

EARN **4X** FUEL POINTS
On FRIDAY purchases

Scan here or visit
FredMeyer.com/FuelEvent
to download coupon.

*Exclusions apply.
See coupon for details.

50% OFF
Tag Reflects Savings With Card

Private Selection Angus Steaks
or Wild-Caught Lobster Tails,
Previously Frozen, 3-4 oz

\$5.99 /LB
With Card

Private Selection Angus 90% Lean Ground Beef
Sold in a 3 lb Roll for \$17.97
or Extra Large EZ Peel Shrimp,
21-25 ct. Raw, Sold in a 2 lb Bag
for \$11.98

\$2.49 /LB
With Card

Fresh Heritage Farm Boneless Chicken Breasts

99¢ /LB
With Card

Red Tomatoes on the Vine

3 DAY SALE
SATURDAY - MONDAY ONLY

LOCAL
Organic Cosmic Crisp or Pink Lady Apples
\$1.99 /LB
With Card

\$4.99
With Card

Simple Truth Organic Blueberries
18 oz

\$22

Bloom Haus Dozen Roses

\$3.99 /LB
With Card

Hill's Bacon
Sold in a 3 lb Package
for \$11.97

FINAL COST When You Buy 4
4/\$10
With Card

Doritos
9-10.75 oz or Cheetos, 6.5-9 oz or Ruffles, 7.25-10.25 oz;
Select Varieties

When you buy 4 or more in the same transaction with Card.
Quantities less than 4 are up to \$5.49 each with Card.

MIX & MATCH BUY 3, GET 3 FREE
of Equal or Lesser Value
With Card

Pepsi or 7UP
12-Pack, 12 fl oz Cans, Coca-Cola, 6-Pack, 16.9 fl oz Bottles
or Polar Sparkling Water, 8-Pack, 12 fl oz Cans; Select Varieties,
Limit 12 Packages

Regular retail is up to \$15.29 each with Card.

\$1.99
With Card

Fred Meyer Milk
Select Varieties, Gallon,
Limit 2 Packages
(Excludes Chocolate)

2/\$5
With Card

Sargento Cheese
Select Varieties,
5-8 oz

MIX & MATCH BUY 1, GET 1 of Equal or Lesser Value
FREE
With Card

Tillamook Ice Cream
Select Varieties,
48 fl oz

MIX & MATCH BUY 1, GET 1 of Equal or Lesser Value
FREE
With Card

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

\$8.99
With Card

Coca-Cola
Select Varieties,
24-Pack, 12 fl oz Cans,
Limit 5 Packages

Prices valid in-store or for pickup orders placed on Saturday-Monday.

FINAL COST When You Buy 3
\$3.49 /EA
With Card

Nabisco Family Size Oreo or Chips Ahoy Cookies
Select Varieties,
9.9-20 oz

When you buy 3 or more in the same transaction with Card.
Quantities less than 3 are up to \$4.49 each with Card.

2/\$8
With Card

Starbucks Creamer
24-28 fl oz or Silk Soy milk, 64 fl oz;
Select Varieties

MIX & MATCH EVERYDAY DISCOUNT 10% OFF ANY 6 750 ML, 1 LITER OR 1.5 LITER BOTTLES OF WINE
*See inside for details.

14.99 EA -10% With Card
\$13.49 /EA*

La Marca, Erath or La Crema
Select Varieties, 750 ml

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

Find even more deals online!

Look for these tags.

\$1.99 /LB
With Digital Coupon

Red, Green or Black Seedless Grapes
Price without digital coupon is up to \$2.99 lb with Card.

\$8.99 /LB
With Digital Coupon

Fresh Wild-Caught Dungeness Crab
Subject to Fishing & Weather Conditions
Price without digital coupon is up to \$9.99 lb with Card.

\$2.49 /EA
With Digital Coupon

Chobani Greek Yogurt
Select Varieties, 4 ct
Price without digital coupon is up to \$3.99 each with Card.

\$3.99 /EA
With Digital Coupon

Simple Truth Cage Free Eggs
Large, Grade AA
Price without digital coupon is up to \$4.99 each with Card.



Kroger Dinner Sausage Links or Meatballs
Select Varieties, 16-18 oz
Price without digital coupon is up to \$4.99 each with Card.

\$3.99 /EA
With Digital Coupon



Private Selection Four Layer Chocolate Fudge Cake
8" or Cheesecake, 40 oz; Select Varieties, In the Bakery
\$18.99 /EA
With Digital Coupon
Price without digital coupon is up to \$22.99 each with Card.



Post Cereal
Select Varieties, 10-16.6 oz
\$1.49 /EA
With Digital Coupon
Price without digital coupon is up to \$2.49 each with Card.



Pure Protein Bars
Select Varieties, 4 ct
\$4.99 /EA
With Digital Coupon
Price without digital coupon is up to \$6.99 each with Card.



L'Oréal Voluminous Mascara
1 ct or Ever Pure Shampoo or Conditioner, 6.8-8.5 fl oz; 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.



Marie Callender's Bowl or Pot Pie
10-13 oz or Healthy Choice Cafe Steamers, 9.5-10.3 oz; Select Varieties
\$1.99 /EA
With Digital Coupon
Price without digital coupon is up to \$2.49 each with Card.



Rana Family Size Pasta
20 oz or Perdue Frozen Chicken, 27-29 oz; Select Varieties
\$4.99 /EA
With Digital Coupon
Price without digital coupon is up to \$6.99 each with Card.



DiGiorno Pizza
14.14-30.3 oz or Hot Pockets, 4 ct; Select Varieties
\$3.99 /EA
With Digital Coupon
Price without digital coupon is up to \$4.99 each with Card.



Lindt Lindor Truffles
Select Varieties, 5.1 oz
\$6.99 /EA
With Digital Coupon
Price without digital coupon is up to \$7.99 each with Card.



Sumo Citrus Mandarins
Price without digital coupon is up to \$3.99 lb with Card.

\$2.49 /LB
With Digital Coupon



Ragu Pasta Sauce
Select Varieties, 16-24 oz
\$1.49 /EA
With Digital Coupon
Price without digital coupon is up to \$2.49 each with Card.



Haagen-Dazs Ice Cream
14 fl oz or Bars, 3 ct or Oreo Cones, 4 ct; Select Varieties
\$2.99 /EA
With Digital Coupon
Price without digital coupon is up to \$3.99 each with Card.



Angel Soft Bath Tissue
16 Mega Rolls
\$9.99 /EA
With Digital Coupon
Price without digital coupon is up to \$11.99 each with Card.



Energizer Max AA or AAA Batteries
Select Varieties, 8 ct
\$6.99 /EA
With Digital Coupon
Price without digital coupon is up to \$7.99 each with Card.

*While supplies last.

PRESIDENT'S DAY SALE



Nespresso
Vertuo Pop+
Reg. 129.99

SAVE \$30

\$99⁹⁹
With Card



**SAVE
30%**

With Card

**Levi's®
Red Tab Apparel**

Men's and
Women's sizes.
Shown: Jeans
Sale **53.99-59.47**

Levi's®

**Lego
Botanicals \$11⁹⁹**
Select Varieties. With Card
Reg. 14.99



**Sweethearts
11" Plush
SAVE
40%**

With Card
Shown: Sale **12.59**



SAVE \$15
29⁹⁹

With Card

Lilt Tutu Dress
Girls' sizes.
Reg. \$45



SMITTEN WITH SAVINGS

Find more sweet deals at FredMeyer.com/Valentines

Valentine's Day Gift Duo

\$20 OFF*
Indoor Floral
when you spend 99+ in jewelry

*Exclusions apply. See jewelry store associate for details. Valid thru 2/11 - 2/14.

Fred Meyer Jewelers



**Bloom Haus
Hearts and Hugs
Bouquet**

\$24⁹⁹



**XOXO
Bouquet**

\$49⁹⁹



**Bloom Haus
Rosaroma Mini Rose
4 Inch**

\$14⁹⁹ AND UP



**Valentine's Day
Balloons**
Select Varieties

\$4⁹⁹ AND UP



**Bloom Haus
Valentine's Day
Masonette
Arrangements**

\$12⁹⁹ AND UP

**Chocolate
Dipped
Strawberries**
Select Varieties,
6 ct, In the Bakery

\$9⁹⁹

With Card



Mini Cupcakes
Select Varieties, 12 ct,
In the Bakery
MIX & MATCH
BUY 1, GET 1
of Equal or Lesser Value

FREE

With Card



**Elmer
Chocolate
Gift Box**
Select Varieties,
2 oz

\$1⁹⁹

With Card



**Russell Stover
Assorted Chocolate**
Select Varieties, 6.25-10 oz

\$15⁹⁹

With Card

13.99^{EA}
-10%
With Card
\$12⁵⁹ /EA*

**Chateau Ste Michelle
or Jam Cellars**
Select Varieties,
750 ml



*Save 10% Every day when you purchase 6 bottles of wine or more with Card. Mix and Match 6 bottles, 750 ml, 1 Liter or 1.5 Liter size. Limit one discount per transaction. Excludes wine sizes 375 ml, 3 Liter, 4 Liter and 5 Liter. Exclusions apply.



**Sour Patch
Kids Valentine
Exchange Candy**
Select Varieties,
20 ct

\$4⁴⁹

With Card



**Hershey's
Friend Exchange
Candy**
25 ct

\$7⁴⁹

With Card

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



**HD Designs
Valentine's Day
Candle**
Select Varieties,
19 oz

**SAVE
30%**

Tag Reflects Savings
With Card



**Holiday Home
Valentine's Day
Plush**
Select Varieties,
5-14.5"

**SAVE
40%**

Tag Reflects Savings
With Card

4X FUEL POINTS

ON 100s OF GIFT CARDS WITH DIGITAL COUPON TODAY!*

Visit FredMeyer.com/4Xgiftcard to download coupon

Redeem Every Day 2/4/26-2/17/26

*Limited Time offer. Restrictions apply, see coupon for details.



VALENTINE'S GIFTS STARTING AT \$4.99



HD Designs
Frosted Jar
Candle Gift Set
3 ct

\$9⁹⁹

With Card



Holiday Home
Valentine's
Rolled Throw
or Chenille Throw;
Select Varieties

SAVE
50%

Tag Reflects Savings
With Card



Holiday Home
Valentine's
Heart Shaped Mug
Select Varieties, 16 oz

\$4⁹⁹

With Card



HEAD OVER
DEALS

Find more to love at FredMeyer.com/Valentines



Holiday Home
Valentine's
Jumbo Plush
Select Varieties,
36"

\$19⁹⁹

With Card



Zuru
Valentine's
Coco Cones
Select Varieties

SAVE
40%

Tag Reflects Savings
With Card



Holiday Home
Valentine's
Décor
Select Varieties

SAVE
40%

Tag Reflects Savings
With Card



Holiday Home
Baking
Accessories
Select Varieties

SAVE
40%

Tag Reflects Savings
With Card



Sweethearts
Candies
0.9 oz

89¢

With Card



Whitman's
or Russell Stover
Assorted Chocolate
Select Varieties,
8.1-10 oz

\$7⁴⁹

With Card



Hershey's
Candy Filled
Cane
Select Varieties,
2-2.24 oz

\$2⁴⁹

With Card



Ghirardelli
Chocolate
Caramel
Collection
4.1 oz

\$12⁹⁹

With Card



Ferrero Rocher
Valentine's Day Gift Box
Select Varieties,
4.6-5.3 oz

\$6⁹⁹

With Card



M&M's Candy
Select Varieties,
9.48-10 oz

\$4⁴⁹

With Card



Tootsie Roll Pops
Valentine Exchange Cards
25 ct

\$4⁹⁹

With Card

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

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.



4.99 With Card
-1.50 Off 1

Heinz Ketchup
38 oz or Kraft Mayo, 30 fl oz; Select Varieties

DIGITAL COUPON OFFER

\$3.49 /EA*



8.99 With Card
-1.00 Off 1

Kroger Frozen Chicken Wings
Select Varieties, 22-28 oz

DIGITAL COUPON OFFER

\$7.99 /EA*



6.99 With Card
-1.50 Off 1

Happy Egg Co. Organic Eggs
Large, Grade A, 12 ct

DIGITAL COUPON OFFER

\$5.49 /EA*



6.99 With Card
-1.00 Off 1

Nature Valley Biscuits or Bars
Select Varieties, 10-24 ct

DIGITAL COUPON OFFER

\$5.99 /EA*



4.49 With Card
-1.50 Off 1

Chex Mix or Gardetto's Family Size Snack Mix
Select Varieties, 9-14.5 oz

DIGITAL COUPON OFFER

\$2.99 /EA*



7.49 With Card
-1.00 Off 1

Brawny Paper Towels
4 Double Rolls

DIGITAL COUPON OFFER

\$6.49 /EA*



6.99 With Card
-50¢ Off 1

Sensodyne Toothpaste
Select Varieties, 4 oz

DIGITAL COUPON OFFER

\$6.49 /EA*



12.99 With Card
-5.00 Off 1

Tide Laundry Detergent
73-84 fl oz or Tide Pods, 25-42 ct; Select Varieties

DIGITAL COUPON OFFER

\$7.99 /EA*



10.99 With Card
-1.00 Off 1

Kroger Cold & Flu Softgels
Select Varieties, 48 ct

DIGITAL COUPON OFFER

\$9.99 /EA*



4/\$5 With Card
-1.00 Off 4

Beech-Nut Naturals Baby Food
Select Varieties, 4 oz

DIGITAL COUPON OFFER

4/\$4



5.79 With Card
-1.00 Off 1

DIGITAL COUPON OFFER

\$4.79 /EA*

Lysol Disinfecting Wipes
Select Varieties, 75-80 ct



8.99 With Card
-1.00 Off 1

DIGITAL COUPON OFFER

\$7.99 /EA*

Dove Shampoo or Conditioner
28 fl oz or Batiste Dry Shampoo, 3.81 oz; Select Varieties

MIX & MATCH

EVERYDAY DISCOUNT **10% OFF**
ANY 6 750 ML, 1 LITER OR 1.5 LITER BOTTLES OF WINE

*SAVE 10% Every day when you purchase 6 bottles of wine or more with Card. Mix and Match 6 bottles, 750 ml, 1 Liter or 1.5 Liter sizes. Limit one discount per transaction. Excludes wine sizes 375 ml, 3 Liter, 4 Liter and 5 Liter. Exclusions apply.



11.99 EA
-10% With Card

\$10.79 /EA*

Segura Viudas or Sawtooth
750 ml or Woodbridge, 1.5 Liters; Select Varieties



13.99 EA
-10% With Card

\$12.59 /EA*

Matua or J Lohr
Select Varieties, 750 ml



Keystone Light, Coors or Miller

Select Varieties, 18-Pack, 12-16 fl oz Bottles or Cans, Plus Deposit Where Applicable

\$18.99

With Card



Georgetown, Payette or Mac and Jack's
Select Varieties, 6-Pack, 12 fl oz Bottles or Cans, Plus Deposit Where Applicable

\$9.99

With Card

FIND YOUR FAVORITE NATURAL ITEMS

MIX & MATCH
BUY 1, GET 1
FREE
of Equal or Lesser Value
With Card

**Talenti Gelato
or Sorbetto**
Select Varieties, 10.5-16 fl oz



Naked Organic Bread
Select Varieties,
20-22.5 oz



\$4.49
With Card



Califia Farms Cold Brew Coffee
48 fl oz or Simple Truth Organic Juice,
32 fl oz; Select Varieties



\$4.99
With Card



Luna Bar
1.69 oz or
Clif Bar, 2.4 oz;
Select Varieties

4/\$5
With Card



Simple Truth Organic Bone Broth
32 oz or Pacific Foods Organic Soup,
32 fl oz; Select Varieties

2/\$7
With Card



Simple Truth Breakfast Sausage Links or Patties
Select Varieties,
12 oz

\$3.99
With Card

HOME, HEALTH & MORE!



Pure Protein Shakes
Select Varieties,
4-Pack, 11 fl oz

\$6.99
With Card



Celsius Energy Drink
Select Varieties,
12-Pack, 12 fl oz Cans

\$20.99
With Card



Mars or Hershey's Candy
Select Varieties, 1.4-2.17 oz

MIX & MATCH
BUY 2, GET 1
FREE
of Equal or Lesser Value
With Card



Force Factor Supplements
Select Varieties,
60 ct

\$14.99
With Card



Kroger Ibuprofen
Select Varieties,
100 ct

\$2.19
With Card



Hot Wheels or Match Box 1:64 Car
Select Varieties,
1 ct

\$1.15
With Card

SCORE MORE IN ONE STOP



UNO Card Game
Select Varieties

\$6.99



Crayola Coloring Utensils or Activity Books
Select Varieties

SAVE 20%

Tag Reflects Savings
With Card



Squishmallow Plush
Select Varieties,
8"

\$9.99

SAVE ON THE FRESHEST CITRUS OF THE SEASON



Organic Cuties
Seedless Mandarins
2 lb Bag

\$4.99
With Card



Private Selection
Gold Nugget
Mandarins or
Minneola Tangelos
3 lb Bag

\$4.99
With Card



Kroger
Adorbs
Seedless Mandarins
5 lb

\$6.99
With Card



Cream Cheese
Filled Croissants
4 ct or Mini Donuts,
6-12 ct; Select Varieties,
In the Bakery

\$5.99
With Card



Apple
or **Cherry Fritters**
or Other Varieties,
4 ct, In the Bakery

\$5
With Card



RISE & SAVE WITH BREAKFAST ESSENTIALS

Blueberry
Muffins

\$5

or Other Varieties,
4 ct, In the Bakery



Kroger
Tri-Color Peppers
3 ct or Private Selection
Sweet Onions, 3 lb Bag

2/\$7
With Card



Kroger
Single Serve Bowls
4.75-7 oz

3/\$11
With Card



3/\$10

With Card
Strawberries
16 oz

Bloom Haus
Charming Bouquet

\$25



English
Cucumbers

2/\$3
With Card



Asparagus

\$2.99
/LB
With Card



GUARANTEED FRESH



\$6.99
/LB

With Card
Boneless Petite
Sirloin Steaks
or Boneless Chuck Roasts
or Steaks, \$8.99 lb;
Value Pack



Kroger Bacon
Select Varieties,
12-16 oz

FINAL COST
When You Buy 2
\$3.99
/EA

With Card
When you buy 2 or more in the same
transaction with Card. Quantities less
than 2 are up to \$5.49 each with Card.



Wild-Caught
Cod Fillets
Previously Frozen

\$9.99
/LB
With Card



Oscar Mayer
Meat Hot Dogs
16 oz or Oscar Mayer
Fun Pack Lunchables,
8.9-10.7 oz;
Select Varieties

2/\$6
With Card



Fresh
Steelhead Fillets
Farm-Raised

\$9.99
/LB
With Card

DELI & BAKERY

Order party trays, cakes and more at
FredMeyer.com/fresh

Chocolate
Fudge Cake
or Other Varieties,
6"

\$6

With Card



Private Selection
Classic Seasoned
Fresh Roasted Chicken
or Other Varieties,
2 lb, Fully Cooked

\$8.99

Private Selection
Mesquite Smoked
Turkey Breast
or Colby Jack Cheese,
\$11.49 lb with Card;
Select Varieties,
Sliced to Order
or Grab & Go

\$12.99
/LB
With Card



BOTTLES & BREWS



\$18⁹⁹

With Card

Heineken, Topo Chico or Blue Moon

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



Veuve Clicquot
Select Varieties,
750 ml

\$59⁹⁹

With Card



**White Claw,
Twisted Tea or
Simply Lemonade**

\$17⁹⁹

With Card

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



**Coors, Budweiser
or Miller**

\$26⁹⁹

With Card

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



\$16⁹⁹

With Card

**Corona, Modelo
or Pacífico**

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



CHEERS TO GREAT DEALS ON YOUR FAVORITES!

HAPPY NEW YEAR

2026 ✦ Year of the Horse

Discover recipes and new favorites at FredMeyer.com/LunarNewYear



LOCAL
Fresh
Simple Truth
Organic Air-Chilled
Whole Chicken
Bone-In,
Northwest Grown,
Vegetarian Fed

\$3.49
/LB
With Card



Private Selection
Duroc 80% Lean
Ground Pork
16 oz

\$5
With Card



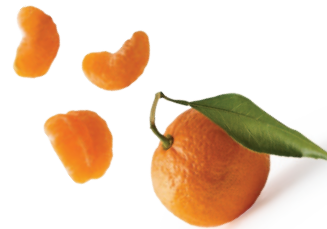
\$2.79

With Card
**Nasoya Egg Roll or
Won Ton Wraps**
Select Varieties,
12-16 oz

Gimme
Teriyaki
Seaweed Snacks
6-Pack
\$3.49
With Card



Stem and Leaf
Mandarins



\$2.77
/LB
With Card



Lunar New Year
Dumpling Combo
12.5-15.1 oz, Available in
Select Stores, In the Deli

\$10



Kroger
Long Grain Rice
Select Varieties,
32 oz

3/\$5
With Card



Simple Truth
Organic
Coconut Milk
Select Varieties,
13.5 fl oz

2/\$4
With Card

Kroger
Stir Fry Sauce
\$3.49
With Card



Select Varieties,
18.4-20.3 oz

\$6.99

With Card
**InnovAsian
Entrée**
Select Varieties,
16-18 oz



Nongshim Shin
Ramyun
Select Varieties,
4-Pack
\$8.99
With Card



Kroger
Soy Sauce
Select Varieties,
10 oz
\$1.49
With Card