

\$1.99

/LB

With Card

Pork Shoulder Roasts

Bone-In

8.99/LB

With Card

-3.00/LB

DIGITAL COUPON OFFER

\$5.99

/LB

Boneless

Chuck Roasts or Steaks

Value Pack, Limit 5

Fresh

Heritage Farm

Chicken Drumstick

or Thighs

Bone-In

99¢

/LB

With Card

NATURAL

Bone-In* Skin-On

CHICKEN THIGHS

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

\$3.99

With Card

Kettle Brand

Potato Chips

6-7.5 oz or GT's

Kombucha, 16 fl oz;

Select Varieties

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

Regular retail is up to \$7.49 each with Card.

Dave's Killer Bread

Organic Bread

18-27 oz or

Bagels, 5 ct;

Select Varieties

MIX & MATCH

BUY 1, GET 1

of Equal or Lesser Value

FREE

With Card

Dannon Oikos

Greek Yogurt

Select Varieties,

4 ct

MIX & MATCH

BUY 2, GET 1

of Equal or Lesser Value

FREE

With Card

Clif ZBar

Select Varieties,

5-6 ct

2/\$10

With Card

Bibigo or

Pagoda Entrée

Select Varieties,

8.1-24 oz

MIX & MATCH

BUY 1, GET 1

of Equal or Lesser Value

FREE

With Card

Arm & Hammer

Laundry Detergent

45.5-50 fl oz

or Power Paks, 24 ct;

Select Varieties

MIX & MATCH

BUY 1, GET 1

of Equal or Lesser Value

FREE

With Card

Party Bomb,

Athletic or

Smirnoff Ice

Select Varieties,

12-Pack, 11.2-12 fl oz

Bottles or Cans,

Plus Deposit Where Applicable

\$16.99

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

Caesar

CHOPPED KIT

Taylor Farms

Sweet Kale

CHOPPED KIT

\$2.99

With Card

Taylor Farms

Salad Kits

7-13.5 oz

3 DAY

SALE

SATURDAY - MONDAY ONLY

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

\$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.

TB01



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. **With Digital Coupon**

\$9.99
/EA



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.



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

\$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**

\$1.99
/EA

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

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

2.99 With Card
-1.00

\$1.99
/EA*



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



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



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 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



5.99 With Card
-1.00

\$4.99 /EA*

Kashi Organic Cereal

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



5.29 With Card
-1.00

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

\$4.29 /EA*



Vitaminwater
6-Pack, 16.9 fl oz
or Luna Bars, 6 ct;
Select Varieties



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



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

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



Jameson,
Skrewball or
Maker's Mark
Select Varieties,
750 ml

\$20.99



\$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



Fremont,
Pfriem or
Mac and Jack's
\$10.99

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



8.99 EA
-10%
With Card

\$8.09
/EA*

Barefoot
or Gekkeikan
Select Varieties,
1.5 Liters



High Noon
or Lucky One
8-Pack, 12 fl oz Cans
or Smirnoff, 1.75 Liters;
Select Varieties

\$16.99



Tito's
or Jose Cuervo
1.75 Liters
or Basil Hayden,
750 ml; Select Varieties

\$30.99

*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

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



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



\$5.99
With Card
Blueberries
18 oz

Bloom Haus
January
Jubilee Bouquet

\$9.99



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



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



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

\$12⁹⁹

**Fireball,
Captain Morgan
or Evan Williams**

Select Varieties,
750 ml



14.99^{EA}
-10%
With Card

\$13⁴⁹ /EA*

**La Marca,
Jam Cellars
or Whitehaven**
Select Varieties,
750 ml



11.99^{EA}
-10%
With Card

\$10⁷⁹ /EA*

**Josh Cellars
or Maryhill**
Select Varieties,
750 ml



7.99^{EA}
-10%
With Card

\$7¹⁹ /EA*

**Chateau Ste Michelle
or Columbia Crest**
Select Varieties,
750 ml



**Cutwater
or Nütrl**

\$10⁹⁹

Select Varieties,
4-Pack, 12 fl oz Cans



\$13⁹⁹

**Michelob Ultra
or Budweiser**

Select Varieties, 12-Pack, 12-16 fl oz
or Redhook, 18-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

Holiday Home Valentine's Day Jumbo Bear

Select Varieties, 36"

Valentine's Day Exchange Cards

Select Varieties

Holiday Home Valentine's Day Mug

Select Varieties

Holiday Home Valentine's Day Rolled Throw or Chenille Throw,

Select Varieties

\$19⁹⁹

With Card

SAVE 30%

Tag Reflects Savings With Card

\$4⁹⁹

With Card

SAVE 50%

Tag Reflects Savings With Card

Fun Dip Valentines

24 ct

Queen Anne Cordial Cherries

Select Varieties, 6.6 oz

Brach's Heart Candy

Select Varieties, 12 oz

Hershey's Candy Heart Box

Select Varieties, 6.4-6.6 oz

\$5⁹⁹

With Card

\$3⁴⁹

With Card

\$3⁷⁹

With Card

\$5⁴⁹

With Card

Lindt Gourmet Truffles

6.7 oz

Dove Chocolate Hearts

Select Varieties, 7.94-8.87 oz

Trolli or Nerds Candy Box

Select Varieties, 6 oz

\$17⁹⁹

With Card

\$4⁹⁹

With Card

\$6⁹⁹

With Card

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

PICK UP EVERYTHING FOR GAME DAY!

