

2606_FMPUG

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



USDA CHOICE

\$6.99 /LB
With Card

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



59¢ /LB
With Card

Green Cabbage



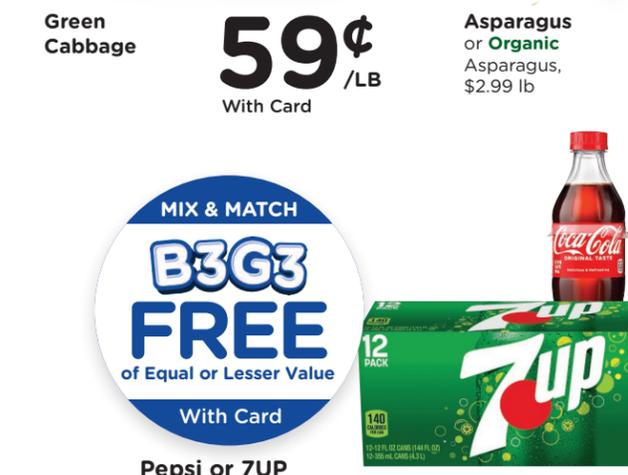
\$1.99 /LB
With Card

Asparagus or Organic Asparagus, \$2.99 lb



\$1.88 /EA
With Card

Kroger Ice Cream
Select Varieties, 48 fl oz

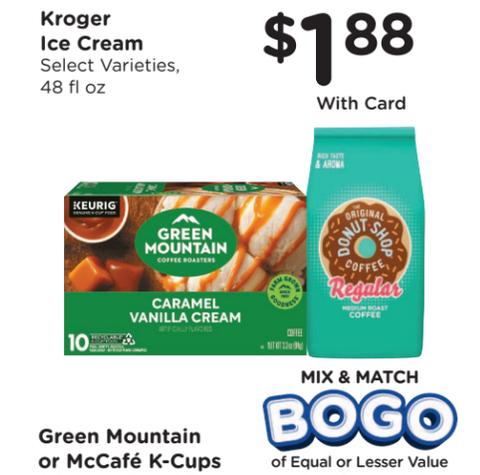


MIX & MATCH B3G3 FREE
of Equal or Lesser Value
With Card



\$4.77 /EA
With Card

Kroger Red, Green or Black Seedless Grapes
3 lb Package



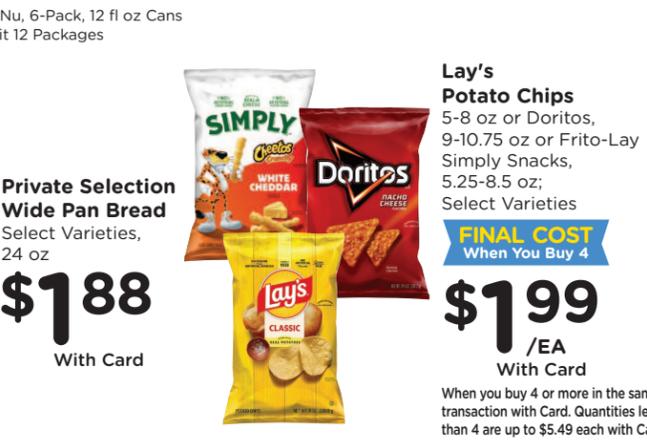
MIX & MATCH BOGO FREE
of Equal or Lesser Value
With Card

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



MIX & MATCH BOGO FREE
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



88¢ /EA
With Card

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



3/\$5 /EA
With Card

General Mills Cereal
Select Varieties, 8.9-14 oz



SAVE 33%
On Today's Prices
With Card & Digital Coupon

All Easter Candy
Select Varieties by Store



\$19.99 /EA

Jameson, Tullamore or Bushmills
Select Varieties, 750 ml

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.



**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.



**Tyson
Frozen Chicken**
Select Varieties,
23-29 oz

\$4.99
/EA

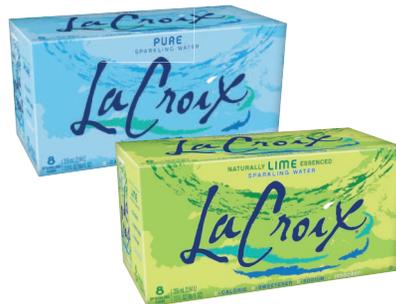
With Digital Coupon
Price without digital coupon
is up to \$6.99 each with Card.



**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.



**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.



**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.

WEEKLY DIGITAL
DEALS

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



LOCAL

**Cosmic Crisp or
Pink Lady Apples**

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

99¢
/LB

With Digital Coupon



**Lance
Sandwich Crackers**
Select Varieties, 10 ct

\$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

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

DAILY DEAL DROP

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

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 7.6 fl. oz.)

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



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



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



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 THESE ITEMS
1.99
OFF

Look for these tags.



4.99 With Card
-1.00 Off 1

DIGITAL COUPON OFFER

Post
Giant Size
Cereal

Select Varieties,
23-23.5 oz

\$3.99
/EA*



8.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$7.99
/EA*

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



2.49 With Card
-50¢ Off 1

DIGITAL COUPON OFFER

\$1.99
/EA*

Pringles
Select Varieties,
4.6-5.57 oz



3.99 With Card
-2.00 Off 1

DIGITAL COUPON OFFER

Snyder's
of Hanover
Pretzels

Select Varieties,
8-16 oz

\$1.99
/EA*



2.49 With Card
-1.00 Off 1

DIGITAL COUPON OFFER

Progresso
Soup
Select Varieties,
18-19 oz

\$1.49
/EA*



7.99 With Card
-2.00 Off 1

DIGITAL COUPON OFFER

Puffs
Facial Tissues
Select Varieties,
4 ct

\$5.99
/EA*



11.49 With Card
-2.00 Off 1

DIGITAL COUPON OFFER

\$9.49
/EA*

Maybelline
New York
Lip Gloss
Select Varieties,
1 ct



28.99 With Card
-3.00 Off 1

DIGITAL COUPON OFFER

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

\$25.99
/EA*



15.99 With Card
-3.00 Off 1

DIGITAL COUPON OFFER

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

\$12.99
/EA*



8.99 With Card
-2.00 Off 1

DIGITAL COUPON OFFER

Method
Body Wash
Select Varieties,
18 fl oz

\$6.99
/EA*



18.99 With Card
-3.00 Off 1

DIGITAL COUPON OFFER

Greenies
Dog Treats
Select Varieties,
12-15.8 oz

\$15.99
/EA*



12.99 With Card
-1.00 Off 1

DIGITAL COUPON OFFER

Hero
Mighty Patch
Blemish Patches
36 ct

\$11.99
/EA*

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

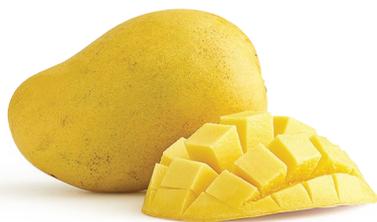
\$7.99
/LB
With Card

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

\$6.99

24 oz

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

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!



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!

