ROUSES MARKETS



You'll find hundreds of our Rouses Markets products throughout the store. Each food item has been personally tasted by the Rouse Family, and each product is guaranteed to deliver the best quality at the best price.

IF OUR NAME IS ON THE LABEL, YOU CAN TRUST IT'S GOOD!



Save with Rouses Markets Brand compared to national brands.

48 OZ Rouses Vegetable Oil



\$399

Rouses
Soft Taco
Flour
Tortillas



2/\$5

Rouses
Dry Roasted
Peanuts



\$299

Rouses Cookie Dough



EVERBY HYDRATION \$299

RASPBERRY GUAVA





750 ML Rouses Italian Sparkling Mineral Water

Now in five refreshing flavors!

Strawberry (NEW), Raspberry Ginger (NEW), Lime, Lemon, and Original 6CT - 2.52 OZ Rouses Hydration Drink Mixes 3 delicious flavors and blends for energy, wellness, and immunity.

WEULIEWS

TROPICAL FRUIT

All contain electrolytes, vitamins B & C.

FALLIN' INTO FALL

Rouses
Pourable
Dressing





Rouses
Single Serve
Coffee





Rouses Apple Juice



2/\$5

Rouses Fruit Cups





Rouses Long, Medium or Brown Grain Rice



52 OZ Rouses Orange Juice



/\$7

Rouses Gelato from Italy



Rouses Red Beans









Eat Right WITH ROUSES

MARKETS

QUENCH YOUR THIRST

33.8 OZ Rouses **Electrolyte** or Alkaline Water





8 PACK 12 OZ Spindrift

Sparkling Water spindrift spindrift Assorted Flavors

ON THE GULF COAST, WE LOVE OUR FOOD TRADITIONS. HOWEVER, FINDING BALANCE LIKE ADDING FRUITS, VEGETABLES, AND WHOLE GRAINS IS IMPORTANT. LOOK FOR EAT RIGHT WITH ROUSES ITEMS TO HELP MAKE THAT BALANCE A LITTLE EASIER.

- APRIL, DIETITIAN



BOOST YOUR BREAKFAST

4 PACK 5.3 OZ Chobani Regular Greek



16 OZ **Cadia Nut Butters**

Includes no salt added, crunchy & creamy organic



13.2 - 16.75 OZ Dave's Killer Bagels



Nutritious breakfast choice for whole grains



13 - 16 OZ Rouses **All Natural Frozen Fruit**

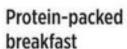
Perfect for Fall smoothies and baking



Waffles

Kodiak

10.72 - 15.37 OZ





DIETITIAN

PARTY PLEASERS

4 PACK 7.05 OZ Stonefire Mini Naan

Pair with your favorite hummus dip



8 OZ Rouses Hummus

Only 4g carbs per serving



12 - 18 OZ **Party Size** Chips

\$599 Over 25 varieties

Dietitian's Choice: Smartfood, Sunchips, & Popcorners



16 OZ Rouses **Party Cheese Tray**

Pair with your favorite fruit



5 OZ Rouses Kettle Chips

5 varieties No Salt Added



SATISYING SNACKS

5 OZ Blue Diamond **Nut Thins**



6 varieties



6 PACK 12 OZ Nature's Bakery **Fruit Bar**

Made with whole grains and real fruit



3 OZ Rouses Jerky





Rouses Jerky comes in a variety of meats and flavors. For a healthier jerky option, try Original Turkey. Beef includes Original, Peppered, Sweet & Hot, and Terriyaki. If you prefer Pork, try the Spicy Dill Pickle.

MAKE A MEAL

12 OZ - WILD CAUGHT Alaskan Leader

Alaska Cod





8 CT Best Choice Corn on the Cob

Source of fiber, potassium, and magnesium



12 OZ Rouses 4g **Net Carbs Tortilla**

Low carb with



8 OZ Banza Chickpea **Pasta**

50% more protein



5 OZ Wild **Planet** Tuna





Prices good October 9th thru October 30th, 2024.