

MILITARY DISCOUNT
 TAKE AN EXTRA **10% OFF**
 ON IN-STORE PURCHASES
THURSDAY, APRIL 16
 For details & exclusions, visit FredMeyer.com/military

EARN 4X FUEL POINTS with digital coupon
ON PRODUCE!
 UNLIMITED USE APRIL 15-21



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



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

Fresh Foster Farms or Simply Raised Full Line Chicken Sale
 Select Varieties, No Antibiotics Ever



USDA CHOICE

\$5.99 /LB
 With Card

Boneless Chuck Roasts
 or Steaks, Value Pack



California Cuties Seedless Mandarins
 3 lb or Cuties Organic Seedless Mandarins, 2 lb

\$3.99
 With Card



Oscar Mayer Deli Fresh Lunch Meat
 6-9 oz, or Claussen Pickles 24-32 oz; Select Varieties

\$3.99
 With Card



Thomas' English Muffins
 6 ct or Bagels, 6-10 ct; Select Varieties

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

FREE
 With Card



Eggland's Best Cage Free Eggs
 Large, Grade A, 12 ct

BUY 1, GET 1
 of Equal or Lesser Value

FREE
 With Card



Large Avocados or Mangos

4/\$5
 With Card

Coca-Cola 12-Pack, 12 fl oz Cans
7UP 6-Pack, 16.9 fl oz Bottles

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
Smartwater 6-Pack, 33.8 fl oz Bottles

Powerade 8-Pack, 20 fl oz Bottles
Monster Energy Drink 4-Pack, 12 fl oz Cans



Red, Orange or Yellow Bell Peppers
 or English Cucumbers

4/\$5
 With Card



Lay's Potato Chips
 5-8 oz or Fritos, 9.25-10 oz or Tostitos, 9-14.43 oz; Select Varieties

FINAL COST
 When You Buy 4

4/\$10
 With Card

When you buy 4 or more in the same transaction with Card. Quantities less than 4 are up to \$5.49 each with Card.



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

88¢
 With Card



Dannon Activia or YoCrunch Yogurt
 Select Varieties, 4 ct

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

FREE
 With Card



Private Selection Red and Gold Gourmet Potatoes
 3 lb

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

FREE
 With Card



Simple Truth Organic Milk
 Select Varieties, 64 fl oz

USDA ORGANIC

\$3.99
 With Card



Kellogg's Cereal
 Select Varieties, 8.9-16 oz

MIX & MATCH BUY 2, GET 3
 of Equal or Lesser Value

FREE
 With Card



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

\$25.99



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

Find even more deals online!



BIG DEAL!
BIG PACKS!

12 oz Raspberries or Blackberries

\$3.99 /EA
 With Digital Coupon
 Price without digital coupon is up to \$7.49 each with Card.



Oscar Mayer Bacon
 Select Varieties, 12-16 oz

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



Kroger Cheese
 Select Varieties, 6-8 oz

\$1.49 /EA
 With Digital Coupon
 Price without digital coupon is up to \$2.49 each with Card.



Kettle Brand Potato Chips
 6-7.5 oz or Silk Almondmilk, 64 fl oz; Select Varieties

\$1.99 /EA
 With Digital Coupon
 Price without digital coupon is up to \$2.99 each with Card.



*While supplies last.

SALE DATES: Wed. April 15 - Tues. April 21, 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.



WEEKLY DIGITAL DEALS

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



Hillshire Farm Smoked Sausage
Select Varieties, 12-14 oz
Price without digital coupon is up to \$3.99 each with Card.

\$2.99 /EA
With Digital Coupon

Organic Honeycrisp Apples
Price without digital coupon is up to \$3.49 lb with Card.

\$2.99 /LB
With Digital Coupon



Private Selection Sliced Italian Meat
3-5 oz or Sliced Cheese, 8 oz; Select Varieties, In the Deli

\$3.99 /EA
With Digital Coupon
Price without digital coupon is up to \$5.99 each with Card.



DiGiorno Pizza
14.14-30.3 oz or Hot Pockets, 4 ct; Select Varieties

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



Cheetos
6.5-9 oz or Fritos Dip, 8.5-9 oz; Select Varieties

\$2.49 /EA
With Digital Coupon
Price without digital coupon is up to \$3.99 each with Card.



Farm Rich Appetizers
12-22 oz or Meatballs, 20-26 oz; Select Varieties

\$4.99 /EA
With Digital Coupon
Price without digital coupon is up to \$5.99 each with Card.



Arrowhead Mountain Spring Water
24-Pack, 16.9 fl oz

\$3.99 /EA
With Digital Coupon
Price without digital coupon is up to \$5.99 each with Card.



Yuban Coffee
Select Varieties, 25.3-27.9 oz Can

\$9.99 /EA
With Digital Coupon
Price without digital coupon is up to \$12.99 each with Card.



Philadelphia Cream Cheese Spread
7.5-8 oz or Dreyer's, 48 fl oz; Select Varieties

\$2.99 /EA
With Digital Coupon
Price without digital coupon is up to \$3.99 each with Card.



Tyson Frozen Chicken
Select Varieties, 16-26.5 oz

\$5.99 /EA
With Digital Coupon
Price without digital coupon is up to \$8.99 each with Card.



Hershey's Party Pack Candy
Select Varieties, 23.8-35.9 oz

\$11.99 /EA
With Digital Coupon
Price without digital coupon is up to \$14.99 each with Card.

*While supplies last.

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.



Kroger simple truth FREE FROM

April 15 - April 21

FRIENDS & FAMILY

DISCOUNT

SAVE AN EXTRA

20%

APPAREL & SHOES*

Includes Price Blasters

15%

HOME

10%

ELECTRONICS*

Including Connected Home,
Laptops & Video Games

with Digital Coupon

*Exclusions apply. See digital coupon for details.

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.

4.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$3.99 /EA

Naked Organic Bread
22.5 oz or Nancy's Organic Yogurt, 32 oz; Select Varieties

10.99 With Card
-2.00 Off 1
DIGITAL COUPON OFFER

\$8.99 /EA

Peeet's Coffee
10-10.5 oz Bag or K-Cups, 10 ct; Select Varieties

3.99 With Card
-50¢ Off 1
DIGITAL COUPON OFFER

\$2.49 /EA

Darigold Cottage Cheese
Select Varieties, 16 oz

3.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$2.99 /EA

Blue Diamond Almonds
Select Varieties, 4-6 oz

4.99 With Card
-2.00 Off 1
DIGITAL COUPON OFFER

\$2.99 /EA

Darigold Butter
Select Varieties, 16 oz

3.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$2.99 /EA

Coffee-Mate Creamer
32 fl oz or Keebler Cookies, 8.5-13.4 oz; Select Varieties

3.99 With Card
-50¢ Off 1
DIGITAL COUPON OFFER

\$3.49 /EA

Nabisco Snack Crackers

3.99 With Card
-50¢ Off 1
DIGITAL COUPON OFFER

\$3.49 /EA

Wheat Thins & Triscuit
Select Varieties, 3.5-8.5 oz

5.49 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$4.49 /EA

Organic Valley Milk
64 fl oz or My Mochi Ice Cream, 6 ct; Select Varieties

11.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$10.99 /EA

Private Selection Angus Beef Patties
Select Varieties, Frozen, 2 lb

21.99 With Card
-4.00 Off 1
DIGITAL COUPON OFFER

\$17.99 /EA

Green Mountain or McCafé K-Cups
Select Varieties, 32 ct

6.49 With Card
-1.50 Off 1
DIGITAL COUPON OFFER

\$4.99 /EA

Stok Cold Brew Coffee
48 fl oz or Newman's Own Pizza, 15.1-17 oz; Select Varieties

10.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$9.99 /EA

Just Bare Frozen Chicken
Select Varieties, 19.2-24 oz

15.99 With Card
-3.00 Off 1
DIGITAL COUPON OFFER

\$12.99 /EA

Tide Laundry Detergent
92-105 fl oz or Tide Pods, 32-57 ct; Select Varieties

7.49 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$6.49 /EA

Quilted Northern Bath Tissue
Select Varieties, 6 Mega Rolls



Ben & Jerry's Ice Cream
16 fl oz or
Talenti Gelato,
16 fl oz;
Select Varieties

4.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER
\$3.99 /EA



Barilla Pasta
12-16 oz or
Annie's
Mac & Cheese,
5.5-6 oz;
Select Varieties

1.99 With Card
-50¢ Off 1
DIGITAL COUPON OFFER
\$1.49 /EA



Rao's Pasta Sauce
Select Varieties,
32 oz

8.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER
\$7.99 /EA



7.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER
\$6.99 /EA
Seattle's Best Coffee

10-12 oz Bag or Pure Leaf Tea,
6-Pack, 16.9 fl oz; Select Varieties



LOCAL
4.49 With Card
-1.00 Off 1
DIGITAL COUPON OFFER
\$3.49 /EA
Darigold Fit Milk
or Chocolate Milk,
59 fl oz; Select Varieties

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



Stacy's Pita Chips
Thins or Bagel Chips,
6.75-7.3 oz;
Select Varieties,
In the Deli

4.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER
\$3.99 /EA

18.99 With Card
-2.00 Off 1
DIGITAL COUPON OFFER
\$16.99 /EA
Chomps Meat Sticks

Select Varieties, 8-14 ct



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

3.49 With Card
-1.00 Off 1
DIGITAL COUPON OFFER
\$2.49 /EA



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

2.99 With Card
-50¢ Off 1
DIGITAL COUPON OFFER
\$2.49 /EA



15.99 With Card
-2.00 Off 1
DIGITAL COUPON OFFER
\$13.99 /EA

Temptations Dry Cat Food
Select Varieties,
13.5 lb



6.49 With Card
-1.00 Off 1
DIGITAL COUPON OFFER
\$5.49 /EA

Dr. Squatch Bar Soap
Select Varieties,
5 oz



2.69 With Card
-50¢ Off 1
DIGITAL COUPON OFFER
\$2.19 /EA

Kroger Facial Wipes
Select Varieties,
25 ct

GROCERY ESSENTIALS



Barebells Protein Bar
1.94 oz or Gold Peak Tea,
52 fl oz; Select Varieties

2/\$5
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



Monster or Nos Energy Drink
Select Varieties,
15.5-16 fl oz

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



Dececco Pasta
16 oz or Pace Salsa,
16 oz; Select Varieties

\$2.99
With Card



Franz Buns
Select Varieties,
8 ct

2/\$6
With Card



Best Foods Mayonnaise
Select Varieties,
11.5 fl oz

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

BOTTLES & BREWS



Mac and Jack's, Pfriem or Balebreaker

\$10.99

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



Michelob Ultra or Budweiser

Select Varieties, 12-Pack,
12-16 fl oz Bottles or Cans,
Plus Deposit
Where Applicable

\$13.99



10.99 EA
-10%
With Card

\$9.89
/EA*

Maryhill, Stella Rosa or Tattoo Girl
Select Varieties,
750 ml

SHOP OUR EXCLUSIVE BRANDS AND SAVE



Kroger 73% Lean Beef Burgers
Frozen, 2 lb

\$8.99
With Card



Kroger Mini Sweet Peppers
2 lb

\$6
With Card



Private Selection Sparkling Mineral Water

\$11.99

With Card

12-Pack, 12 fl oz



Kroger Potato Chips
Select Varieties,
7.5-8 oz

\$1.79
With Card



Kroger Cereal
11.2-18.2 oz or
Granola, 11 oz;
Select Varieties

\$2.49
With Card



Kroger Ice Cream
Select Varieties,
128 fl oz

\$6.99
With Card



Tito's or Jägermeister
750 ml or High Noon,
8-Pack, 12 fl oz Cans;
Select Varieties

\$16.99

*When You Buy Any 6 Participating Items with Card.

FIND YOUR FAVORITE NATURAL ITEMS

Simple Truth
Cage Free Eggs
\$2.99
With Card

Large, Grade AA, 12 ct or Simple Truth **Organic** Raw Apple Cider Vinegar, 16 fl oz; Select Varieties



Nutpods Creamer
25.4 fl oz or Simple Truth Protein Mini Pancakes, 40 ct; Select Varieties

\$4.99
With Card



Simple Truth Organic 90 Second Rice
8.8 oz or Pasta Sauce, 24-25 oz; Select Varieties

2/\$5
With Card



Califia Farms Cold Brew Coffee
48 fl oz or Simple Truth Protein Crisp Crackers, 4.25 oz; Select Varieties

\$4.49
With Card



Siggi's Skyr Yogurt
5.3 oz or Core Water, 30.4 fl oz; Select Varieties

2/\$3
With Card



Simple Truth Beef or Turkey Hot Dogs
Select Varieties, 10 oz

\$4.49
With Card

HOME, HEALTH & MORE!



Nature's Truth Supplements
Select Varieties, 33-300 ct
MIX & MATCH
BUY 1, GET 1
of Equal or Lesser Value

FREE
With Card



L'Oréal Elvive Shampoo or Conditioner
Select Varieties, 26.5-28 fl oz

\$9.99
With Card



Sensodyne Toothpaste
Select Varieties, 3.4 oz
\$7.49
With Card



Dannon Oikos Protein Shake
Select Varieties, 12 fl oz

2/\$6
With Card



Dove Chocolate Promises
Select Varieties, 6.74-7.61 oz

\$5.99
With Card



Everyday Living Food Storage Bowls
Select Varieties, 12 ct

\$14.99
With Card

SCORE MORE IN ONE STOP



Chefman Breakfast Appliance
Select Varieties

\$29.99
With Card



GoodCook Gadgets

STARTING AT \$5.99
With Card



Reduce Tumblers
Select Varieties

\$19.99
With Card

SAVE ON THE FRESHEST
TROPICAL FRUIT
OF THE SEASON

**Mighties
Green Kiwi**
2 lb

\$4.99

With Card



**White
or Yellow
Dragon Fruit**

\$4.99
/EA

With Card



**Large
Pineapple**

\$2.99
/EA

With Card



**Private Selection
Salad Kits**
9.9-11.9 oz
\$3.99

With Card



**Cotton Candy
Seedless Grapes** **\$3.99**
/LB
With Card

\$5.99
With Card
**2 lb
Strawberries**



BIG DEAL!
BIG PACKS

**Bloom Haus
Strawberry Patch
Bouquet**

\$10



**BLOOM
HAUS**

**Zonal
Geranium**
4" Pot

\$3.99



**Red Tomatoes
on the Vine**

\$2.19
/LB
With Card



GUARANTEED FRESH



**USDA
CHOICE**

\$14.99
/LB

With Card
**Boneless New York
Strip Steaks**
Value Pack



**Kroger
Breakfast Sausage**
Select Varieties,
12-16 oz

\$2.99
With Card



**Aqua Star
Salmon Fillets**
Frozen, 1.25 lbs

\$8.99
With Card



**Armour
Lunchmakers**
Select Varieties,
2.44-2.67 oz

10/\$10
With Card



**Kroger
Fish Fillets**
Select Varieties,
Frozen, 2 lb

\$10
With Card

DELI & BAKERY

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

**Fresh Baked Private Selection
Butter Croissants**

Large, 4 ct or Mini 12 ct
or Blueberry Muffins, 4 ct;
Select Varieties

\$5

LOCAL



**Private Selection
Classic Seasoned
Fresh Roasted Chicken**
or Other Varieties, 2 lb,
Fully Cooked

\$9.99



**Private Selection
Black Forest Ham**
or Provolone Cheese,
\$10.49 lb with Card,
Select Varieties,
Sliced to Order or Grab & Go

\$12.99
/LB
With Card



SPRING IS IN THE AIR!



\$34⁹⁹
Premium Mixed
Hanging Basket
12" Basket



Wave Petunia
Hanging Basket
12" Basket
\$29⁹⁹



\$29⁹⁹
Geranium
Hanging Basket
12" Basket

1-2-3 Easy
Patio Planter
10" Pot
\$19⁹⁹



Standard
Perennials
6" Pot
\$8⁹⁹
AND UP



Premium
Annual
4" Pot
\$4²⁹



Flowering
Annual
6-Pack
\$4⁴⁹



Confetti
Garden
6" Pot
\$7⁹⁹

BOTTLES & BREWS

7.99^{EA}
-10%
With Card

\$7¹⁹ /EA*

Ménage à Trois,
Clos Du Bois or
Columbia Crest

Select Varieties,
750 ml



15.99^{EA}
-10%
With Card

\$14³⁹ /EA*

Meiomi,
Browne or
Whitehaven
Select Varieties,
750 ml



Bulleit
or Teremana
750 ml or Captain Morgan,
1.75 Liters; Select Varieties

\$24⁹⁹



Josh Cellars
Select Varieties, 750 ml

\$9⁹⁹

With Card



On The Rocks

\$7⁹⁹

375 ml or Svedka,
750 ml; Select Varieties



\$17⁹⁹

Party Bomb,
Twisted Tea
or Smirnoff Ice

Select Varieties, 12-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
\$84⁹⁹
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
\$3⁴⁹
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
\$5⁴⁹
With Card



Twizzlers
Candy
Select Varieties,
11-16 oz
\$3⁹⁹
With Card