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Fred Meyer FRESH FOR EVERYONE™ **CUSTOMER APPRECIATION WEEK** 03/11 - 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



\$6.99 /LB
With Card

USDA CHOICE

Boneless Tri-Tip Roasts
or Steaks, Value Pack or Beef Flanken Style Ribs, Bone-In

\$4.49 /LB
With Card

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



Fresh Heritage Farm Chicken Drumsticks or Thighs
Bone-In

99¢ /LB
With Card



Green Cabbage
59¢ /LB
With Card



Asparagus or Organic Asparagus, \$2.99 lb
\$1.99 /LB
With Card



Kroger Red, Green or Black Seedless Grapes
3 lb Package
\$4.77 /LB
With Card



Kroger Ice Cream
Select Varieties, 48 fl oz
\$1.88 /LB
With Card

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.



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

MIX & MATCH BOGO FREE
of Equal or Lesser Value
With Card



Fred Meyer Milk
Select Varieties, Half Gallon (Excludes Chocolate), Limit 4
MIX & MATCH BOGO FREE
of Equal or Lesser Value
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



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
With Card



Participating item selection may vary by store. Discount applied at checkout 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

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
Price without digital coupon is up to \$4.99 each with Card.
\$3.99 /EA
With Digital Coupon

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 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.

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

FRIDAY • SATURDAY • SUNDAY

CLIP COUPON

*Exclusions apply. See coupon for details.

WEEKLY DIGITAL DEALS

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



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

\$3.99
/EA

With Digital Coupon



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.



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.

LOCAL

Cosmic Crisp or Pink Lady Apples

Price without digital coupon is up to \$1.99 lb with Card.

99¢
/LB

With Digital Coupon



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.



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.



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.



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.



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.



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.



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.



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.



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.



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 APPRECIATION
 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 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**

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

goodcook
MEAL PREP
 NEW Write, Erase & Re-Use Lids!
 20-PIECE
 (10 Containers & 10 Lids, 1 Compartment (1 Cup 240 mL))

goodcook®

Levi's®

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
\$7.99 /LB
 With Card



Bubbies Sauerkraut
 25 oz
\$5
 With Card



Kroger Red or Gold Potatoes
 5 lb Bag
\$3.99
 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
\$5.99 AND UP



Tito's or Carolans
 750 ml or High Noon, 8-Pack, 12 fl oz Cans;
 Select Varieties
\$16.99



Private Selection Angus Beef Burgers
 Select Varieties, Frozen, 2 lb
\$10.99
 With Card



Reser's Dip
 Select Varieties, 8 oz

2/\$4
 With Card



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

\$5.99
 With Card



Wholly Guacamole
 7.5 oz

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



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

\$9.99



Toastermaster Appliances
 Select Varieties
\$24.99
 With Card



FINAL COST
 When You Buy 3

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.



SAVE MORE
ON EVERY PURCHASE
1.99
OFF

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



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

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



2.49 With Card
-50¢ Off 1
\$1.99 /EA*
DIGITAL COUPON OFFER

Pringles
Select Varieties,
4.6-5.57 oz



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



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

Maybelline New York Lip Gloss
Select Varieties,
1 ct



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

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



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

\$11.99



Jameson
1.75 Liters or
Glenlivet, 750 ml;
Select Varieties

\$43.99

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.



REEL IN GREAT DEALS!

Fresh
Wild-Caught
Rockfish Fillets
\$6.99
/LB
With Card

Subject to Fishing
& Weather Conditions

**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

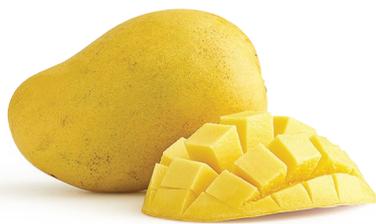
\$7.99
/LB
With Card

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
\$25.99

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



\$23.99

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!



SAVE 30%

Tag Reflects Savings With Card
Easter Décor, Plush and Housewares
Excludes Toys and Candles



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!



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!

