



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 \$14.97



Boneless
Chuck Roasts or Steaks
Value Pack



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



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



Kroger
Ice Cream
Select Varieties,
48 fl oz



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



Taylor Farms
Salad Kits
Select Varieties,
7-13.5 oz



3 DAY
SALE
SATURDAY - MONDAY ONLY

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.



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



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



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



Outshine
Fruit Bars
Select Varieties,
6 ct



Franz
Bagels
Select Varieties,
6 ct



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



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



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



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



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



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



3 DAY
SALE
SATURDAY - MONDAY ONLY



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



LOCAL
Franz
Bagels
Select Varieties,
6 ct
MIX & MATCH
**BOGO
FREE**
of Equal or Lesser Value
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
**BOGO
FREE**
of Equal or Lesser Value
With Card



2/\$3
With Card



2/\$8
With Card



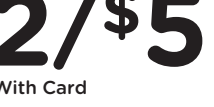
\$6.99
/LB
With Card



\$2.99
With Card



\$29.99



2/\$5
With Card



\$6
With Card



\$5
With Card



\$5.99
/LB
With Card

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



Find even
more deals
online!



Look for
these tags.



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
Cage Free 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.



Aidell's Dinner Sausage
Select Varieties, 12 oz

\$3.99
/EA

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



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

\$4
/EA

With Digital Coupon
Price without digital coupon
is up to \$5 each with Card.



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

\$1.99
/EA

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



Smucker's Uncrustables
Select Varieties,
10 ct

\$8.99
/EA

With Digital Coupon
Price without digital coupon
is up to \$10.99 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

\$1.99
/EA

With Digital Coupon
Price without digital coupon
is up to \$3.99 each with Card.



Sun Chips

7 oz or Naked Bread,
22.5 oz; Select Varieties

\$2.49
/EA

With Digital Coupon
Price without digital coupon
is up to \$3.99 each with Card.



Häagen-Dazs Ice Cream

14 fl oz or Bars,
3 ct; Select Varieties

\$2.99
/EA

With Digital Coupon
Price without digital coupon
is up to \$3.99 each with Card.



Kroger Navel Oranges or Grapefruit
8 lb Bag

\$4.99
/EA

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



Simple Truth Organic Broth
Select Varieties,
32 oz

\$1.49
/EA

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



Kodiak Frozen Waffles
Select Varieties,
6-10 ct

\$4.99
/EA

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



Kroger Ultra Bath Tissue
Select Varieties,
24 Mega Rolls

\$15.99
/EA

With Digital Coupon
Price without digital coupon
is up to \$21.99 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

\$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
899⁹⁹
 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
249⁹⁹
 With Card
 Reg. 499.99
 Also in brown or gray.

SAVE \$100
479⁹⁹
 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



**Fremont,
Blue Moon or Deschutes**
Select Varieties, 6-Pack,
12 fl oz Bottles or Cans,
Plus Deposit
Where Applicable

\$10.99



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

\$16.99



8.99 EA
-10%
With Card

\$8.09
/EA*

**Fre, XXL
or Matua**
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
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

\$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



**Crown Royal
or Pendleton**
Select Varieties,
750 ml

\$22.99

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

\$12⁹⁹
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

\$6⁹⁹
With Card



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

\$9⁹⁹
With Card



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

\$5⁴⁹
With Card



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

\$7⁹⁹
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

**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

16.99^{EA}
-10%
With Card

\$15.29 /EA*

**Rodney Strong,
Austin
or Hess**

Select Varieties,
750 ml



On The Rocks
375 ml or
Svedka, 750 ml;
Select Varieties

\$7.99



Top Box
3 Liters or
Peter Vella, 5 Liters;
Select Varieties

\$13.99



**Woodinville,
Grand Marnier
or Johnie Walker**

\$31.99

Select Varieties,
750 ml



**Bacardi
or Skyy**
\$18.99

Select Varieties, 1.75 Liters



\$25.99

Coors 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

\$8⁹⁹
With Card



Sterilite Tote
Select Varieties,
18-Gallon

\$7⁹⁹
With Card



Holiday Home Christmas Tree Bag
1 ct

SAVE 30%
Tag Reflects Savings
With Card



Sterilite Gift Wrap Box
30 inch

\$12⁹⁹



Sterilite Wreath Storage Box

\$12⁹⁹
With Card



Sterilite Stack & Carry Ornament Box
24 Compartments

\$12⁹⁹



Sterilite Shoebox
1 ct

\$1⁹⁹



Sterilite Sweater Box
2 ct, 12-Quart

\$6⁹⁹



Sterilite Tote
30-Gallon

\$12⁹⁹

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

PICK UP EVERYTHING FOR GAME DAY!





NEW & EXPANDED ASIAN FOODS SELECTION



Your favorite Asian foods are now stocked throughout the store.



Green Onions
\$1¹⁹
/EA
With Card



Simple Truth
Raw Shrimp
Frozen, 16 oz
\$10⁹⁹
With Card



\$5

With Card
**Duroc
Pork Chops**
Bone-In or Boneless,
10-12 oz



Yellow
Dragon Fruit
\$5⁹⁹
/EA
With Card



Glico Pocky
Cookies & Cream
Biscuit Sticks
2.47 oz
\$2⁸⁹
With Card



Chef Troy's Recipe
Crunchy
Garlic Chili Sauce
4.025 oz
\$6⁴⁹
With Card



A Taste of Thai
Rice Noodles
Select Varieties,
16 oz
\$6⁴⁹
With Card



P.F. Chang's
Sauce
Select Varieties,
13.5-14.2 oz
\$4⁴⁹
With Card



Huy Fong Foods
Sriracha
Hot Chili Sauce
28 oz
\$5⁹⁹
With Card



Wei-Chuan
Dumpling Sauce
6.5 fl oz
\$3⁹⁹
With Card



La Choy
Bean Sprouts
14 oz
\$2¹⁹
With Card



Wei-Chuan
Organic Noodles
Select Varieties,
16 oz
\$3⁷⁹
With Card