

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.

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.

*While supplies last.

SALE DATES: Wed. January 21 - Tues. January 27, 2026. Prices and items are effective at your Spokane and Coeur d' Alene stores. 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.



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

\$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 10 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.

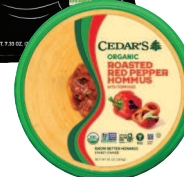
Look for
these tags.



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



**USDA
CHOICE**



**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
With Card



\$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

\$9⁹⁹
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

\$7⁹⁹
With Card



Private Selection
Preserves
Select Varieties,
13 oz

\$3⁹⁹
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

\$4⁹⁹
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
\$10⁹⁹
With Card

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



8.99 EA
-10%
With Card

\$8⁰⁹
/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

\$16⁹⁹
With Card



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

\$30⁹⁹
With Card

*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

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

farm-fresh goodness

TASTEFUL SIDES™

Macaroni & Cheese

SERVES 4-6

FAMILY SIZE

Bob Evans

farm-fresh goodness

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

\$12.99

With Card
Fireball,
Captain Morgan
or Evan Williams
Select Varieties,
750 ml



14.99^{EA}
-10%
With Card

\$13.49 /EA*

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



11.99^{EA}
-10%
With Card

\$10.79 /EA*

Josh Cellars
or Maryhill
Select Varieties,
750 ml



7.99^{EA}
-10%
With Card

\$7.19 /EA*

Chateau Ste Michelle
or Columbia Crest
Select Varieties,
750 ml



Cutwater
or Nütrl
\$10.99
With Card

Select Varieties,
4-Pack, 12 fl oz Cans



\$13.99

With Card
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

SAVE
30%

SAVE
50%

With Card

With Card

With Card

With Card

Tag Reflects Savings
With Card

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

\$5.99

\$3.49

\$3.79

\$5.49

With Card

With Card

With Card

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

\$17.99

\$4.99

\$6.99

With Card

With Card

With Card

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

PICK UP EVERYTHING FOR GAME DAY!



Visit FredMeyer.com/blazers for details

HERE'S HOW IT WORKS... Look for these tags.

- 1. LOOK FOR THE TAGS**
Look for the Blazers logo on tags for participating items throughout the store. When you purchase Rewards items, you earn 1 point for every dollar you spend.
- 2. EARN POINTS AND REDEEM FOR...**
Blazers tickets, experiential prizeing, apparel and more!

