



2/\$5
With Card

Strawberries
16 oz



Private Selection Gourmet Potatoes
1.5 lb
BUY 1, GET 1
of Equal or Lesser Value
FREE
With Card

EARN 4X FUEL POINTS
with digital coupon*

ON MEAT & SEAFOOD!
UNLIMITED USE MARCH 4-10

Scan here or visit
FredMeyer.com/FuelEvent
to download coupon.
*Exclusions apply. See coupon for details.



USDA CHOICE

Ribeye Steaks
Bone-In, Value Pack
\$9.99
/LB
With Card

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



Coca-Cola
12-Pack, 12 fl oz Cans, Pepsi or 7UP, 6-Pack, 16.9 fl oz Bottles or Pure Leaf Tea, 6-Pack, 16.9 fl oz Bottles;
Select Varieties, Limit 12 Packages
Regular retail is up to \$15.29 each with Card.



93% Lean Ground Beef
Sold in a 3 lb Roll
for \$14.97
\$4.99
/LB
With Card



Doritos
9-10.75 oz or Cheetos, 6.5-9 oz or Ruffles, 7.25-10.25 oz;
Select Varieties
Regular retail is up to \$5.49 each with Card.

BUY 2, GET 2 FREE
of Equal or Lesser Value
With Card



Tillamook Ice Cream Bars
Select Varieties, 4 ct
BUY 1, GET 1 FREE
of Equal or Lesser Value
With Card



Entenmann's Little Bites, Donuts or Cakes
Select Varieties, 6.88-21 oz
BUY 1, GET 1 FREE
of Equal or Lesser Value
With Card



Fresh Heritage Farm Boneless Chicken Breasts
\$1.99
/LB
With Card



Sargento Cheese
Select Varieties, 5-8 oz
2/\$4
With Card



Nabisco Chips Ahoy Cookies
9.5-13 oz or Belvita Breakfast Biscuits, 8.8 oz; Select Varieties
\$2.49
With Card



Red Bull Energy Drink
12 fl oz or Bloom Energy Drink, 12 fl oz or Java Monster Energy Drink, 15 fl oz; Select Varieties
MIX & MATCH BUY 2, GET 1 FREE
of Equal or Lesser Value
With Card



Pork Back Ribs
Bone-In or Boneless Pork Half Loin
BUY 1, GET 1 FREE
of Equal or Lesser Value
With Card



Kettle Brand Potato Chips
Select Varieties, 6-7.5 oz
\$1.99
With Card



Franz Wide Pan Bread
Select Varieties, 24 oz
BUY 1, GET 1 FREE
of Equal or Lesser Value
With Card



Guinness
8-Pack, 14.9 fl oz or Pabst or Rainier, 18-Pack, 12 fl oz; Bottles or Cans, Select Varieties, Plus Deposit Where Applicable
\$13.99



Oscar Mayer Bacon
Select Varieties, 12-16 oz
BUY 1, GET 1 FREE
of Equal or Lesser Value
With Card

BUY MORE SAVE MORE
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.



Zoi Greek Yogurt
32 oz or Morning Star Farms Entrée, 5.25-12 oz; Select Varieties
3.99 With Card
-1.00
\$2.99 /EA*



Tillamook Extra Creamy Butter
16 oz or Simple Mills Crackers, 4.25 oz; Select Varieties
4.49 With Card
-1.00
\$3.49 /EA*



Ore-Ida Frozen Potatoes
Select Varieties, 18.98-32 oz
4.49 With Card
-1.00
\$3.49 /EA*



Rao's Pasta Sauce
24 oz or Bertolli Olive Oil, 15.5-16.9 fl oz; Select Varieties
6.99 With Card
-1.00
\$5.99 /EA*

WEEKLY DIGITAL DEALS

Use each coupon
UP TO 5 TIMES
in one transaction*

Look for
these
tags.



Find even
more deals
online!



**Snow Crab
Clusters**
Previously Frozen

\$9.99
/LB

Price without digital coupon is up to \$12.99 lb with Card. **With Digital Coupon**



**Oscar Mayer
Deli Fresh
Lunch Meat**
7-9 oz or Claussen
Pickles, 20-32 fl oz;
Select Varieties

\$3.99
/EA

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



LOCAL

**Tillamook
Cheese**
Select Varieties,
32 oz Bar

\$7.99
/EA

With Digital Coupon
Price without digital coupon
is up to \$9.99 each with Card.



**Large
Avocados**

Price without digital coupon is up to \$2.99 each with Card.

\$1.29
/EA

With Digital Coupon



**Private Selection
Campari Tomatoes
or Mini Seedless
Cucumbers, 16 oz**

\$2.99
/EA

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



**Bob Evans's
Side**
Select Varieties,
12-24 oz

\$3.49
/EA

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



**Lay's
Potato Chips**
Select Varieties,
5-8 oz

\$1.99
/EA

With Digital Coupon
Price without digital coupon
is up to \$2.99 each with Card.



**Häagen-Dazs
Ice Cream**
14 fl oz or Bars, 3 ct
or Red Baron Pizza,
14.87-23.45 oz;
Select Varieties

\$2.99
/EA

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



**Chobani
Coffee Creamer**
24 fl oz or Oatmilk,
52 fl oz; Select Varieties

\$2.79
/EA

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



**Starbucks
Coffee**
10-12 oz Bag
or K-Cups, 10 ct;
Select Varieties

\$8.99
/EA

With Digital Coupon
Price without digital coupon
is up to \$10.99 each with Card.



**Barebells
Protein Bars**
Select Varieties,
4 ct

\$7.49
/EA

With Digital Coupon
Price without digital coupon
is up to \$9.49 each with Card.



**40-Pack
Fred Meyer Water**
16.9 fl oz or Cheez-It
Family Size Crackers,
17-21 oz; Select Varieties

\$3.99
/EA

With Digital Coupon
Price without digital coupon
is up to \$5.99 each with Card.



**Stouffer's
or Lean Cuisine
Entrée**
Select Varieties,
5.75-12.875 oz

\$1.99
/EA

With Digital Coupon
Price without digital coupon
is up to \$2.49 each with Card.



**Quilted Northern
Bath Tissue**
6 Mega Rolls or
MD Bath Tissue,
8 Mega Rolls;
Select Varieties

\$5.99
/EA

With Digital Coupon
Price without digital coupon
is up to \$7.79 each with Card.

*While supplies last.

WEEKLY DIGITAL DEALS

Use each coupon
UP TO 5
TIMES
in one transaction*



Look for these tags.



Dove
Body Wash
\$6.49 /EA
With Digital
Coupon



20 fl oz or Bar Soap,
4 ct; Select Varieties

Price without digital coupon is up to \$8.99 each with Card.



Hershey's
Share Pack
Candy
\$3.99 /EA
With Digital
Coupon



Select Varieties,
7.2-10.8 oz

Price without digital coupon is up to \$5.99 each with Card.

*While supplies last.



Brawny
Paper Towels
4 Double Rolls
\$5.99 /EA
With Digital
Coupon

Price without digital coupon is up to \$7.79 each with Card.

BABY SALE

carter's
BUY 1, GET 1
FREE

Select Carter's Brand
Items with Card

PLUS...

ADDITIONAL
SAVINGS
throughout the
department!



Babies' sizes.
Shown:
Reg. \$26



**Chickpea
Blanket**
\$5⁹⁹
With Card
Reg. 9.99

**PRICE
BLASTER**

**Diamond Mesh
Baby Gate**

SAVE \$9

\$17⁹⁹

With Card
Reg. 26.99



**Nintendo Switch™ 2
+ Mario Kart™ World Bundle**

499⁹⁹

529.98 value.

Includes Nintendo Switch™ 2 System and
Mario Kart™ World full game download.
Limited to stock on hand.



**Licensed
Tee**

Kids' sizes.
Reg. \$15

\$9⁹⁹

With Card



Tuesday, March 10, 2026

**HAPPY
MARIO DAY**



**LEGO Super Mario
Baby Mario vs Baby Luigi
or Party at Toad's House**
\$29⁹⁹

BUY MORE SAVE MORE

**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.



Look for
these tags.



**Nabisco
Family Size
Snack Crackers**
11.5-14 oz
or Kodiak
Granola Bars, 5 ct;
Select Varieties

5.49 With Card
-1.00

\$4.49
/EA*



4-6 oz or Darigold Cottage Cheese,
24 oz; Select Varieties

3.99 With Card
-1.00
\$2.99
/EA*
**Blue Diamond
Almonds**



3.99 With Card
-1.00

\$2.99
/EA*

**Cascadian Farm
Organic Cereal**
9-15 oz or
Nature Valley
Protein Bars, 5 ct;
Select Varieties



5.49 With Card
-1.00

\$4.49
/EA*

**L'Oréal Elvive
Shampoo or
Conditioner**
Select Varieties,
12.6 fl oz



9.99 With Card
-1.00

\$8.99
/EA*

**Torani
Syrup**
25.4 fl oz
or Gevalia Coffee,
12 oz Bag;
Select Varieties



2.99 With Card
-1.00

\$1.99
/EA*

**Crystal Light
Drink Mix**
10 ct or Annie's
Gluten Free
Pasta & Cheese,
6 oz; Select Varieties



7.99 With Card
-1.00

\$6.99
/EA*
Gatorade

12-Pack, 12 fl oz or Clearly Canadian
Sparkling Water, 6-Pack, 12 fl oz;
Select Varieties



3.49 With Card
-1.00

\$2.49
/EA*

**Ken's
Salad Dressing**
16 fl oz or
Private Selection
Artisan Bread, 20 oz;
Select Varieties



4.49 With Card
-1.00

\$3.49
/EA*

**Oscar Mayer
Uploaded
Lunchables**
Select Varieties,
14.7-16.1 oz



6.49 With Card
-1.00

\$5.49
/EA*

**Sweet Loren's
Cookie Dough**
12 oz or Simple Truth
Vapor Distilled Water,
24-Pack, 16.9 fl oz;
Select Varieties



11.99 With Card
-1.00

\$10.99
/EA*

**Just Bare
Frozen Chicken**
Select Varieties,
19.2-24 oz



9.99 With Card
-1.00

\$8.99
/EA*

**Premier
Protein Shakes**
Select Varieties,
4-Pack, 11 fl oz



2.99 With Card
-1.00

\$1.99
/EA*

**Dawn
Dish Soap**
Select Varieties,
14.6-18 fl oz



Quaker Life Cereal
13 oz or GT's Alive Mushroom Elixir, 16 fl oz; Select Varieties

2.99 With Card
-1.00
\$1.99 /EA*



Nabisco Family Size Oreo Cookies
8-20 oz or Quaker Oatmeal Squares Cereal, 14.5 oz; Select Varieties

4.99 With Card
-1.00
\$3.99 /EA*



2.99 With Card
-1.00
\$1.99 /EA*
General Mills Cereal

Select Varieties, 10.4-14 oz



5.99 With Card
-1.00
\$4.99 /EA*
Starbucks Iced Coffee
48 fl oz or Kind Breakfast Bars, 6-Pack; Select Varieties

BUY MORE SAVE MORE
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.



2.99 With Card
-1.00
\$1.99 /EA*
Pringles Party Stack
6.8-7.1 oz or Mott's Applesauce, 6 ct; Select Varieties



10.99 With Card
-1.00
\$9.99 /EA*
Red Bull Energy Drink

4-Pack, 12 fl oz or Black Rifle Coffee Pods, 12 ct; Select Varieties



6.99 With Card
-1.00
\$5.99 /EA*
Hormel Bacon
Select Varieties, 12-16 oz



7.49 With Card
-1.00
\$6.49 /EA*
Private Selection Sliced Meat
Select Varieties, 7-8 oz, In the Deli



4.49 With Card
-1.00
\$3.49 /EA*
Dawn Powerwash Dish Spray Refill
16 fl oz or Safely Universal Cleaner, 20 fl oz; Select Varieties



9.99 With Card
-1.00
\$8.99 /EA*



Kroger Crustless Sandwiches
10 ct or Annie's Organic Fruit Flavored Snacks, 22 ct; Select Varieties



8.49 With Card
-1.00
\$7.49 /EA*
Playtex Tampons
Select Varieties, 30-36 ct



16.99 With Card
-1.00
\$15.99 /EA*
CeraVe Facial Lotion

Select Varieties, 1.75-3 fl oz

MIX & MATCH SAVE \$10 AN EXTRA

When you spend \$40
on participating Baby 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.



GROCERY ESSENTIALS



Bare Fruit Chips
Select Varieties,
1.6-3.4 oz

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



Kroger Cottage Cheese or Sour Cream
Select Varieties,
24 oz

2/\$5
With Card



Minute Maid Zero Sugar Drink
52 fl oz or
Gatorlyte, 20 fl oz;
Select Varieties

2/\$5
With Card



Babybel Mini Cheese
6 ct or
The Laughing Cow
Cheese Wedges,
8 ct; Select Varieties

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



Nutri Grain Bars
8 ct or
Rice Krispies Treats,
8 ct; Select Varieties

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



Smart Ones Entrée
Select Varieties,
6.49-10.5 oz

\$1.99
With Card



Kroger Pasta
12-16 oz or Nissin
Noodle Bowl,
2.54-4 oz;
Select Varieties

10/\$10
With Card



DiGiorno Pizza
Select Varieties,
14.14-27.5 oz
When you buy 2 or more in the same transaction with Card.
Quantities less than 2 are up to \$6.99 each with Card.

2/\$10
With Card



Tyson Frozen Chicken
Select Varieties,
16-26 oz

\$7.99
With Card

BOTTLES & BREWS



**Guinness,
Heineken
or Iron Horse
\$8.99**

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



**Sierra Nevada,
Topo Chico or Hop Valley**
Select Varieties, 12-Pack,
12 fl oz Bottles or Cans,
Plus Deposit
Where Applicable

\$17.99



Josh Cellars
Select Varieties,
750 ml

\$9.99
With Card



**Black Box
or Bota Box**
Select Varieties,
3 Liters

\$16.99

FIND YOUR FAVORITE NATURAL ITEMS

Organic Valley
Organic Milk
\$5.79
With Card

64 fl oz or Simple Truth
Greek Yogurt Pouches,
4 ct; Select Varieties



Clif ZBars
5-6 ct or Fiji Water,
6-Pack, 11.15 fl oz;
Select Varieties

\$5.49
With Card



LOCAL

Ellenos
Greek Yogurt
Select Varieties,
5.3 oz

3/\$5
With Card



Simple Truth
Sheet Pan Meal
Select Varieties,
32 oz

\$9.99
With Card



Hint Water
16 fl oz or Kind
Protein Max Bar,
2.2 oz; Select Varieties

10/\$10
With Card



Simple Truth
Chicken Sausage
Select Varieties,
12-16 oz

\$5.49
With Card

HOME, HEALTH & MORE!



Nature Made
Supplements
24-300 ct or
Nature's Bounty
Supplements, 25-360 ct;
Select Varieties

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



Allegra or Xyzal
Allergy Relief Tablets
Select Varieties,
24-35 ct

\$19.99
With Card



M&M's
Family Size Candy
Select Varieties, 15-18.08 oz

\$8.99
With Card



Suave
Body Wash
Select Varieties,
18 fl oz

\$2.99
With Card



Dial Liquid
Hand Soap
Select Varieties,
11 fl oz

2/\$5
With Card



Squishmallow
Plush
Select Varieties, 8"

\$7.99
With Card

SCORE MORE IN ONE STOP



Everyday Living
Kitchen Gadgets
Select Varieties

STARTING AT
\$1.79
AND UP



Mr. Coffee
Coffee Maker
5-Cup

\$34.99



Rubbermaid
TakeAlongs
Food Storage
2-Pack

\$5.49
With Card

**FILL YOUR SLOW COOKER
WITH SAVINGS!**



**Crock-Pot
Cook & Carry
Slow Cooker**
6-Quart

\$69⁹⁹



**Kroger
Corned Beef
Brisket**
Point Cut or
Flat Cut for \$4.99 lb

\$3⁹⁹
/LB
With Card



**Boneless
Top Round
London Broil**

**20%
OFF**

Tag Reflects Savings
With Card



**Smithfield
Marinated
Pork Loin Filets**
Select Varieties, 23 oz

\$6
With Card



**Yellow or White
Peaches or
Nectarines**

\$2⁹⁹
/LB
With Card



**Large
Pineapple
or Yellow
Dragon Fruit**

2/\$6
With Card

TASTE OF SUMMER
THESE FRESH CROPS DON'T STOP!

**Personal
Watermelon**

2/\$6

With Card





**Kroger
Single Serve
Salad Bowls**
4.9-6.7 oz

3/\$11

With Card



**Raspberries
or Blackberries**
6 oz

\$2.99

With Card



\$2.49

/LB
With Card
**Honeycrisp
Apples**

**Bloom Haus
Grace in Bloom
Bouquet**

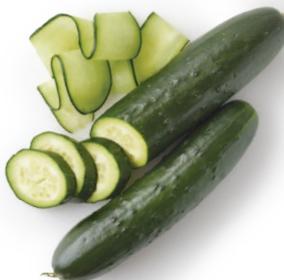
\$9.99



Cucumbers

79¢

/EA
With Card



**Kroger
AutumnCrisp
Seedless
Green Grapes**
2 lb

\$4.99

With Card



GUARANTEED FRESH



\$6.99

/LB

With Card

**Kroger
Extra Large
EZ Peel Shrimp**

21-25 ct, Raw,

Sold in a 2 lb Bag for \$13.98



**Smithfield
Lunch Meat**
Select Varieties,
16 oz

\$5

With Card



**Aqua Star
Salmon Fillets**
Frozen, 20 oz

\$10.99

With Card



**Simply
Potatoes**

Select Varieties,
20 oz

\$2.99

With Card



**Eastern Fisheries
Sea Scallops**
Frozen, 16 oz

\$12

With Card

DELI & BAKERY

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

**Blueberry Muffins
or Apple or
Cherry Fritters,**
Select Varieties, 4 ct

\$5

With Card



**Private Selection
Roman Inspired
Pizza**

Select Varieties,
20 oz

\$10



**Private Selection
Lemon Herb Fresh
Roasted Chicken**
or Other Varieties,
Fully Cooked, 2 lb

\$9.99



BOTTLES & BREWS



\$17⁹⁹

**Party Bomb,
Deschutes or
Smirnoff Ice**

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



8.99^{EA}
-10%
With Card

\$8⁰⁹
/EA*

**Apothic,
14 Hands or Bogle**
Select Varieties,
750 ml



12.99^{EA}
-10%
With Card

\$11⁶⁹
/EA*

**La Crema
or Mionetto**
750 ml or Ste. Chapelle,
1.5 Liters; Select Varieties



10.99^{EA}
-10%
With Card

\$9⁸⁹
/EA*

**Stella Rosa
or Oyster Bay**
750 ml or
Cook's, 1.5 Liters;
Select Varieties



High Noon
or Lucky One
\$16⁹⁹

Select Varieties,
8-Pack, 12 fl oz Cans



\$16⁹⁹

**Corona, Modelo
or Pacifico**

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

*When You Buy Any 6 Participating Items with Card.

CHEERS TO GREAT DEALS ON YOUR FAVORITES!

SAVE MORE WITH DIGITAL COUPONS

Use each coupon up to 5 times in one transaction with Card.*
Download coupons at FredMeyer.com/5Xcoupons



6.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER
\$5.99
/EA*



Vitaminwater
6-Pack, 16.9 fl oz
or Body Armor, 8-Pack,
12 fl oz; Select Varieties



**Sara Lee
Artesano Buns**
Select Varieties,
6-8 ct

4.49 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$3.49
/EA*



**Minute or
Mahatma Rice**
Select Varieties,
8.8 oz

1.99 With Card
-50¢ Off 1
DIGITAL COUPON OFFER

\$1.49
/EA*

LOCAL



**Tree Top
Apple Juice**
Select Varieties,
64 fl oz

3.49 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$2.49
/EA*



**International Delight
Creamer**
Select Varieties,
32 fl oz

4.29 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$3.29
/EA*



**Stok
Cold Brew
Coffee**
Select Varieties,
48 fl oz

6.49 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$5.49
/EA*



**Dasani
Water**
24-Pack, 16.9 fl oz

5.99 With Card
-2.00 Off 1
DIGITAL COUPON OFFER

\$3.99
/EA*



**Kleenex
Facial Tissue**
Select Varieties,
6 ct

10.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$9.99
/EA*



**Cottonelle
Bath Tissue**
Select Varieties,
18 Mega Rolls

18.99 With Card
-3.00 Off 1
DIGITAL COUPON OFFER

\$15.99
/EA*



12.99 With Card
-2.00 Off 1
DIGITAL COUPON OFFER
\$10.99
/EA*

**Viva
Paper Towels**
6 Double Rolls



**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
\$4.49
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.