



\$6.99 /LB
With Card



Boneless Petite Sirloin Steaks
Value Pack

\$5.49 /EA
With Card

80% Lean Ground Beef
1 lb Roll



Fresh Heritage Farm Chicken Drumsticks or Thighs
Bone-In
\$1.29 /LB
With Card



EARN **4X** FUEL POINTS with digital coupon On FRIDAY purchases

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

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

Pork Back Ribs
Bone-In



Kroger Sweet Corn
4 ct
\$5.99
With Card



Organic Strawberries
2 lb
\$8.99
With Card



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

When you buy 2 or more in the same transaction with Card. Quantities less than 2 are up to \$4.99 each with Card.

3 DAY SALE
SATURDAY - MONDAY ONLY



Dole Salad Kits
7.1-13 oz
\$3.99
With Card

- Coca-Cola** 12-Pack, 12 fl oz Cans
- 7UP** 6-Pack, 16.9 fl oz Bottles
- Monster Energy Drink** 4-Pack, 12 fl oz Cans
- Pepsi** 6-Pack, 16.9 fl oz Bottles
- Lipton Tea** 12-Pack, 16.9 fl oz Bottles



MIX & MATCH
BUY 3, GET 3 FREE
Of Equal or Lesser Value with Card.

Select Varieties, Limit 12 Packages

- Bubly Sparkling Water** 8-Pack, 12 fl oz Cans
- Body Armor** 6-Pack, 16-20 fl oz Bottles
- Powerade** 8-Pack, 20 fl oz Bottles
- Smartwater** 6-Pack, 33.8 fl oz Bottles



Big K
Select Varieties, 12-Pack, 12 fl oz Cans, Limit 5 Packages
\$3.99
With Card



Ball Park Buns
Select Varieties, 8 ct
MIX & MATCH BUY 1, GET 1 of Equal or Lesser Value
FREE
With Card



Doritos
9-10.75 oz or Lay's Potato Chips, 5-8 oz or SunChips, 7 oz; Select Varieties
FINAL COST
When You Buy 4
\$2.99 /EA
With Card

When you buy 4 or more in the same transaction with Card. Quantities less than 4 are up to \$6.89 each with Card.



Fred Meyer Milk
Select Varieties, Gallon, Limit 2
\$3.49
With Card



Brawny Paper Towels
2 Triple Rolls, Limit 5 Packages
\$5.99
With Card



Popsicle Ice Pops
6-18 ct or Good Humor Frozen Dessert Bars, 6 ct; Select Varieties
MIX & MATCH BUY 1, GET 1 of Equal or Lesser Value
FREE
With Card



Green Mountain or McCafé K-Cups
Select Varieties, 10 ct
MIX & MATCH BUY 2, GET 3 of Equal or Lesser Value
FREE
With Card



Carolans
1.75 Liters or High Noon, 12-Pack, 12 fl oz Cans; Select Varieties
\$26.99



Kroger Potato Chips
Select Varieties, 7.5-8 oz, Limit 5 Packages
\$1.79
With Card

Prices valid in-store or for pickup orders placed on Saturday-Monday.

WEEKLY DIGITAL DEALS Use coupons UP TO 5 TIMES per transaction. UNLIMITED transactions!



Find even more deals online!

Sumo Citrus Mandarins
\$3.99 /LB
With Digital Coupon
Price without digital coupon is up to \$4.99 lb with Card.

Kroger Beef Shaved Steak
14 oz
\$6.99 /EA
With Digital Coupon
Price without digital coupon is up to \$8.49 each with Card.

Nature's Path Organic Cereal or Granola
Select Varieties, 10-14 oz
\$3.49 /EA
With Digital Coupon
Price without digital coupon is up to \$5.49 each with Card.

18 ct Simple Truth Cage Free Eggs
Large, Grade AA
\$4.99 /EA
With Digital Coupon
Price without digital coupon is up to \$5.99 each with Card.

*While supplies last.

SALE DATES: Wed. April 22 - Tues. April 28, 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.



Oscar Mayer Meat Wieners
Select Varieties, 16 oz

\$2.49 /EA

Price without digital coupon is up to \$3.49 each with Card. **With Digital Coupon**

WEEKLY DIGITAL DEALS

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



Cotton Candy Seedless Grapes

\$3.99 /LB

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



Reser's Potato Salad or Macaroni Salad or Coleslaw, Select Varieties, 15-16 oz, In the Deli

\$4.49 /EA

With Digital Coupon
Price without digital coupon is up to \$5.49 each with Card.



Amy's Entrée
Select Varieties, 8.4-10 oz

\$5.99 /EA

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



Kraft Mayo
Select Varieties, 30 fl oz

\$3.99 /EA

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



Häagen-Dazs Ice Cream
14 fl oz or Bars, 3-6 ct or Outshine Fruit Bars, 5-6 ct; Select Varieties

\$3.99 /EA

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



Party Size Ruffles
12.5-13 oz or Tostitos, 14.5-20 oz or Cheetos, 13.5-15 oz; Select Varieties

\$4.99 /EA

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



Mountain Dew
Select Varieties, 12-Pack, 12 fl oz Cans

\$5.99 /EA

With Digital Coupon
Price without digital coupon is up to \$14.99 each with Card.



Nature Valley Granola Bars
Select Varieties, 5-12 ct

\$2.29 /EA

With Digital Coupon
Price without digital coupon is up to \$4.49 each with Card.



Charmin Bath Tissue
Select Varieties, 16 Mega XL Rolls

SAVE \$9 /EA

With Digital Coupon
Price without digital coupon is up to \$31.99 each with Card.



Tyson Frozen Chicken
Select Varieties, 23-29 oz

\$5.99 /EA

With Digital Coupon
Price without digital coupon is up to \$7.99 each with Card.



Muscle Milk Protein Shakes
Select Varieties, 4-Pack, 11 fl oz

\$7.49 /EA

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



Olay Body Wash
22 fl oz or Old Spice Body Wash, 24 fl oz; Select Varieties

\$6.99 /EA

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



Tuscany Candle
Select Varieties, 14 oz

\$5.99 /EA

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

*While supplies last.

 **Toastmaster®**

\$32⁹⁹

**Toastmaster
12-Cup
Coffee Maker**



SAVE \$20
\$99⁹⁹
With Card

**Ninja
Pro Plus Blender**
Reg. 119.99



\$94⁹⁹

**Crockpot 6-Quart
Cook & Carry Slow Cooker**

**Toastmaster
Flip-Over Belgian
Waffle Maker**

\$32⁹⁹



**SodaStream
Terra Machine**

\$89⁹⁹



**GoodCook®
Large Loaf
Pan or Large
Cookie Sheet**

\$8⁹⁹



Latin Flavors

TAKE A FLAVOR JOURNEY

Visit FredMeyer.com/LatinFlavors to embark on new culinary adventures with vibrant tastes & authentic recipes



**Beef
Flanken Style Ribs**
Bone-In, Value Pack

\$8.99
/LB

With Card



**Tajin
Mango Sushi Roll**

10 oz,
Available in Select Stores;
Select Varieties, In the Deli

\$10.99



**Herdez
Guacamole**
Mild or Spicy, 15 oz,
In the Deli

\$7.49

With Card



**Cacique
Chorizo**

Select Varieties,
9 oz

2/\$4

With Card



**Wholly
Guacamole**
7.5 oz

**MIX & MATCH
BUY 1, GET 1**
of Equal or Lesser Value

FREE

With Card



**Kroger
Lemon or
Lime Juice**
Select Varieties,
15 fl oz

2/\$4

With Card



**Rosarita
Refried Beans**
Select Varieties,
16 oz

2/\$4

With Card



**Cacique
Crema**
15 fl oz

2/\$7

With Card



**Mission
Soft Taco Tortillas**
10 ct

BUY 1, GET 1
of Equal or Lesser Value

FREE

With Card



Limes

99¢
/EA

With Card



**Jarritos Soda
Fiesta Pack**
12-Pack, 12 fl oz

\$11.99

With Card



**Birds Eye
Frozen Vegetables**
Select Varieties,
38-80 oz

\$8.19

With Card



**Spanglish
Asadero
Seasoning**
Select Varieties,
4.1-6.4 oz

**MIX & MATCH
BUY 1, GET 1**
of Equal or Lesser Value

FREE

With Card



**Cacique
Ranchero
Queso Fresco**
10 oz

2/\$7

With Card

SAVE MORE WITH DIGITAL COUPONS

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



Find even more online!
Scan me to download digital coupons.



2.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$1.99 /EA

Pop-Tarts
Select Varieties,
8 ct



4.49 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$3.49 /EA

Coffee-Mate
Creamer
Select Varieties,
32 fl oz



3.49 With Card
-50¢ Off 1
DIGITAL COUPON OFFER

\$2.99 /EA

Stouffer's
or Lean Cuisine
Entrée

Select Varieties, 5.75-12.875 oz



GT's Synergy
Kombucha
Select Varieties,
16 fl oz

3.49 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$2.49 /EA



Pringles
Party Stack
6.8-7.1 oz
or Popchips,
5 oz;
Select Varieties

3.49 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

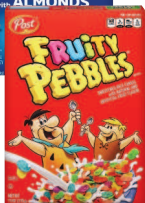
\$2.49 /EA



3.99 With Card
-2.00 Off 1
DIGITAL COUPON OFFER

\$1.99 /EA

Post
Cereal
Select Varieties,
10-16.6 oz



5.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$4.99 /EA

Hormel
Natural Choice
Lunch Meat
Select Varieties,
8 oz

5.49 With Card
-2.00 Off 1
DIGITAL COUPON OFFER

\$3.49 /EA
Darigold
Butter

Select Varieties, 16 oz



5.29 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$4.29 /EA

Darigold Fit Milk
59 fl oz or
Nonni's Bakery
Biscotti, 5.52-6.88 oz;
Select Varieties



7.99 With Card
-2.00 Off 1
DIGITAL COUPON OFFER

\$5.99 /EA

Snuggles
Fabric Softener
74.8 fl oz



Nabisco
Family Size Oreo
or Chips Ahoy
Cookies
Select Varieties,
8-20 oz

5.49 With Card
-50¢ Off 1
DIGITAL COUPON OFFER

\$4.99 /EA



5.79 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$4.79 /EA

Simple Mills
Almond Flour
Crackers
Select Varieties,
4.25 oz



6.39 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$5.39 /EA

Lysol
Disinfecting Wipes
Select Varieties,
75-80 ct



17.39 With Card
-5.00 Off 1
DIGITAL COUPON OFFER

\$12.39 /EA

Charmin
Bath Tissue
Select Varieties,
6 Mega XL Rolls



2.29 With Card
-50¢ Off 1
DIGITAL COUPON OFFER

\$179
/EA

Vitaminwater
Select Varieties,
20 fl oz



2.99 With Card
-50¢ Off 1
DIGITAL COUPON OFFER

\$249
/EA

Nalley Chili
with Beans
Select Varieties,
14 oz



Barilla
Pasta
Select Varieties,
12-16 oz

2.49 With Card
-50¢ Off 1
DIGITAL COUPON OFFER

\$199
/EA



4.29 With Card
-2.30 Off 1
DIGITAL COUPON OFFER

\$199
/EA
General Mills
Cereal

Select Varieties, 8.9-12 oz



3.79 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$279
/EA

Private Selection
Artisan Style
Bread
Select Varieties,
20 oz

**SAVE MORE
WITH DIGITAL COUPONS**
Use coupons **UP TO 5 TIMES** per transaction.
UNLIMITED transactions!



6.00 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

Mini
Cupcakes
Select Varieties,
12 ct, In the Bakery

\$5
/EA

5.49 With Card
-1.00 Off 1
DIGITAL COUPON OFFER
\$449
/EA
Ben & Jerry's
Ice Cream

16 fl oz or Talenti Gelato,
16 fl oz; Select Varieties



Oscar Mayer
Fun Pack
Lunchables
Select Varieties,
8.9-10.7 oz

4.49 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$349
/EA



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

29.99 With Card
-4.00 Off 1
DIGITAL COUPON OFFER

\$2599
/EA



2.79 With Card
-50¢ Off 1
DIGITAL COUPON OFFER

\$229
/EA

Kroger
Buns
Select Varieties,
8 ct



9.29 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$829
/EA

Seattle's Best
Coffee
10-12 oz Bag or Kroger
Orange Juice, 128 fl oz;
Select Varieties



13.69 With Card
-2.00 Off 1
DIGITAL COUPON OFFER

\$1169
/EA

Dr. Squatch
Deodorant
Select Varieties,
2.65-4 oz

MIX & MATCH SAVE \$10 AN EXTRA

When you spend \$30 on Participating Our Brands Household, Personal Care and Beauty 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



Healthy Choice Café Steamers

9.5-10.3 oz or Marie Callender's Bowl, 10.5-13 oz; Select Varieties

FINAL COST
When You Buy 4
4/\$12

With Card

When you buy 4 or more in the same transaction with Card. Quantities less than 4 are up to \$3.49 each with Card.



Kroger Broth
Select Varieties, 32 oz

3/\$5

With Card



Kroger Cottage Cheese
16 oz or Stonyfield Organic Yogurt, 3.5 oz Pouch; Select Varieties

\$2.49

With Card



Kroger Coffee Creamer
32 fl oz or Simple Truth Organic Kombucha, 16 fl oz; Select Varieties

2/\$6

With Card



Juan Antonio's Tortilla Chips
15 oz

2/\$7

With Card



Barebells Protein Bar
1.94 oz or Simple Truth Gluten Free Waffles, 8 ct; Select Varieties

2/\$6

With Card



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

MIX & MATCH
BUY 1, GET 1
of Equal or Lesser Value
FREE

With Card



Thomas' Bagels
Select Varieties, 6-10 ct

2/\$8

With Card



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

MIX & MATCH
BUY 1, GET 1
of Equal or Lesser Value
FREE

With Card

BOTTLES & BREWS



Alaskan,
Truly or 49th State
\$19.99

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



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

\$22.99



12.99 EA
-10%
With Card

\$11.69
/EA*

**Kendall-Jackson,
Josh Cellars
or Matua**
Select Varieties,
750 ml



**Baileys,
Ketel One
or Tanqueray**
Select Varieties,
750 ml

\$23.99

*When You Buy Any 6 Participating Items with Card.

FIND YOUR FAVORITE NATURAL ITEMS

Noosa
Yoghurt
3/\$6
With Card



8 oz or Think! Protein Bar,
1.41-2.1 oz; Select Varieties



Wilcox Family Farms
Organic Eggs
Large, Grade AA,
12 ct

\$6.49
With Card



Simple Truth
Organic Cream Cheese
8 oz Bar or Oats
Overnight Shake, 2.1-2.2 oz;
Select Varieties



\$3.19
With Card



NutPods
Creamer
25.4 fl oz or Simple Truth
Protein Mini Pancakes,
40 ct; Select Varieties
\$5.79
With Card



Quorn
Meatless Entrée
Select Varieties,
8.5-12 oz
MIX & MATCH
BUY 1, GET 1
of Equal or Lesser Value
FREE
With Card



Fresh
Simple Truth
**Natural Boneless
Chicken Breasts**
Value Pack,
No Antibiotics Ever
\$5.99
/LB
With Card

HOME, HEALTH & MORE!



Mrs. Meyer's
Hand Soap
12.5 fl oz or Dish Soap,
16 fl oz; Select Varieties
\$4.99
With Card



Flonase
Allergy Relief
Select Varieties,
0.20-0.38 fl oz
\$18.99
With Card



Mars
Fun Size Candy
\$5.79
With Card

Select Varieties, 7.31-11.5 oz



Comforts
Baby Food Pouch
Select Varieties, 4 oz
10/\$9
With Card



L'Oréal Elvive
**Shampoo or
Conditioner**
Select Varieties,
26.5-28 fl oz
\$9.99
With Card



Rubbermaid
**Easy Store
Containers**
3 ct
\$12.99
With Card

SCORE MORE IN ONE STOP



T-Fal
Pan Set
2-Piece
\$29.99
With Card



GoodCook
**Loaf Pan or
Cookie Sheet**
1 ct
\$8.99
With Card



Reduce
**Insulated
Tumbler**
Select Varieties
\$19.99
With Card

SAVE ON THE FRESHEST
TROPICAL FRUIT
OF THE SEASON

Mighties
Green Kiwi
2 lb

\$5.99

With Card



**Yellow
or White
Dragon Fruit**

\$5.99
/EA
With Card



**Jumbo
Mangos**

2/\$7
With Card



Kroger
Envy Apples
 3 lb or Kroger
 Bartlett Pears, 2 lb

\$4.99

With Card



BIG DEAL!
BIG PACKS

Raspberries
or Blackberries
 12 oz

\$7.99

With Card



\$3.19
 /LB

With Card
Red Tomatoes
on the Vine

Bloom Haus
Butterfly Blooms
Bouquet

\$12



Assorted
Bulbs
 6" Pot

\$13.99



Private Selection
Gold or Red
Gourmet Potatoes
 3 lb

\$6

With Card



GUARANTEED FRESH



Private Selection
or Simple Truth
Organic Beef Steaks

Select Varieties,
 7-10 oz

25% OFF

Tag Reflects Savings
 With Card



Wild-Caught
Alaska Sockeye
Salmon Fillets
 Previously Frozen

\$14.99
 /LB

With Card

MIX & MATCH
BUY 2, GET 1
FREE
 of Equal or Lesser Value
 With Card



Jennie-O
Marinated Turkey
Tenderloins

Select Varieties,
 24 oz



Kroger
Bacon
 12 oz or Kroger
 Lunch Meat, 7-9 oz;
 Select Varieties

\$4.49

With Card



Eastern Seas
Scallops
 Frozen, 16 oz

\$13

With Card

DELI & BAKERY

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

Fresh Baked
Chocolate Chip
Cookies
 or Other Varieties,
 12 ct

\$4.99



Home Chef
Fried Chicken
 4-Piece, Includes
 1 Breast, 1 Thigh,
 1 Wing & 1 Drumstick;
 Fully Cooked

\$6



Private Selection
Cracked Pepper
Turkey Breast
 or Swiss Cheese,
 12.49 lb with Card;
 Sliced to Order
 or Grab & Go

\$14.49
 /LB

With Card



BOTTLES & BREWS



\$27.99

Coors, Budweiser or Miller
30-Pack, 12 fl oz or Michelob Ultra,
24-Pack, 12 fl oz Bottles or Cans;
Select Varieties,
Plus Deposit
Where Applicable



15.99^{EA}
-10%
With Card

\$14.39 /EA*

La Marca or Erath
Select Varieties,
750 ml



Skyy or Bacardi
1.75 Liters or
Jameson Triple Triple,
750 ml; Select Varieties

\$29.99



10.99^{EA}
-10%
With Card

\$9.89 /EA*

Apothic, Korbel or Ménége à Trois
Select Varieties,
750 ml



\$10.99

Cutwater, Jameson or Jack Daniel's

Select Varieties,
4-Pack, 12 fl oz Cans



\$10.99

Athletic, Blue Moon or Mike's Hard Lemonade

Select Varieties, 6-Pack,
11.2-12 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!



HGTV Outdoor
Orchards
Dining Chair
Select Varieties
\$29⁹⁹
With Card



HGTV Outdoor
Orchards
Market Umbrella
Select Varieties
\$94⁹⁹
With Card



HGTV Outdoor
Orchards
Dining Table
\$69⁹⁹
With Card



HGTV Outdoor
Orchards
Side Table
\$29⁹⁹
With Card

SAVINGS TO PUT A SPRING IN YOUR STEP!



Walk-A-Bout
Charcoal Grill
Select Varieties
\$69⁹⁹
With Card



Maxx Bubble
Wands or Refill
Select Varieties
\$4⁹⁹



Everyday Living
Citronella
Candle
Select Varieties,
1-3 ct
\$9⁹⁹
With Card



HD Designs
Outdoor
Birdbath
Select Varieties
SAVE 30%
Tag Reflects Savings
With Card



Nerds,
Sweetarts
or Trolli Candy
Select Varieties,
7.15-14 oz
\$3⁹⁹
With Card



Haribo
Candy
Select Varieties,
6.3-8 oz
2/\$4
With Card



Lifesavers
or Skittles
Gummies
Select Varieties,
5.8-8 oz
\$2⁴⁹
With Card



Hi-Chew
Candy
Select Varieties,
11.65-12.7 oz
\$5⁹⁹
With Card



M&M's
Party Size Candy
Select Varieties,
34-38 oz
\$13⁹⁹
With Card



Tony's Choclonely
Chocolate Bar
Select Varieties,
6.35 oz
\$5⁹⁹
With Card



Twizzlers
Candy
Select Varieties,
11-16 oz
\$4⁴⁹
With Card

PICK UP EVERYTHING FOR GAME DAY!



Fred Meyer

MARINERS

REWARDS

Visit FredMeyer.com/Mariners for details

HERE'S HOW IT WORKS... Look for these tags.

1. LOOK FOR THE TAGS
Look for the Mariners 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...
Mariners tickets, experiential prizes, apparel and more!