

USDA  
CHOICE
**\$249**  
/LB  
With Card

Pork Shoulder Roasts

Bone-In

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

**\$6.99**  
/LB

 Boneless  
 Chuck Roasts or Steaks  
 Value Pack, Limit 5

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

**\$6.99**  
/LB

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

**\$6.99**  
/LB

 Boneless  
 Chuck Roasts or Steaks  
 Value Pack, Limit 5

 Fresh  
 Heritage Farm  
 Chicken Drumstick  
 or Thighs  
 Bone-In

**\$1.29**  
/LB  
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

 Taylor Farms  
 Salad Kits  
 7-13.5 oz


Red Cherries

**\$4.99**  
/LB  
With Card

 Large  
 Avocados

**\$1.99**  
/EA  
With Card

 Fred Meyer  
 Milk  
 Select Varieties,  
 Gallon, Limit 2

**\$3.29**  
With Card

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

**2/\$7**  
With Card


With Card

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

With Card



**Kroger**  
**Breaded Crunchy Butterfly Shrimp**

Frozen, 32 oz

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

**\$10.99**  
/EA  
With Digital Coupon



**Private Selection**

**Hummus**

10 oz or Deli Kitchen Corn Tortilla Chips, 14-16 oz; Select Varieties, in the Deli

**\$3.99**  
/EA  
With Digital Coupon

Price without digital coupon is up to \$5.49 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

**\$4.99**  
/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

**\$8.99**  
/EA  
With Digital Coupon

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



**Muscle Milk**  
Select Varieties, 4-Pack, 11 fl oz

**\$7.49**  
/EA  
With Digital Coupon

Price without digital coupon is up to \$9.49 each with Card.

# WEEKLY DIGITAL DEALS

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

Look for  
these tags.



**Large Pineapple**

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

**\$3.49**  
/EA  
With Digital Coupon



**Coca-Cola, Pepsi or 7UP**  
Select Varieties, 2 Liter

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

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



**Mom's Best**  
**Cereals**

11.5-16.5 oz or Malt-O-Meal Cereal, 16-18 oz; Select Varieties

**\$2.49**  
/EA  
With Digital Coupon

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



**Miracle Whip**

19-30 fl oz or Heinz Ketchup, 32 oz; Select Varieties

**\$3.49**  
/EA  
With Digital Coupon

Price without digital coupon is up to \$5.49 each with Card.



**10 POUCHES**

**NATURE VALLEY**  
**BISCUITS**

14g WHOLE GRAIN

**\$4.49**  
/EA  
With Digital Coupon

**Ben & Jerry's**  
**Ice Cream**

16 fl oz or Nature Valley Breakfast Biscuits, 10 ct; Select Varieties

**\$4.49**  
/EA  
With Digital Coupon

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



**Kind**

**Bars**  
Select Varieties, 4-6 ct

**\$7.99**  
/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

**\$10.99**  
/EA  
With Digital Coupon

Price without digital coupon is up to \$12.99 each with Card.



**Bounce**  
**Dryer Sheets**

160 ct or Downy Unstopables, 6.9-8.3 oz; Select Varieties

**\$5.99**  
/EA  
With Digital Coupon

Price without digital coupon is up to \$7.99 each with Card.



**Tuscany**  
**Candle**

Select Varieties, 14 oz

**\$6.99**  
/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.



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

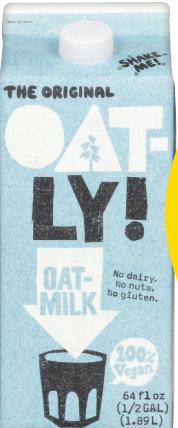
**\$2.49**  
/EA\*

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



9.99 With  
Card  
-1.00

**\$8.99**  
/EA\*

Kevin's Chicken  
Entrées  
Select Varieties,  
16 oz



6.49 With  
Card  
-1.00

**\$5.49**  
/EA\*

Kettle & Fire  
Bone Broth  
Select Varieties,  
16.2-16.9 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 Soups  
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



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 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.



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



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

5.99 With Card  
-1.00

**\$4.99** /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



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

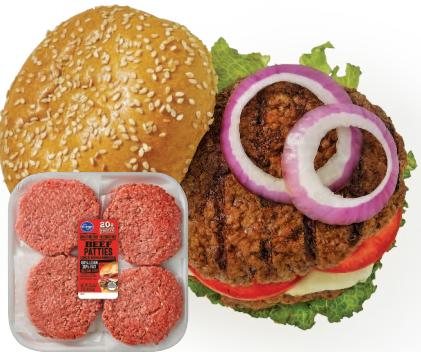
# HOME TEAM ESSENTIALS



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



Bone-In or  
Boneless, Fully Cooked;  
Select Varieties, In the Deli

Home Chef  
Chicken Wings  
**\$9.99**  
/LB  
With Card



**FINAL COST**  
When You Buy 4

**\$3.49**  
/EA  
With Card

**Lay's Potato Chips**  
5-8 oz or Doritos,  
9-10.75 oz or  
Sunchips, 7 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.



**Sweet Baby Ray's Barbecue Sauce**  
18 oz  
or Kinder's Sauce,  
12.5-16.9 oz;  
Select Varieties

**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



**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



**\$27.99**

**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



**\$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

**\$10.99**  
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



**\$9.29**  
With Card



Private Selection  
Preserves  
Select Varieties,  
13 oz  
**\$4.69**  
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  
**\$5.79**  
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  
**\$19.99**

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

**10.99**  
EA  
-10%  
With Card

**\$9.89**  
/EA\*  
Ménage à Trois  
or Apothic  
Select Varieties,  
750 ml



Crown Royal,  
Jameson or  
Maker's Mark  
Select Varieties,  
750 ml  
**\$25.99**



Denali,  
Anchorage Distillery  
or Alaskan  
Select Varieties,  
4-Pack, 12 fl oz Cans  
**\$13.99**

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



CLIP COUPON

EARNS  
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



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



**\$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



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

Hormel Marinated  
Pork Loin Filets  
Select Varieties, 1.5 lb



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



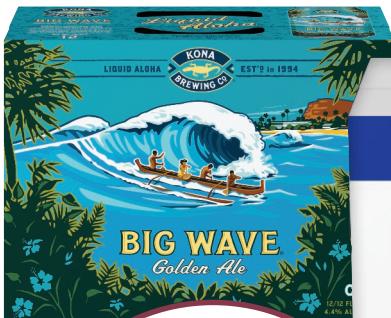
## Private Selection

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



**\$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



**19.99 EA**  
-10%  
With Card

**\$17.99**  
/EA\*

Meiomi,  
Chandon  
or Bear Creek  
Select Varieties,  
750 ml



**15.99 EA**  
-10%  
With Card

**\$14.39**  
/EA\*

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



**6.99 EA**  
-10%  
With Card

**\$6.29**  
/EA\*

Yellow Tail  
or Barefoot  
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!

# 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](http://FredMeyer.com/Valentines)



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

**\$19.99**  
With Card

Valentine's Day  
Exchange Cards  
Select Varieties

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

Holiday Home  
Valentine's Day  
Mug  
Select Varieties

**\$4.99**  
With Card

**SAVE  
50%**  
Tag Reflects Savings  
With Card



Fun Dip  
Valentines  
24 ct

**\$6.99**  
With Card



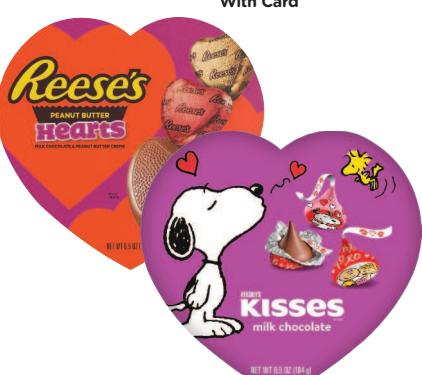
Queen Anne  
Cordial Cherries  
Select Varieties,  
6.6 oz

**\$3.99**  
With Card



Brach's  
Heart Candy  
Select Varieties,  
12 oz

**\$4.19**  
With Card



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

**\$6.39**  
With Card



Lindt  
Gourmet Truffles  
6.7 oz

**\$19.99**  
With Card



Dove  
Chocolate Hearts  
Select Varieties,  
7.94-8.87 oz

**\$5.79**  
With Card



Trolli or Nerds  
Candy Box  
Select Varieties,  
6 oz

**\$7.99**  
With Card

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