With Card  
-1.00 Off 1  
DIGITAL COUPON OFFER

**\$2.99**  
/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



5.29 With Card  
-1.00 Off 1  
DIGITAL COUPON OFFER

**\$4.29**  
/EA\*

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



5.49 With Card  
-1.00 Off 1  
DIGITAL COUPON OFFER

**\$4.49**  
/EA\*

**Dave's Killer Bread  
Organic Bagels**  
5 ct or English Muffins,  
6 ct; Select Varieties



7.99 With Card  
-1.00 Off 1  
DIGITAL COUPON OFFER

**\$6.99**  
/EA\*

**Chomps  
Chomplings**  
Select Varieties,  
6 ct



3.99 With Card  
-50¢ Off 1  
DIGITAL COUPON OFFER

**\$3.49**  
/EA\*

**Kettle & Fire  
Broth**  
32 oz or Simple Truth  
Organic Instant Oatmeal,  
10-12 ct; Select Varieties



5.99 With Card  
-1.00 Off 1  
DIGITAL COUPON OFFER

**\$4.99**  
/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)

**\$9.99**

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



**Pork  
Back Ribs**  
Bone-In

**\$4.99**  
/LB  
With Card



**Kroger  
Meat Lover's  
Pizza**

**\$7**  
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

**\$4.99**

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

**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.



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

**FINAL COST**  
When You Buy 2  
**2/\$10**

With Card

When you buy 2 or more in the same transaction with Card.  
Quantities less than 2 are up to \$6.99 each with Card.



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

**3/\$5**

With Card



**Kingsford  
Original  
Charcoal**

**\$11.99**

With Card

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



**44 North**  
1.75 Liters  
or High Noon,  
8-Pack, 12 fl oz Cans;  
Select Varieties

**\$15.99**

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



**2/\$10**

With Card  
**Wholly  
Guacamole**  
15 oz



# HOME, HEALTH & MORE!



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

**\$12<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

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



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

**\$9<sup>99</sup>**  
With Card



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

**\$5<sup>49</sup>**  
With Card



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

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

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





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



**SugarBee  
Apples**  
**\$2.99** /LB  
With Card



**\$2.99**  
With Card  
**Fresh Raspberries  
or Blackberries**  
6 oz

**Bloom Haus  
Brilliance in Bloom  
Bouquet**

**\$9.99**



**Broccoli  
Crowns**  
**\$2.59** /LB  
With Card



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



 **GUARANTEED FRESH**



**Simply  
Potatoes**  
Select Varieties,  
20 oz  
**2/\$6**  
With Card



**Fresh  
Norwegian  
Salmon Fillets**  
Farm-Raised  
**\$9.99** /LB  
With Card

**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



**Kevin's  
Entrees**  
Select Varieties,  
16 oz  
**\$9.99**  
With Card



**Sea Pak  
Appetizers**  
Select Varieties,  
Frozen, 18-22 oz  
**\$8.99**  
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

**\$6.99**



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

**\$10**

**Private Selection  
Hard Salami**  
or Provolone Cheese,  
\$10.49 lb with Card;  
Select Varieties,  
Sliced to Order  
or Grab & Go

**\$11.49** /LB  
With Card





# BOTTLES & BREWS

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

**\$16<sup>19</sup>**  
/EA\*

**Daou  
or Meiomi**

Select Varieties,  
750 ml



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

**\$11<sup>69</sup>**  
/EA\*

**Joel Gott  
or Francis Coppola**  
Select Varieties,  
750 ml



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

**\$9<sup>89</sup>**  
/EA\*

**14 Hands  
or Apothic**  
Select Varieties,  
750 ml



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

**\$11<sup>69</sup>**  
/EA\*

**Korbel,  
Ruffino  
or Waterbrook**  
Select Varieties,  
750 ml



10.99<sup>EA</sup>  
-10%  
With Card  
**\$9<sup>89</sup>**  
/EA\*

**Nobilo  
or Seaglass**  
Select Varieties,  
750 ml



**\$26<sup>99</sup>**

**Coors,  
Budweiser or Miller**  
Select Varieties, 30-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!



# 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.