

# Fred Meyer FRESH FOR EVERYONE™



**\$4.99**  
/LB  
With Card

**93% Lean Ground Beef**  
Sold in a 3 lb Roll for \$14.97



**\$5.99**  
With Card

**Jumbo Blueberries**  
9.8 oz



**Boneless Pork Half Loin**

**\$2.49**  
/LB  
With Card

**SugarBee or Envy Apples** **\$1.79**  
/LB  
With Card



**WEEKEND FREE-BEE!**  
**FREE Kroger Seltzer Water\***  
\*With digital coupon valid **SAT-SUN 11/2-11/3**. Minimum purchase required. See coupon for details.

Scan me or visit [FredMeyer.com/FreeBee](https://FredMeyer.com/FreeBee) to download coupon.

**WEEKLY DIGITAL DEALS**  
Use each coupon **UP TO 5 TIMES** in one transaction\*

**T-Bone Steaks**  
Bone-In, Value Pack  
**\$8.99**  
/LB  
With Digital Coupon  
Price without digital coupon is up to \$11.99 lb with Card.

**Kroger Jumbo Russet Potatoes** **\$4.99**  
8 lb Bag  
With Digital Coupon  
Price without digital coupon is up to \$6.99 each with Card.  
\*While supplies last.



**Sand Bar Shrimp**  
Raw, 13-15 ct, 21-25 ct or 31-40 ct or Cooked Shrimp, 26-30 ct; Frozen, Sold in a 2 lb Bag

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



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

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



**Pepsi or 7UP**  
Select Varieties, 6-Pack, 16.9 fl oz Bottles

**55+ SENIOR DISCOUNT** | **TAKE AN EXTRA 10% OFF**  
ON IN-STORE PURCHASES TUESDAY, NOVEMBER 5  
For details & exclusions, visit [FredMeyer.com/senior](https://FredMeyer.com/senior)

**SAVE \$2 EACH**  
WHEN YOU BUY 3 OR MORE.  
**MIX & MATCH 3 or more** participating items with Card.  
Look for these tags.

\*When you buy any 3 or more participating items in the same transaction with Card. Participating item varieties and sizes may vary by store.



**Lay's Potato Chips**  
Select Varieties, 4.75-8 oz  
~~4.99~~ **\$2.99** With Card  
/EA\*



**Rao's Pasta Sauce**  
Select Varieties, 32 oz  
~~9.99~~ **\$7.99** With Card  
/EA\*



**Starbucks Coffee**  
Select Varieties, 10-12 oz Bag  
~~9.99~~ **\$7.99** With Card  
/EA\*



**Coffee-Mate Creamer**  
Select Varieties, 64 fl oz  
~~7.99~~ **\$5.99** With Card  
/EA\*

**SALE DATES: Wed. October 30 - Tues. November 5, 2024.** 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 each coupon  
**UP TO 5 TIMES**  
in one transaction\*

Scan me to  
download deals



Look for  
these tags.



Oscar Mayer  
Funpack  
Lunchables

Select Varieties, 8.9-10.7 oz

**\$2.49**  
/EA

With Digital Coupon

Price without digital coupon  
is up to \$2.99 each with Card.



McCafé  
PREMIUM ROAST  
MEDIUM



THE DONUT SHOP  
COFFEE  
Regular



GREEN MOUNTAIN  
COFFEE ROASTERS  
BREAKFAST BLEND  
LIGHT ROAST

Green Mountain,  
Donut Shop or  
McCafé K-Cups

Select Varieties, 10 ct

**\$4.99**  
/EA

With Digital Coupon

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



Nature Sweet  
Dia De Muertos  
Tomatoes or Cherubs

10 oz

**\$2.99**  
/EA

With Digital Coupon

Price without digital coupon  
is up to \$4.79 each with Card.



King's Hawaiian Rolls  
12 ct or Frosted  
Sugar Cookies,  
10 ct; Select Varieties,  
In the Bakery

**\$4.99**  
/EA

With Digital Coupon

Price without digital coupon  
is up to \$6 each.



Nestlé  
TOLL HOUSE  
SEMI-SWEET  
MORSELS

Philadelphia  
Cream Cheese  
Spread

7.5-8 oz or Nestlé Toll  
House Morsels, 9-12 oz;  
Select Varieties

**\$3.79**  
/EA

With Digital Coupon

Price without digital coupon  
is up to \$4.79 each with Card.



Softsoap  
Body Wash

20 fl oz or Dove  
Shampoo or  
Conditioner, 12 fl oz;  
Select Varieties

**\$3.99**  
/EA

With Digital Coupon

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



Pepsi or 7UP

Select Varieties,  
24-Pack, 12 fl oz Cans

**\$12.99**  
/EA

With Digital Coupon

Price without digital coupon  
is up to \$21.99 each with Card.



Crest Toothpaste

4.2 oz or Softsoap  
Hand Soap, 7.5 fl oz  
or Oral-B Toothbrush,  
1 ct; Select Varieties

**\$1.29**  
/EA

With Digital Coupon

Price without digital coupon  
is up to \$1.79 each with Card.



DiGiorno Pizza

14-29.31 oz or Totino's  
Pizza Rolls, 50 ct or  
Breakfast Snack Bites,  
40 ct; Select Varieties

**\$5.99**  
/EA

With Digital Coupon

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



Scott  
Comfort Plus  
Bath Tissue

12 Double Rolls or  
Bounty Essentials Paper  
Towels, 4 Double Rolls

**\$5.99**  
/EA

With Digital Coupon

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

\*While supplies last.



# Member Exclusive Digital Deals!



Enjoy these benefits when you sign up for Boost!



Unlimited FREE\* delivery



2X Fuel Points\* every day



Exclusive offers and savings

Visit [FredMeyer.com/BoostSavings](https://FredMeyer.com/BoostSavings) to clip coupons & enroll.

Membership starting at \$59/year.

\*Restrictions apply. See site for details.

Use coupons up to 5X in a single transaction. See coupons for details.



**Kroger Fresh Dinner Sausage**  
Select Varieties, 18 oz

Non-Boost Member price is up to \$4.49 each with Card.

Boost Members save MORE with Digital Coupon

**\$2.49** /EA

Boost Member Exclusive Price!  
With digital coupon & Boost Membership



**Tri-Color Peppers**  
3 ct

Boost Members save MORE with Digital Coupon

**\$2.99** /EA

Boost Member Exclusive Price!

With digital coupon & Boost Membership

Non-Boost Member price is up to \$5.99 each with Card.



**Kroger Ultra Paper Towels**  
2 Triple Rolls

Non-Boost Member price is up to \$6.99 each with Card.

Boost Members save MORE with Digital Coupon

**\$2.99** /EA

Boost Member Exclusive Price!  
With digital coupon & Boost Membership



**Kroger Barbecue Sauce**  
17.5-18 oz or Yellow Mustard, 8 oz or Ketchup, 20 oz; Select Varieties

Boost Members save MORE with Digital Coupon

**79¢** /EA

Boost Member Exclusive Price!  
With digital coupon & Boost Membership

Non-Boost Member price is up to \$2.49 each with Card.



**Home Chef Savory Roasted Chicken**  
or Other Varieties, Fully Cooked, 2 lb, In the Deli

Boost Members save MORE with Digital Coupon

**\$6** /EA

Boost Member Exclusive Price!  
With digital coupon & Boost Membership

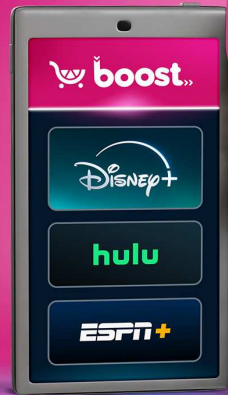
Non-Boost Member price is up to \$8.99 each with Card.





# NOW AVAILABLE WITH A BOOST MEMBERSHIP

Your Choice of Disney+ (With Ads),  
Hulu (With Ads) or ESPN+ on Us\*



# boost»

[LEARN MORE](#)

Not a boost member?  
Enroll today.

\*Eligible subs only. Restrictions apply.  
See retailer site for details.



# NEW LOWER PRICES

on 10,000+ Home and Electronics Items

Look for these tags



CrockPot 7-Quart  
Manual Slow Cooker

WAS  
~~59.99~~

NOW  
**39.99**

**NEW LOW  
PRICE**



HP 14" HD Laptop  
14-DQ0040NR

WAS  
~~229.99~~

NOW  
**209.99**

**NEW LOW  
PRICE**



HD Designs®  
Flynn 5-Piece Dining Set

WAS  
~~649.99~~

NOW  
**299.99**

**NEW LOW  
PRICE**



# SAVE \$2 EACH WHEN YOU BUY 3 OR MORE.

## MIX & MATCH 3 or more participating items with Card.



Find even more online!  
Scan me to shop all participating items.

\*When you buy any 3 or more participating items in the same transaction with Card. Participating item varieties and sizes may vary by store.



Look for these tags.



6.99 With Card  
-2.00

### \$4.99 /EA\*

Cheez-It Family Size Crackers  
Select Varieties, 9.6-21 oz



6.49 With Card  
-2.00

### \$4.49 /EA\*

Best Foods Mayonnaise or Kraft Miracle Whip, 30 fl oz; Select Varieties



4.79 With Card  
-2.00

### \$2.79 /EA\*

### Kellogg's Club Crackers

11-13.7 oz or Crisps, 7.1 oz or Town House Crackers, 9.2-13.8 oz; Select Varieties



9.29 With Card  
-2.00

### \$7.29 /EA\*

Gorton's Fish  
Select Varieties, 15.2-24.5 oz



Yoplait Yogurt  
8 ct or Go-Gurt, 20 ct; Select Varieties

5.99 With Card  
-2.00

### \$3.99 /EA\*



7.99 With Card  
-2.00

### \$5.99 /EA\*

Nature Valley Biscuits or Bars  
10-12 ct or Blue Diamond Almonds, 16-19.2 oz; Select Varieties



6.49 With Card  
-2.00

### \$4.49 /EA\*

Oscar Mayer Beef or Turkey Hot Dogs  
Select Varieties, 15-16 oz



9.49 With Card  
-2.00

### \$7.49 /EA\*

### Gatorade

Select Varieties, 8-Pack, 20 fl oz



4.99 With Card  
-2.00

### \$2.99 /EA\*

General Mills Chex Cereal  
12-14 oz or Cap'n Crunch or Life Cereal, 10.3-13 oz; Select Varieties



17.99 With Card  
-2.00

### \$15.99 /EA\*

Charmin Bath Tissue  
12 Mega Rolls or Bounty Paper Towels, 6 Double Plus Rolls; Select Varieties



10.99 With Card  
-2.00

### \$8.99 /EA\*

Stouffer's Family Size Entrée  
Select Varieties, 28-40 oz



10.99 With Card  
-2.00

### \$8.99 /EA\*

Yuban Coffee  
Select Varieties, 25.3-27.9 oz Can



10.39 With Card  
-2.00

### \$8.39 /EA\*

Atkins Strong High Protein Shakes  
Select Varieties, 4-Pack, 11 fl oz



13.49 With Card  
-2.00

### \$11.49 /EA\*

Angel Soft Bath Tissue  
Select Varieties, 12-16 Mega Rolls





Smucker's  
Uncrustables  
15 ct or Peet's  
Coffee, 18 oz Bag;  
Select Varieties

14.99 With Card  
-2.00

**\$12.99** /EA\*



Bubly  
Sparkling Water  
Select Varieties,  
8-Pack, 12 fl oz Cans

5.99 With Card  
-2.00

**\$3.99** /EA\*



4.29 With Card  
-2.00

**\$2.29** /EA\*

Betty Crocker  
Cookie Mix

Select Varieties, 17.5 oz



13.29 With Card  
-2.00

**\$11.29** /EA\*

Ziploc Freezer  
or Storage Bags  
Select Varieties,  
60-80 ct

**SAVE \$2 EACH**  
WHEN YOU BUY 3 OR MORE.

MIX & MATCH 3 or more  
participating items with Card.

\*When you buy any 3 or more participating items  
in the same transaction with Card. Participating  
item varieties and sizes may vary by store.

Look for  
these tags.

**SALE**  
BUY 3 OR MORE  
SAVE \$2 EACH



7.99 With Card  
-2.00

**\$5.99** /EA\*

Rana  
Family Size Pasta  
20 oz or Happy Egg Co.  
Organic Eggs,  
Large, Grade A,  
12 ct; Select Varieties



8.99 With Card  
-2.00

**\$6.99** /EA\*

Birds Eye Voila  
Skillet Meal

42 oz or Bertolli  
Pasta Entrée, 20-22 oz;  
Select Varieties



8.99 With Card  
-2.00

**\$6.99** /EA\*

Impossible  
Ground Beef  
Plant Based, 12 oz



5.49 With Card  
-2.00

**\$3.49** /EA\*

Pretzels  
Pita Chips

7 oz or President Pub  
Cheese or Yucatan  
Guacamole, 8 oz;  
Select Varieties,  
In the Deli



14.79 With Card  
-2.00

**\$12.79** /EA\*

Kroger  
Celebration  
Paper Plates  
100 ct



12.79 With Card  
-2.00

**\$10.79** /EA\*

Simple Truth Organic  
Baby Food Pouch  
Variety Pack

Select Varieties, 12 ct



22.79 With Card  
-2.00

**\$20.79** /EA\*

Cascade  
Action Pacs  
Select Varieties,  
52-105 ct



14.49 With Card  
-2.00

**\$12.49** /EA\*

Cetaphil  
Cleanser or Lotion  
16 fl oz or Ziploc Slider  
Storage Bags, 68 ct;  
Select Varieties

# 4X FUEL POINTS

ON 100s OF GIFT CARDS WITH DIGITAL COUPON TODAY!\*



Visit [FredMeyer.com/4Xgiftcard](https://FredMeyer.com/4Xgiftcard) to download coupon

REDEEM EVERY DAY 10/23/24–11/5/24

\*Subject to availability. See gift cards for details, terms, conditions and (if applicable) fees. All trademarks are property of their respective owners.



# SAVINGS ON HEALTH, BEAUTY & MORE

**\$7.69**

With Card  
**Kroger  
 Cough Drops**  
 Select Varieties,  
 25-30 ct



Mars Candy  
 Select Varieties,  
 1.36-2.17 oz

**2/\$3**  
 With Card



Kroger  
**Omeprazole**  
 Select Varieties,  
 42 ct

**\$16.99**  
 With Card



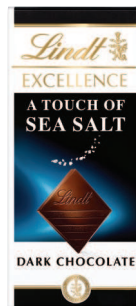
Dr. Teal's  
**Epsom Salt**  
 3 lb or Foaming Bath,  
 34 fl oz; Select Varieties

**\$6.99**  
 With Card



Core Power  
**High Protein  
 Milk Shake**  
 Select Varieties,  
 14 fl oz

**\$3.99**  
 With Card



Lindt Excellence  
**Chocolate Bar**  
 Select Varieties,  
 2.8-4.4 oz

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

**FREE**  
 With Card

# MIX & MATCH SAVE \$10 AN EXTRA

When you spend \$30 on participating HSA or FSA eligible Health and Wellness 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



**General Mills Cereal**  
Select Varieties,  
8.9-13.3 oz

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

With Card



**Progresso Soup**  
18-19 oz or Broth, 32 oz;  
Select Varieties

**FINAL COST**  
When You Buy 8  
**\$1.79**  
/EA  
With Card

When you buy 8 or more in the same transaction with Card. Quantities less than 8 are up to \$3.29 each with Card.



**Cheetos**  
6.5-10 oz or  
Ruffles, 7.25-8.5 oz  
or Fritos, 9.25-10 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 \$6.49 each with Card.



**Seattle's Best Coffee**  
Select Varieties,  
12 oz Bag

**\$6.39**  
With Card



**Stouffer's**  
or Lean Cuisine Entrée  
or Stouffer's Sides,  
5.25-24 oz;  
Select Varieties

**FINAL COST**  
When You Buy 3  
**3/\$11**  
With Card

When you buy 3 or more in the same transaction with Card. Quantities less than 3 are up to \$6.99 each with Card.



**Nabisco**  
**Family Size Oreo**  
or **Chips Ahoy Cookies**  
or **Family Size Crackers**,  
11.5-14 oz;  
Select Varieties

**FINAL COST**  
When You Buy 3  
**\$4.49**  
/EA  
With Card

When you buy 3 or more in the same transaction with Card. Quantities less than 3 are up to \$5.49 each with Card.



**Kroger Tampons**  
34-36 ct or Suave  
Shampoo and  
Conditioner, 2-Pack,  
18 fl oz; Select Varieties

**\$6.99**  
With Card



**Premier Protein Shakes**  
Select Varieties,  
6-Pack, 11.5 fl oz

**\$18.59**  
With Card



**Arm & Hammer Toothpaste**  
6 oz or Kroger  
Body Wash, 22-24 fl oz  
or Suave Lotion, 18 fl oz;  
Select Varieties

**\$4.49**  
With Card



**Pepperidge Farm Family Size Goldfish Crackers**  
10 oz or Goldfish Crisps,  
6.25 oz; Select Varieties

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



# SAVE MORE WITH OUR QUALITY BRANDS



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



Fresh Simple Truth Natural Chicken Full Line Sale  
No Antibiotics Ever



**\$10**  
With Card



**\$5.99**  
With Card



**\$7**  
With Card



**4/\$5**  
With Card



**2/\$4**  
With Card



**\$2.29**  
With Card



**\$5.49**  
With Card

48 fl oz or Kroger Ricotta Cheese, 30 oz; Select Varieties



**\$32.99**  
With Card



**\$8.99**  
With Card

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



Scan here or visit [FredMeyer.com/FuelEvent](https://FredMeyer.com/FuelEvent) to download coupon.  
\*Exclusions apply. See coupon for details.





# TAILGATING MUST-HAVES



Find more game day deals & recipes at [FredMeyer.com/Football](http://FredMeyer.com/Football)

Fresh  
Heritage Farm  
Chicken Drumsticks  
or Thighs

Bone-In

**\$1.79**  
/LB

With Card



Wonderful  
Pistachios

Select Varieties,  
14-16 oz

**\$8.99**

With Card



Sabra Hummus

10 oz or Stacy's Pita  
Chips, Thins or Bagel  
Chips, 6.75-7.33 oz;  
Select Varieties,  
In the Deli

**\$4.99**

With Card



Tyson  
Frozen Chicken  
Select Varieties,  
25-32 oz



**\$6.99**

With Card

Coors,  
Budweiser or Miller

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



**\$27.99**

Alaskan, Corona  
or White Claw

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



**\$18.99**



Toastmaster  
Air Fryer  
2.6 qt

**\$19.99**

With Card

## ROSE SALE

# BARGAINS IN FULL BLOOM!



Bloom Haus  
Dozen Rose Bunch

**\$8.99**





# BOTTLES & BREWS



Busch Light  
**\$22<sup>99</sup>**

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



Schilling  
or 2 Towns  
**\$11<sup>99</sup>**  
6-Pack, 12 fl oz  
or Double Shovel,  
4-Pack, 16 fl oz  
Bottles or Cans; Select Varieties,  
Plus Deposit Where Applicable



8.99 EA  
-10%  
With Card  
**\$8<sup>09</sup>**  
/EA\*

Cook's,  
Dark Horse  
or Gekkeikan  
Select Varieties,  
750 ml



Tito's  
1.75 Liters or Maker's  
Mark 46 or Basil Hayden,  
750 ml; Select Varieties  
**\$37<sup>99</sup>**

\*When You Buy Any 6 Participating Items with Card.



Sunshine  
on My Mind  
Bouquet  
**\$11<sup>99</sup>**

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

## Pork Ribs

Back Ribs, Spare Ribs  
or St. Louis Style Ribs;  
or Kroger Cook-In-Bag Ribs;  
Select Varieties, Bone-In



Aidells  
Dinner Sausage  
or Meatballs  
12 oz or Farmland  
Bacon, 12-16 oz;  
Select Varieties

**\$5<sup>49</sup>**  
With Card



Dole Salad Kits  
Select Varieties,  
9.1-13 oz

**2/\$9**  
With Card

## GUARANTEED FRESH



Center-Cut  
Pork Loin Chops  
Bone-In, Value Pack

**\$4<sup>99</sup>**  
/LB  
With Card

Boneless Chuck  
Roasts or Steaks  
or USDA Choice Flank  
Steaks; Value Pack

**25% OFF**  
Tag Reflects Savings  
With Card



Wild-Caught  
Alaska Cod Fillets  
Previously Frozen

**\$9<sup>99</sup>**  
/LB  
With Card



## DELI & BAKERY

Order party trays, cakes and more at  
[FredMeyer.com/fresh](http://FredMeyer.com/fresh)

### Fall Fuji Apple Crab Roll

Contains: Imitation Crab  
Salad, Cinnamon Fuji Apple  
Mix and Avocado, 8.1-10 oz,  
Available in Select Stores

**\$10<sup>99</sup>**



Boar's Head  
EverRoast  
Chicken Breast

**\$10<sup>99</sup>**  
/LB  
With Card

or Colby Jack Cheese,  
\$8.99 lb with Card; Select Varieties,  
Sliced to Order or Grab N Go,  
Available in Select Stores

# BOTTLES & BREWS



**\$10<sup>99</sup>**

Cutwater, Jameson  
or Jack Daniel's  
Select Varieties,  
4-Pack, 12 fl oz Cans



12.99<sup>EA</sup>  
-10%  
With Card

**\$11<sup>69</sup>** /EA\*

Josh Cellars,  
Domaine Ste Michelle  
or Matua  
Select Varieties,  
750 ml



10.99<sup>EA</sup>  
-10%  
With Card

**\$9<sup>89</sup>** /EA\*

Barefoot  
or Yellowtail  
1.5 Liters or Chateau Ste Michelle,  
750 ml; Select Varieties



19.99<sup>EA</sup>  
-10%  
With Card

**\$17<sup>99</sup>** /EA\*

Meiomi, Chandon  
or Mumm Napa  
Select Varieties,  
750 ml



Skrewball  
or Espolon  
**\$29<sup>99</sup>**

750 ml or E&J, 1.75 Liters;  
Select Varieties



**\$24<sup>99</sup>**

Hornitos  
or Tanqueray  
750 ml or Svedka, 1.75 Liters;  
Select Varieties

\*When You Buy Any 6 Participating Items with Card.

**CHEERS TO GREAT DEALS ON YOUR FAVORITES!**