

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!

- Danny Rouse
CEO, 3rd Generation

FEELS LIKE HOME



Save with **Rouses Markets Brand** compared to national brands.

48 OZ
**Rouses
Vegetable
Oil**



\$3.99

10 CT
**Rouses
Soft Taco
Flour
Tortillas**



2/\$5

16 OZ
**Rouses
Dry Roasted
Peanuts**



\$2.99

16 OZ
**Rouses
Cookie
Dough**



\$2.99



2/\$4



750 ML
**Rouses
Italian Sparkling
Mineral Water**

Now in five
refreshing
flavors!

Strawberry (NEW),
Raspberry Ginger (NEW),
Lime, Lemon, and Original

\$4.99



6CT - 2.52 OZ
**Rouses
Hydration
Drink Mixes**

3 delicious flavors and blends for energy,
wellness, and immunity.
All contain electrolytes, vitamins B & C.

FALLIN' INTO FALL

16 OZ
**Rouses
Pourable
Dressing**



\$2.59

12 CT
**Rouses
Single Serve
Coffee**



\$4.99

64 OZ
**Rouses
Apple
Juice**



2/\$5

4 PACK
**Rouses
Fruit Cups**



2/\$5

2 LB
**Rouses Long,
Medium or Brown
Grain Rice**



2/\$3

52 OZ
**Rouses
Orange
Juice**



2/\$7

1 PINT
**Rouses
Gelato
from
Italy**



\$3.99

32 OZ
**Rouses
Red
Beans**



\$2.99

CUSTOMER SATISFACTION GUARANTEED. QUALITY PRODUCTS FROM OUR FAMILY TO YOURS. - Danny Rouse

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



Eat Right WITH ROUSES

ROUSES MARKETS

QUENCH YOUR THIRST

33.8 OZ
Rouses Electrolyte or Alkaline Water
2/\$3



8 PACK 54 OZ
Hint Water Kids
\$3.79
Great for lunch boxes



8 PACK 12 OZ
Spindrift Sparkling Water
\$6.49
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 Yogurt
2/\$8



16 OZ
Cadia Nut Butters
\$5.99
Includes no salt added, crunchy & creamy organic



13.2 - 16.75 OZ
Dave's Killer Bagels
\$5.99
Nutritious breakfast choice for whole grains



13 - 16 OZ
Rouses All Natural Frozen Fruit
\$2.99
Perfect for Fall smoothies and baking



10.72 - 15.37 OZ
Kodiak Waffles
\$4.99
Protein-packed breakfast



PARTY PLEASERS

4 PACK 7.05 OZ
Stonefire Mini Naan
\$2.99
Pair with your favorite hummus dip



8 OZ
Rouses Hummus
\$2.99
Only 4g carbs per serving



12 - 18 OZ
Party Size Chips
\$5.99
Over 25 varieties
Dietitian's Choice: Smartfood, SunChips, & Popcorners



16 OZ
Rouses Party Cheese Tray
\$6.99
Pair with your favorite fruit



5 OZ
Rouses Kettle Chips
2/\$5
5 varieties
Dietitian's Choice: No Salt Added



SATISFYING SNACKS

5 OZ
Blue Diamond Nut Thins
\$3.79
6 varieties



6 PACK 12 OZ
Nature's Bakery Fruit Bar
\$3.99
Made with whole grains and real fruit



3 OZ
Rouses Jerky
\$4.99



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
\$9.99
Lean protein & rich source of omega-3s



8 CT
Best Choice Corn on the Cob
\$2.99
Source of fiber, potassium, and magnesium



12 OZ
Rouses 4g Net Carbs Tortilla
\$4.49
Low carb with delicious flavor



8 OZ
Banza Chickpea Pasta
\$3.79
50% more protein than regular pasta



5 OZ
Wild Planet Tuna
2/\$7
Wild sustainably caught tuna



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