



USDA CHOICE



\$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

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 Salad Kits
7-13.5 oz



\$2.99
With Card

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.



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



Keystone Light or Busch Light
Select Varieties,
30-Pack, 12 fl oz Bottles or Cans, Plus Deposit Where Applicable



\$21.99
With Card

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.



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.

\$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*



2.79 With Card
-1.00

\$1.79
/EA*
Progresso Soup
18-19 oz or
Hormel Chili, 15 oz;
Select Varieties



2.99 With Card
-1.00

\$1.99
/EA*
**Jif
Peanut Butter**
13-16 oz or Banza
Pasta, 5.5-8 oz;
Select Varieties



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



12 ct or Partake Gluten Free Cookies, 5.5-6.75 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

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



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

\$16.99
With Card

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



\$6

With Card
**Kroger
Broccoli or
Cauliflower
Florets**
24-32 oz

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,
Clausthaler
or Lagunitas
\$9.99
With Card

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



Coors,
Budweiser or Miller
Select Varieties, 30-Pack,
12 fl oz Bottles or Cans,
Plus Deposit
Where Applicable

\$26.99
With Card



Black Box
or Bota Box
Select Varieties,
3 Liters

\$16.99
With Card



13.99 EA
-10%
With Card

\$12.59 /EA*

Chateau Ste Michelle
or Jam Cellars
Select Varieties,
750 ml

*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



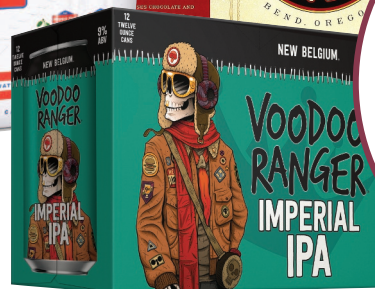
\$9.99

With Card
**White Claw,
Incline or Athletic**
Select Varieties, 6-Pack,
12 fl oz Bottles or Cans,
Plus Deposit
Where Applicable



10.99^{EA}
-10%
With Card
\$9.89
/EA*

Nobilo or Seaglass
Select Varieties,
750 ml



\$17.99

With Card
**New Belgium,
Happy Dad
or Deschutes**
Select Varieties, 12-Pack,
12 fl oz Bottles or Cans,
Plus Deposit
Where Applicable



12.99^{EA}
-10%
With Card

\$11.69
/EA*

**Kim Crawford
or Cupcake**
Select Varieties,
750 ml



18.99^{EA}
-10%
With Card

\$17.09
/EA*

**Chandon
or Meiomi**
Select Varieties,
750 ml



12.99^{EA}
-10%
With Card

\$11.69
/EA*

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

*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%
Tag Reflects Savings With Card

SAVE 50%
Tag Reflects Savings With Card

\$19.99
With Card

\$4.99
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
With Card

\$3.49
With Card

\$3.79
With Card

\$5.49
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
With Card

\$4.99
With Card

\$6.99
With Card

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