



CUSTOMER

APPRECIATION

03/11 WEEK 03/17

We're celebrating YOU with our hottest deals and digital coupons.



Scan here or visit
FredMeyer.com/appreciation
to clip Daily Deals
You Won't Want to Miss!

DAILY
DEAL DROP



\$4.49

/LB

With Card

80% Lean Ground Beef
Sold in a 3 lb Roll for \$13.47





99¢

/LB

With Card

Fresh Heritage Farm
Chicken Drumsticks
or Thighs
Bone-In



\$9.99

/LB

With Card

Fresh Norwegian
Salmon Fillets
Farm-Raised or
Patagonian Shrimp, Raw,
13-15 ct, Sold in a 2 lb Bag
for \$19.98



59¢

/LB

With Card

Green
Cabbage



\$1.99

/LB

With Card

Asparagus
or Organic
Asparagus,
\$2.99 lb



\$4.77

/LB

With Card

Kroger
Red, Green or Black
Seedless Grapes
3 lb Package



\$1.88

/LB

With Card

Kroger
Ice Cream
Select Varieties,
48 fl oz

MIX & MATCH

B3G3

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, Alani Nu, 6-Pack, 12 fl oz Cans or Polar Seltzer Water, 8-Pack, 12 fl oz Cans; Select Varieties, Limit 12 Packages
Regular retail is up to \$15.29 each with Card.



MIX & MATCH

BOGO

of Equal or Lesser Value

FREE

With Card

Green Mountain
or McCafé K-Cups
8-10 ct or Donut Shop
Coffee, 10 ct K-Cups
or 12 oz Bag;
Select Varieties



Fred Meyer
Milk

Select Varieties,
Half Gallon
(Excludes Chocolate),
Limit 4

MIX & MATCH

BOGO

of Equal or Lesser Value

FREE

With Card



Private Selection
Wide Pan Bread

Select Varieties,
24 oz

\$1.88

/EA

With Card



Lay's
Potato Chips

5-8 oz or Doritos,
9-10.75 oz or Frito-Lay
Simply Snacks,
5.25-8.5 oz;
Select Varieties

FINAL COST

When You Buy 4

\$1.99

/EA

With Card

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



Powerade

28 fl oz or
Body Armor, 16 fl oz;
Select Varieties

88¢

/EA

With Card



General Mills
Cereal

Select Varieties,
8.9-14 oz

FINAL COST

When You Buy 3

3/\$5

/EA

With Card

When you buy 3 or more in the same transaction with Card. Quantities less than 3 are up to \$4.29 each with Card.



SAVE

33%

On Today's Prices

With Card
& Digital Coupon

All Easter Candy
Select Varieties by Store



Jameson,
Tullamore
or Bushmills

Select Varieties,
750 ml

\$19.99

/EA

With Card

WEEKLY

DIGITAL
DEALS

Use coupons UP TO 5 TIMES
per transaction.*
UNLIMITED transactions!



Find even
more deals
online!



Raspberries
or Blackberries

6 oz

\$1.99

/EA

With Digital Coupon

Price without digital coupon is
up to \$3.79 each with Card.



Hormel
Bacon

Select Varieties,
9.3-16 oz

\$3.99

/EA

With Digital Coupon

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



18 ct Simple Truth
Cage Free Eggs

Large, Grade AA

\$3.99

/EA

With Digital Coupon

Price without digital coupon
is up to \$4.99 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.

*While supplies last.

SALE DATES: Wed. March 11 - Tues. March 17, 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.

TB01

EARN 4X FUEL POINTS
on your purchases, with your digital coupon.*

FRIDAY • SATURDAY • SUNDAY

CLIP COUPON

*Exclusions apply. See coupon for details.



Hillshire Farm Lunch Meat
Select Varieties, 7-9 oz
Price without digital coupon is up to \$4.99 each with Card. **With Digital Coupon**

\$3.99
/EA



Apple or Cherry Pie
or Other Varieties,
8", In the Bakery
\$3.99
/EA
With Digital Coupon
Price without digital coupon is up to \$6.49 each with Card.



Tyson Frozen Chicken
Select Varieties,
23-29 oz
\$4.99
/EA
With Digital Coupon
Price without digital coupon is up to \$6.99 each with Card.



Kind Breakfast Bars
12 ct or Granola,
9-11 oz; Select Varieties
\$3.49
/EA
With Digital Coupon
Price without digital coupon is up to \$4.49 each with Card.



Dove Shampoo or Conditioner
Select Varieties,
12 fl oz
\$3.49
/EA
With Digital Coupon
Price without digital coupon is up to \$4.99 each with Card.

WEEKLY DIGITAL DEALS

Use coupons **UP TO 5 TIMES** per transaction.
UNLIMITED transactions!



Ball Park Buns
8 ct, or Hormel Chili,
15 oz, Select Varieties
\$1.99
/EA
With Digital Coupon
Price without digital coupon is up to \$2.99 each with Card.



Frito-Lay Multipack
Select Varieties,
18 ct
\$7.99
/EA
With Digital Coupon
Price without digital coupon is up to \$10.49 each with Card.



LaCroix Sparkling Water
Select Varieties,
8-Pack, 12 fl oz Cans
\$2.99
/EA
With Digital Coupon
Price without digital coupon is up to \$3.99 each with Card.



Cetaphil Lotion or Facial Cleanser
Select Varieties,
16 fl oz
\$9.99
/EA
With Digital Coupon
Price without digital coupon is up to \$11.99 each with Card.



LOCAL
Cosmic Crisp or Pink Lady Apples
Price without digital coupon is up to \$1.99 lb with Card. **With Digital Coupon**

99¢
/LB



Pepperidge Farm Cookies
5-8.6 oz or Lance
Sandwich Crackers,
10 ct; Select Varieties
\$2.99
/EA
With Digital Coupon
Price without digital coupon is up to \$4.99 each with Card.



Nestlé Drumstick Cones
8-20 ct or Outshine
Fruit Bars, 12 ct;
Select Varieties
\$5.99
/EA
With Digital Coupon
Price without digital coupon is up to \$6.99 each with Card.



Kroger Ultra Paper Towels
6 Double Rolls
\$5.99
/EA
With Digital Coupon
Price without digital coupon is up to \$9.99 each with Card.



Snuggle Fabric Softener
35.4-39.7 fl oz
or Dryer Sheets,
105-120 ct;
Select Varieties
\$3.49
/EA
With Digital Coupon
Price without digital coupon is up to \$4.99 each with Card.

*While supplies last.

CUSTOMER

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03/11

WEEK

03/17

We're celebrating YOU with our hottest deals and digital coupons.

Visit FredMeyer.com/appreciation to clip Daily Deals You Won't Want to Miss!

DAILY
DEAL DROP

SAVE \$120

329⁹⁹

With Card

Allstate
PROTECTION PLANS
Protect your **new TV** with an Allstate Protection Plan.
See store for details

65"

SAMSUNG

4K UHD HDR Smart TV

UN65U7900 Reg. 449.99

GoodCook®
Shown: Reg. 8.99-18.99

BUY 1, GET 1

FREE

With Card

SAVE

30%

With Card

Pricing starts Fri. 3/13
Levi's® Red Tab Apparel
Men's and Women's sizes.
Shown: Women's Middy Loose Boot Jeans Sale **59.46**
Men's 578 Baggy Jeans Sale **52.46**

BOGO

WEEK

Buy More, Save More, Across the Store



Wellshire Lunch Meat
Select Varieties,
7 oz

BOGO

of Equal or Lesser Value
FREE

With Card



Hormel Pepperoni
Select Varieties,
5-6 oz

BOGO

of Equal or Lesser Value
FREE

With Card



Fresh Cravings Salsa
Select Varieties,
16 oz

BOGO

of Equal or Lesser Value
FREE

With Card



Franz Wide Pan Bread
Select Varieties,
24 oz

BOGO

of Equal or Lesser Value
FREE

With Card



Kroger Apple Juice
64 fl oz or
Nature Valley Protein Bars,
5 ct; Select Varieties



BOGO

of Equal or Lesser Value
FREE

With Card



Best Foods Mayonnaise
Select Varieties,
11.5 fl oz

BOGO

of Equal or Lesser Value
FREE

With Card



Nature Made Supplements
Select Varieties,
14-300 ct

BOGO

of Equal or Lesser Value
FREE

With Card



Yasso Frozen Greek Yogurt Bars
4 ct or
Sandwiches, 3 ct;
Select Varieties

BOGO

of Equal or Lesser Value
FREE

With Card



Kraft Salad Dressing
14-16 fl oz or
Frank's RedHot Sauce, 12 fl oz;
Select Varieties

BOGO

of Equal or Lesser Value
FREE

With Card



Saffron Road Entrée
Select Varieties,
10 oz

BOGO

of Equal or Lesser Value
FREE

With Card



Bibigo or Pagoda Entrée
Select Varieties,
8.1-24 oz

BOGO

of Equal or Lesser Value
FREE

With Card



GoodCook Gadgets, Bakeware, Cookware or Food Storage
Select Varieties

BOGO

of Equal or Lesser Value
FREE

With Card



Olipop Soda
Select Varieties,
12 fl oz

BOGO

of Equal or Lesser Value
FREE

With Card



BOGO

of Equal or Lesser Value
FREE

With Card

Private Selection Pasta

16 oz or Pasta Sauce,
24 oz; Select Varieties

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

GET LUCKY DEALS!



READY FOR MARCH BASKETBALL



Boneless Chuck Roasts or Steaks
Value Pack

\$7⁹⁹
/LB
With Card



Bubbies Sauerkraut
25 oz

\$5
With Card



Kroger Red or Gold Potatoes
5 lb Bag

\$3⁹⁹
With Card



Kerrygold Irish Cheddar
Select Varieties,
7 oz, In the Deli

BUY 1, GET 1
of Equal or Lesser Value

FREE
With Card



Shamrock
4.5" pot

\$5⁹⁹
AND UP



Tito's or Carolans
750 ml or High Noon,
8-Pack, 12 fl oz Cans;
Select Varieties

\$16⁹⁹
With Card



Private Selection Angus Beef Burgers
Select Varieties, Frozen, 2 lb

\$10⁹⁹
With Card



Reser's Dip
Select Varieties,
8 oz

2/\$4
With Card



Guinness
4-Pack, 14.9 fl oz or
Coores, 6-Pack, 16 fl oz;
Bottles or Cans,
Select Varieties,
Plus Deposit
Where Applicable

\$9⁹⁹
With Card



Toastermaster Appliances
Select Varieties

\$24⁹⁹
With Card



Home Chef Fried Chicken
5-Piece Drumsticks
or 4-Piece, Includes
1 Breast, 1 Thigh,
1 Wing & 1 Drumstick;
Fully Cooked,
In the Deli

\$5



Fresh Baked Chocolate Chip Cookies
or Other Varieties,
12 ct, In the Bakery

\$3⁹⁹



Party Size Ruffles
12.5-13 oz
or Tostitos,
14.5-20 oz;
Select Varieties

\$5⁹⁹
With Card



Wholly Guacamole
7.5 oz

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



Sargento Cheese
Select Varieties, 5-8 oz

3/\$6
With Card

When you buy 3 or more in the same transaction with Card.
Quantities less than 3 are up to \$3.49 each with Card.

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.

**Post
Giant Size
Cereal**
Select Varieties,
23-23.5 oz

4.99 With Card
-1.00 Off 1
\$3.99 /EA*

DIGITAL COUPON OFFER

**Liquid I.V.
Hydration Multiplier
Electrolyte Drink Mix**
Select Varieties,
6 ct

8.99 With Card
-1.00 Off 1
\$7.99 /EA*

DIGITAL COUPON OFFER

Pringles
Select Varieties,
4.6-5.57 oz

2.49 With Card
-50¢ Off 1
\$1.99 /EA*

DIGITAL COUPON OFFER

**Snyder's
of Hanover
Pretzels**
Select Varieties,
8-16 oz

3.99 With Card
-2.00 Off 1
\$1.99 /EA*

DIGITAL COUPON OFFER

**Progresso
Soup**
Select Varieties,
18-19 oz

2.49 With Card
-1.00 Off 1
\$1.49 /EA*

DIGITAL COUPON OFFER

**Puffs
Facial Tissues**
Select Varieties,
4 ct

7.99 With Card
-2.00 Off 1
\$5.99 /EA*

DIGITAL COUPON OFFER

**Maybelline
New York
Lip Gloss**
Select Varieties,
1 ct

11.49 With Card
-2.00 Off 1
\$9.49 /EA*

DIGITAL COUPON OFFER

**Huggies
Little Movers or
Little Snugglers
Diapers**
Select Varieties,
38-96 ct

28.99 With Card
-3.00 Off 1
\$25.99 /EA*

DIGITAL COUPON OFFER

**Tide Laundry
Detergent**
92-105 fl oz or Gain
Laundry Detergent,
154 fl oz; Select Varieties

15.99 With Card
-3.00 Off 1
\$12.99 /EA*

DIGITAL COUPON OFFER

**Method
Body Wash**
Select Varieties,
18 fl oz

8.99 With Card
-2.00 Off 1
\$6.99 /EA*

DIGITAL COUPON OFFER

**Greenies
Dog Treats**
Select Varieties,
12-15.8 oz

18.99 With Card
-3.00 Off 1
\$15.99 /EA*

DIGITAL COUPON OFFER

**Hero
Mighty Patch
Blemish Patches**
36 ct

12.99 With Card
-1.00 Off 1
\$11.99 /EA*

DIGITAL COUPON OFFER

BOTTLES & BREWS



**Guinness,
Iron Horse
or Fremont**
\$10.99
With Card

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

Guinness
8-Pack, 14.9 fl oz
or Sapporo, 12-Pack,
12 fl oz; Bottles or Cans,
Select Varieties,
Plus Deposit
Where Applicable

\$14.99
With Card

**Jameson
or 503**
4-Pack, 12 fl oz Cans
or Fireball, 750 ml;
Select Varieties

\$11.99
With Card

Jameson
1.75 Liters or
Glenlivet, 750 ml;
Select Varieties

\$43.99
With Card

FIND YOUR FAVORITE NATURAL ITEMS

Lärabar
10/\$10
With Card

1.06-1.7 oz or Hint Water,
16 fl oz; Select Varieties



Pete & Gerry's Organic Eggs
Large, Grade A,
12 ct or Simple Truth
Protein Pancakes,
40 ct; Select Varieties

\$4.99
With Card



Angie's Boomchickapop Popcorn
Select Varieties,
4.4-7 oz

2/\$5
With Card



Clearly Canadian Sparkling Water
Select Varieties,
6-Pack, 12 fl oz Cans
MIX & MATCH
BUY 1, GET 1
of Equal or Lesser Value

FREE
With Card



Yo Mama's Tomato Sauce
Select Varieties,
25 oz
MIX & MATCH
BUY 1, GET 1
of Equal or Lesser Value

FREE
With Card



Applegate Lunch Meat, Dinner Sausage or Hot Dogs
Select Varieties, 6-14 oz

SAVE 25%
Tag Reflects Savings
With Card

HOME, HEALTH & MORE!



Dannon Oikos Protein Shake
Select Varieties,
12 fl oz

2/\$6
With Card



M&M's Sharing Size Candy
Select Varieties,
7.4-10.1 oz

\$4.99
With Card



Select Varieties,
0.20-0.38 fl oz

Flonase Allergy Relief
\$16.99
With Card



Comforts Electrolyte Solution
Select Varieties,
33.8 fl oz

\$3.99
With Card



Palmer Milk Chocolate Coins
1.27 oz

4/\$5
With Card



Energizer Max Batteries
Select Varieties,
AA or AAA, 8-Pack
MIX & MATCH
BUY 1, GET 1
of Equal or Lesser Value

FREE
With Card

SCORE MORE IN ONE STOP



Gatorade Rookie Bottle
Select Varieties,
12 oz

\$19.99



Rubbermaid TakeAlongs Food Storage
2-Pack

\$4.99



Scotch-Brite Everyday Clean Lint Roller
1 ct

\$5.99

boost CUSTOMER APPRECIATION WEEK

Visit FredMeyer.com/appreciation
to clip exclusive deals!



Member Exclusive Digital Deals!

Over \$100 in additional grocery
savings for Boost Members*

*Cumulative value of Boost exclusive offers
between 3/11/26-3/17/26

Use coupons up to 5X per transaction. Unlimited transactions. See coupons for details.



Pork Shoulder Roasts

Bone-In

Boost Members
save MORE
with Digital Coupon

99¢ /LB

Boost Member Exclusive Price!

With digital coupon &
Boost Membership

Non-Boost Member price
is up to **\$2.49** lb with Card.



Kroger Peeled Baby Carrots

16 oz

Boost Members
save MORE
with Digital Coupon

77¢ /EA

Boost Member Exclusive Price!

With digital coupon &
Boost Membership

Non-Boost Member Price
is up to **\$1.39** each with card.



Holiday Home Easter Items

Select Varieties

Boost Members

SAVE AN EXTRA 20%

Boost Member Exclusive Price!

With digital coupon &
Boost Membership



Kroger Butter

Select Varieties, 16 oz

Boost Members
save MORE
with Digital Coupon

\$1.49 /EA

Boost Member Exclusive Price!

With digital coupon &
Boost Membership

Non-Boost Member price
is up to **\$3.99** each with Card.



Kroger Cheese

Select Varieties, 6-8 oz

Boost Members
save MORE
with Digital Coupon

99¢ /EA

Boost Member Exclusive Price!

With digital coupon &
Boost Membership

Non-Boost Member price
is up to **\$2.49** each with Card.



Hershey's Party Pack Candy

Select Varieties,

24.8-35.9 oz

Boost Members
save MORE
with Digital Coupon

\$8.99 /EA

Boost Member Exclusive Price!

With digital coupon &
Boost Membership

Non-Boost Member price
is up to **\$14.99** each with Card.



**Wild-Caught
Lobster Tails**
Previously Frozen,
3-4 oz

2/\$12
With Card



**Kroger
Large Shrimp**
31-40 ct, Raw,
Sold in a 2 lb Bag
for \$15.98

\$7.99
/LB
With Card

REEL IN GREAT DEALS!



Fresh
Wild-Caught
Rockfish Fillets

\$6.99
/LB
With Card

Subject to Fishing
& Weather Conditions

EASY FOR YOU
SEAFOOD
We'll prep it for FREE.

1

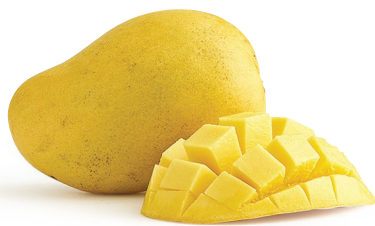
**CHOOSE A
SEAFOOD SERVICE
CASE ITEM**

2

**SELECT YOUR
SEASONINGS
& GARNISHES**

3

**COOK IN OUR
OVEN-READY
BAG**



Honey Mango

99¢
/EA
With Card



Large Pineapple

2/\$5
With Card



3/\$10

With Card
Strawberries
16 oz

Bloom Haus
Luminous Bouquet

\$9.99

Private Selection
Campari Tomatoes
16 oz

\$3.99
With Card

Kroger
Tri-Color Peppers
3 ct

\$3.99
With Card

GUARANTEED FRESH



\$3.99
/LB

With Card
**Kroger
Corned Beef
Brisket**

Point Cut or Flat Cut
for \$4.99 lb

Kroger
Boneless
Chicken Breasts
3 lb or Kroger
Chicken Party Wings,
2.5 lb; Select Varieties,
Frozen

\$8.99
With Card

Large
Cooked Shrimp
26-30 ct, Sold in a
2 lb Bag for \$15.98

\$7.99
/LB
With Card

Oscar Mayer
Lunchables
2.25-4.4 oz or P3
Protein Packs, 2-2.3 oz;
Select Varieties

2/\$3
With Card

Sea Cuisine
Seafood Fillets
Select Varieties,
Frozen, 9-10.50 oz

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

DELI & BAKERY

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

Blueberry
Muffins

4 ct or Mini
Cupcakes, 12 ct;
Select Varieties

\$5

Private Selection
Farmhouse
Loaded Potato Soup
or Other Varieties,
24 oz

\$6.99

Private Selection
Brown Sugar Ham
or Provolone Cheese,
\$10.49 lb with Card,
Sliced to Order or Grab 'N Go

\$12.99
/LB
With Card

BOTTLES & BREWS

10.99^{EA}
-10%
With Card

\$9.89
/EA*

**Kendall-Jackson,
Korbel
or Oyster Bay**

Select Varieties,
750 ml



Chateau Ste Michelle
Select Varieties,
750 ml

\$9.99

With Card



16.99^{EA}
-10%
With Card

\$15.29
/EA*

**Browne,
Chandon or
Whitehaven**
Select Varieties,
750 ml



14.99^{EA}
-10%
With Card

\$13.49
/EA*

**La Marca,
Erath or Dunham**
Select Varieties,
750 ml



**Coors
or Miller**
\$26.99
With Card

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



\$23.99

With Card
Michelob Ultra
Select Varieties,
24-Pack, 12 fl oz Cans,
Plus Deposit
Where Applicable

*When You Buy Any 6 Participating Items with Card.

CHEERS TO GREAT DEALS ON YOUR FAVORITES!



WELCOME

SAVE 30%

Tag Reflects Savings With Card

Easter Décor, Plush and Housewares

Excludes Toys and Candles

1-HOP SHOP



FOR EASTER

Find more deals at FredMeyer.com/Easter



Holiday Home Easter Fill Eggs
50 ct or Paper Grass, 10 oz;
Select Varieties

\$5.99
With Card



Easter Plush
Select Varieties

SAVE 30%
Tag Reflects Savings With Card



Chalk Tales Bucket
20 ct or Bubble Wand, 6-Pack,
Select Varieties

\$4.99
With Card



Tuscany Jar Candle
Select Varieties, 18 oz

\$7.99
With Card



Hershey's or Cadbury Candy Egg
Select Varieties, 1.1-2.1 oz

4/\$5
With Card



Skittles Jellybeans
10 oz or Life Savers Gummies, 9 oz;
Select Varieties

\$3.99
With Card



Kinder Joy Egg
Select Varieties, 0.7 oz

\$1.99
With Card



Hershey's or Mars Easter Candy
Select Varieties, 7.4-10.8 oz

\$4.99
With Card



Cadbury Creme Eggs
4 ct

\$4.49
With Card



Whoppers Robin Eggs
Select Varieties, 9 oz

\$3.49
With Card



Brach's Jellybeans
9 oz

\$2.69
With Card

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

PICK UP EVERYTHING FOR GAME DAY!

Fred Meyer
TRAIL BLAZERS
REWARDS

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 prizes, apparel and more!

Participating Product
~~3.99~~
3.49
SALE

Coca-Cola
ORIGINAL TASTE