



FRESH FOR EVERYONE™

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**



\$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



\$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



99¢ /LB
With Card

Fresh Heritage Farm Chicken Drumsticks or Thighs
Bone-In



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; Plus Deposit Where Applicable
Regular retail is up to \$15.29 each with Card.



MIX & MATCH
BOGO
of Equal or Lesser Value
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



BOGO
of Equal or Lesser Value
With Card

Fred Meyer Milk
Select Varieties, Half Gallon (Excludes Chocolate), Limit 4



\$1.88 /EA
With Card

Private Selection Wide Pan Bread
Select Varieties, 24 oz



\$1.99 /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



88¢ /EA
With Card

Powerade
28 fl oz or Body Armor, 16 fl oz; Select Varieties, Plus Deposit Where Applicable



3/\$5
With Card

General Mills Cereal
Select Varieties, 8.9-14 oz



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



\$14.99 /EA
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

WEEKLY DIGITAL DEALS

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



Find even more deals online!



\$1.99 /EA
With Digital Coupon
Price without digital coupon is up to \$3.79 each with Card.

Raspberries or Blackberries
6 oz



\$3.99 /EA
With Digital Coupon
Price without digital coupon is up to \$6.99 each with Card.

Hormel Bacon
Select Varieties, 9.3-16 oz



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

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.



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.

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.



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.



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,
Plus Deposit
Where Applicable
\$2.99 /EA
With Digital Coupon
Price without digital coupon is up to \$3.99 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.



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.



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

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 \$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

MIX & MATCH

BOGO

of Equal or Lesser Value

FREE

With Card



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



MIX & MATCH

BOGO

of Equal or Lesser Value

FREE

With Card



Best Foods Mayonnaise
Select Varieties,
11.5 fl oz

MIX & MATCH

BOGO

of Equal or Lesser Value

FREE

With Card



Nature Made Supplements
Select Varieties,
14-300 ct

MIX & MATCH

BOGO

of Equal or Lesser Value

FREE

With Card



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

MIX & MATCH

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

MIX & MATCH

BOGO

of Equal or Lesser Value

FREE

With Card



Saffron Road Entrée
Select Varieties,
10 oz

MIX & MATCH

BOGO

of Equal or Lesser Value

FREE

With Card



Bibigo or Pagoda Entrée
Select Varieties,
8.1-24 oz

MIX & MATCH

BOGO

of Equal or Lesser Value

FREE

With Card



GoodCook Gadgets, Bakeware, Cookware or Food Storage
Select Varieties

MIX & MATCH

BOGO

of Equal or Lesser Value

FREE

With Card



Olipop Soda
Select Varieties,
12 fl oz,
Plus Deposit
Where Applicable

MIX & MATCH

BOGO

of Equal or Lesser Value

FREE

With Card



MIX & MATCH

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



Hop Valley or Boneyard
Select Varieties,
12-15-Pack, 12 fl oz
Bottles or Cans,
Plus Deposit
Where Applicable

\$19.99



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



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



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

\$3.99



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



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

\$9.99

Fort George or Breakside
Select Varieties,
4-6-Pack, 12-16 fl oz
Bottles or Cans,
Plus Deposit
Where Applicable

\$10.99

Chateau Ste Michelle
Select Varieties,
750 ml

\$9.99
With Card

Apothic, Acrobat or Nobilo
Select Varieties,
750 ml

9.99 EA
-10%
With Card
\$8.99 /EA*

*When You Buy Any 6 Participating Items 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,
Plus Deposit
Where Applicable



**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,
Plus Deposit
Where Applicable
**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,
Plus Deposit
Where Applicable

\$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

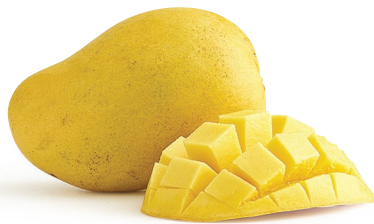
**CHOOSE A
SEAFOOD SERVICE
CASE ITEM**

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



\$17.99

**10 Barrel,
Ecliptic or Heineken**

Select Varieties, 12-15-Pack,
12 fl oz Bottles or Cans,
Plus Deposit
Where Applicable



11.99^{EA}
-10%

With Card

\$10.79
/EA*

**Josh Cellars,
Oyster Bay
or La Crema**
Select Varieties,
750 ml



6.99^{EA}
-10%

With Card

\$6.29
/EA*

**Cook's
or Cupcake**
Select Varieties,
750 ml



14.99^{EA}
-10%
With Card

\$13.49
/EA*

**La Marca
or Jam Cellars**
Select Varieties,
750 ml



21.99^{EA}
-10%
With Card

\$19.79
/EA*

**Argyle,
King Estate or Daou**
Select Varieties,
750 ml



\$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!



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