

Ruler
F O O D S By Kroger

Ruler
FOODS

Shop Smart, Spend Less

✓ SUPER SAVERS

2.47 lb

Heritage Farm
Chicken Breast



**IT'S ALL
IN THE APP**

- 📱 Delivery
- 📱 Exclusive Savings
- 📱 Weekly Ads

✓ SUPER SAVERS

\$5

Mandarins
5 lb Bag or Kroger
Navel Oranges, 8 lb Bag



✓ SUPER SAVERS

4.99 lb

Kroger
Corned Beef



✓ SUPER SAVERS

\$5

Kroger Red or White
Seedless Grapes
3 lb Clamshell



✓ SUPER SAVERS

59¢ lb

Green Cabbage



✓ SUPER SAVERS

1.99 lb

Kroger Boneless
Half Pork Loin



MORE FOR \$5

MORE FOR \$5

MORE FOR \$5



✓ SUPER SAVERS

\$5

Kroger Ice Cream
Select Varieties,
128 fl oz



✓ SUPER SAVERS

\$5

Digiorno Pizza
Select Varieties,
15-29.3 oz



✓ SUPER SAVERS

\$5

Tyson Chicken
Select Varieties,
23-29 oz



✓ SUPER SAVERS

\$5

Kroger
Sundae Cones
Select Varieties, 8 ct

TB01_2606_RUMOS



Prices effective Wednesday, March 11
through Tuesday, March 24, 2026.

2 locations in St. Louis, MO • Sikeston, MO • Cape Girardeau, MO • St. Charles, MO • Collinsville, IL • Highland, IL
Granite City, IL • Godfrey, IL • Belleville, IL • Fairview Heights, IL • St. Ann, MO
While supplies last. No rain checks accepted. Beer and Wine available at select stores.

MORE FOR



MORE FOR



MORE FOR


🛒 SUPER SAVERS
3/\$5
Kroger Nacho Cheese
 15 oz, Salsa, 16 oz or
 Sliced Jalapenos, 12 oz

🛒 SUPER SAVERS
3/\$5
Kroger Hearty
Ready To Serve Soups
 Select Varieties, 18.6-18.8 oz

🛒 SUPER SAVERS
3/\$5
Kroger Dips
 16 oz or Sour Cream, 16 oz

🛒 SUPER SAVERS
4/\$5
Kroger Taco Shells
 12 ct or Taco
 Seasoning Mix, 4-Pack

🛒 SUPER SAVERS
4/\$5
Powerade
 Select Varieties,
 28 fl oz

🛒 SUPER SAVERS
4/\$5
Kroger Deluxe
Mac & Cheese
 12 oz or 90
 Second Rice, 8.8 oz

🛒 SUPER SAVERS
4/\$5
Kroger Water
 Gallon

🛒 SUPER SAVERS
2/\$5
Betty Crocker
Cookie Mix
 Select Varieties, 17.5 oz

🛒 SUPER SAVERS
2/\$5
Kroger
Sandwich Cookies
 14.3-15.35 oz
 or Juice, 64 fl oz

🛒 SUPER SAVERS
2/\$5
Kroger Ice Cream
 Select Varieties, 48 fl oz

Find us online:


**SHOP SMARTER WITH
YOUR OTC CARD**

*For details on products covered by your specific plan, please reach out to your insurance provider

DID YOU KNOW?

 You can use your Medicare Advantage Food
 & OTC Benefit Card to shop eligible groceries
 and over the counter medications.*

 Sign up for email &
 SMS messages:


Accepted at

Ruler
 FOODS a Kroger
 Shop Smart, Spend Less



4/\$10

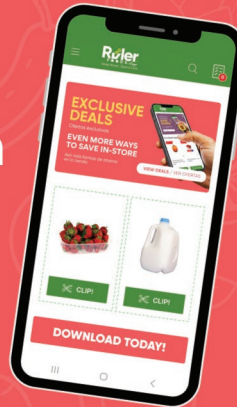
Doritos, Cheetos & Ruffles
6.5-10.5 oz

⚡ SUPER SAVERS

When you buy 4 or more in the same transaction.
Quantities less than 4 are up to \$5.29 each.

SAVE EVEN MORE

Over \$75 in
Exclusive
Deals
Weekly



6.99

Gatorade
Select Varieties,
8-Pack, 20 fl oz



1.35

Pillsbury
Cake Mix
Select Varieties,
15.25 oz



2.99

Danimals
Strawberry
Smoothie
6-Pack or Yoplait
Low Fat Yogurt, 32 oz



9.99

Tennessee Pride
Sausage Biscuits
20 ct or Smuckers
Uncrustables, 10 ct



4.59

Checkers Rally's
Famous Fries
28 oz or Heinz
Tomato Ketchup,
38 oz



3.75

Cheezit Crackers
9-12.4 oz or 100%
Juicy Juice, 64 fl oz



13.95

Folgers Classic
Roast Coffee
25.9 oz



4/\$5

Campbell's
Condensed
Soup
Select Varieties,
10.75 oz



3.89

Maruchan
Ramen Noodles
Select Varieties, 12 ct



1.29
Rotel
10 oz

7.49

Velveeta Loaf
32 oz

ONLY \$5!



MORE FOR \$5



KROGER SUPER SAVERS
2/\$5
Kroger Russet Potatoes
 5 lb Bag or
 Kroger Potatoes
 Baker Tray, 4 ct



KROGER SUPER SAVERS
3/\$5
Kroger Whole Carrots
 2 lb Bag or Kroger
 Sliced Baby Bella
 Mushrooms, 8 oz



KROGER SUPER SAVERS
4/\$5
Kroger In Shell Peanuts
 Salted or Unsalted,
 10 oz



KROGER SUPER SAVERS
2/\$5
Bar-S Deli Ham Lunch Meat
 Select Varieties,
 12 oz



KROGER SUPER SAVERS
3/\$5
Eckrich Loaf Lunch Meat
 Select Varieties,
 7 oz



KROGER SUPER SAVERS
4/\$5
Bar-S Bologna
 Select Varieties,
 12 oz

From Sea to Savings!



5.99
Gorton's Fish Sticks
 44 ct Value Pack
 or Crispy Battered
 Fish Portions,
 12 ct Value Pack



8.79
Kroger Farm Raised Tilapia Fillets
 or Wild Caught Pacific
 Whiting Fillets, 2 lb



\$10
Aqua Star Wild Pacific Salmon Fillets
 20 oz or Kroger
 Wild Caught Pink
 Salmon Fillets, 2 lb



12.49
Kroger Breaded Butterfly Shrimp
 32 oz or
 Catfish Fillets, 2 lb



15.99
Kroger Extra Large Cooked Shrimp
 or White Raw Shrimp,
 2 lb



19.99
Ocean Choice Wild North Atlantic Snow Crab Clusters
 2 lb

Super Savers



✓ SUPER SAVERS
10/\$10

Renuzit
Adjustables
Air Freshener
7 oz



✓ SUPER SAVERS
2.29

Lysol
Lime and Rust
Toilet Bowl
Cleaner
24 fl oz



✓ SUPER SAVERS
2.99

Kroger
Dryer Sheets
100 ct



✓ SUPER SAVERS
3.99

Kroger
Concentrated
Bleach
81 fl oz



✓ SUPER SAVERS
4.49

Downy
Fabric Softner
44 oz



✓ SUPER SAVERS
5.29

Arm & Hammer
Laundry
Detergent
45.5-50 fl oz

Spring Cleaning, Spring Savings!



✓ SUPER SAVERS

1.79
Kroger
Extra Strength
Erasing Pads
2 ct



✓ SUPER SAVERS

1.99
Kroger
Glass Cleaner
26 fl oz



✓ SUPER SAVERS

2.99 Kroger Foaming
Bathroom Spray
32 fl oz



✓ SUPER SAVERS

1.79
Kroger
Toilet Bowl Cleaner
24 fl oz



✓ SUPER SAVERS

1.99 Kroger
Disinfectant Wipes
35 ct



✓ SUPER SAVERS

3.99 Kroger
Disinfectant Spray
19 oz

Save on Everyday Essentials.



✓ SUPER SAVERS

3.29
Febreze
Air Mist
8.8 oz



✓ SUPER SAVERS

2.19 Kroger Moist
Flushable Wipes
2-Pack, 84 ct



✓ SUPER SAVERS

7.99 Kroger Ultra
Paper Towels
6 Rolls



✓ SUPER SAVERS

12.49 Kroger Soft & Strong
Toilet Paper Mega Roll
18 Rolls



Scrub, Swipe & Shine for Less!



4.49

Scrub Daddy
Sponge Daddy
4 ct



5.99

Scrub Daddy
Sponge Holder



4.99

Pink Stuff
Cream Cleaner
16.9 fl oz



5.99

Swiffer
WetJet Solvent
42.2 fl oz



24.99

Swiffer
WetJet Kit



29.99 Spin Mop
Bucket System

Fill Your Basket for Less!



2/\$5

Brach's
Classic Jelly
Bird Eggs
9 oz



2/\$3

Russell
Stover Solid
Milk Chocolate
Rabbit
1.5 oz



2/\$3

Palmer Easter
Assorted Buddies
2.5 oz, Double Crisp
Bunny, 4.25 oz, or
Easter Spongebob,
2.5 oz



4/\$5 Hasbro Play-Doh
Single Cans



4/\$5

Reese's Eggs
4-Pack, 2.4 oz



4/\$5

Holiday Home
Easter Paper
Dinnerware
8-16 ct

Allergy & Sinus Relief at Great Prices.



2.99

Kroger
24hr Allergy
Relief Tablets
30 ct



3.49

Kroger
Allergy Tablets
100 ct



3.29

Kroger
Fast Action
Nasal Spray
1 fl oz



8.99 Kroger 24 hr Allergy Relief
Non-Drowsy Nasal Spray
0.38 fl oz