

FRESH FOR EVERYONE™
Fred Meyer



EARN 4X POINTS
with digital coupon*
WEDNESDAY-SATURDAY

YOUR
CHOICE

REWARDS CASH
FUEL REWARDS

Scan here or visit
FredMeyer.com/Points
to download coupon.

*Exclusions apply. See coupon for details.



MILITARY DISCOUNT | TAKE AN EXTRA 10% OFF

On In-Store Purchases Thursday, July 16
For details & exclusions, visit FredMeyer.com/military



\$6.99
/LB
With Card

**Boneless
Chuck Roasts or Steaks**
or Beef Flanken Style Ribs, Bone-In; Value Pack

\$1.49
/LB
With Card

**Fresh Foster Farms
Chicken Drumsticks
or Thighs**
Bone-In



Pork Back Ribs
Bone-In or Boneless
Pork Tenderloin,
Sold Whole in Bag
\$2.99
/LB
With Card



\$5.99
With Card

**Kroger
Adorbs
Seedless
Mandarins**
5 lb Bag

**3 DAY
SALE**
SATURDAY - MONDAY ONLY



\$2.99
With Card

**Hillshire Farm
Meat
Smoked Sausage**
Select Varieties,
13-14 oz



\$9.99
With Card

**Folgers
Coffee**
Select Varieties,
22.6-25.9 oz Can,
Limit 5 Packages



\$2.99
With Card

**Boulder Canyon
Potato Chips**
Select Varieties,
5.25-6.5 oz,
Limit 5 Packages



\$1.99
With Card

**Sargento
Cheese Slices**
Select Varieties,
10-20 ct, Limit 5 Packages

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



**Private Selection
Gourmet Potatoes**
1.5 lb or
Private Selection
Snacking Tomatoes
10 oz or Kroger
Tri Color Peppers 3 ct

3/\$10
With Card



**Simple Truth
Organic
Pacific Northwest
Blueberries**
18 oz

\$5.99
With Card



**Tillamook
Cheese**
5.5-8 oz or
The Laughing Cow
Spreadable Cheese
Wedges, 8 ct;
Select Varieties

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

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

Pepsi
12-Pack, 12 fl oz Cans
Body Armor
8-Pack, 12 fl oz Bottles

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

Select Varieties,
Limit 12 Packages

Polar Seltzer Water
8-Pack, 12 fl oz Cans
Lipton Tea
12-Pack, 16.9 fl oz Bottles
Powerade
8-Pack, 20 fl oz Bottles

Vitaminwater
6-Pack, 16.9 fl oz Bottles
Starbucks Frappuccino
4-Pack, 9.5 fl oz Bottles



**Kellogg's
Giant Size
Cereal**
Select Varieties,
19.2-29.5 oz
When you buy 3 or more in the same transaction with Card,
Quantities less than 3 are up to \$6.99 each with Card.

3/\$10
With Card



**Smartway
Sugar**
4 lb
\$2.49
With Card



**Private Selection
Ice Cream**
48 fl oz or Yasso
Frozen Greek
Yogurt Bars, 4 ct;
Select Varieties

\$4.99
With Card



Gatorade
Select Varieties,
28 fl oz
When you buy 10 or more in the same transaction with Card,
Quantities less than 10 are up to \$1.99 each with Card.

10/\$10
With Card



**Kroger
Soft & Strong
Bath Tissue**
18 Mega Rolls

\$9.99
With Card



**White Claw,
Modelo or Corona**
Select Varieties,
24-Pack, 12 fl oz
Bottles or Cans,
Plus Deposit Where Applicable

\$28.99

**WEEKLY DIGITAL
DEALS**

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



Find even
more deals
online!



**Washington Grown
Red Cherries**
\$2.99
/LB
With Digital Coupon
Price without digital coupon
is up to \$5.99 lb with Card.



**Oscar Mayer
Bacon**
Select Varieties,
12-16 oz
\$4.99
/EA
With Digital Coupon
Price without digital coupon
is up to \$7.99 each with Card.



**California Pizza
Kitchen Pizza**
13.5-15.5 oz or DiGiorno
Stuffed Crust Pizza,
22.2-26.4 oz;
Select Varieties
\$6.99
/EA
With Digital Coupon
Price without digital coupon
is up to \$7.99 each with Card.



**Fred Meyer
Purified Water**
24-Pack, 16.9 fl oz
or Sara Lee Bread,
20 oz; Select Varieties
\$2.49
/EA
With Digital Coupon
Price without digital coupon
is up to \$3.99 each with Card.

*While supplies last.

SALE DATES: Wed. July 15 - Tues. July 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.

SAVE \$20
\$99⁹⁹
With Card

Glacier's Edge
3-Piece Lounge
Combo Set
Reg. 119.99



SAVE \$10
Igloo 38-Quart
Wheelie Cooler
Reg. 49.99
\$39⁹⁹
With Card



SAVE \$10
\$34⁹⁹
With Card

Glacier's Edge
4-Person
Dome Tent
Reg. 44.99



Fit & Fresh
Lunch Bag
\$19⁹⁹



\$12⁹⁹
With Card

Bioworld
Licensed Backpack
Reg. 14.99





NEW SAVE YOUR WAY

SAME POINTS. MORE CHOICES.*



OR



Visit FredMeyer.com/PointsProgram to redeem points and learn more.

*Exclusions apply.
See site for details.

WEEKLY DIGITAL DEALS

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



Oscar Mayer Lunchables

2.27-4.4 oz or P3 Protein Packs,
2-2.3 oz; Select Varieties

Price without digital coupon is up to \$2.29 each with Card. **With Digital Coupon**

\$1.29
/EA



Private Selection Black Forest Ham

Sliced to Order or
Grab 'N Go, In the Deli

\$11.99
/LB

With Digital Coupon
Price without digital coupon
is up to \$12.99 lb with Card.



Nestlé Drumstick Cones

Select Varieties,
8-20 ct

\$5.99
/EA

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



Lay's Potato or Kettle Cooked Potato Chips

5-8 oz or Frito-Lay
Simply Snacks,
4.5-6.5 oz;
Select Varieties

Price without digital coupon
is up to \$3.29 each with Card.

\$1.99
/EA



Pepperidge Farm Goldfish

Select Varieties,
26.7-27.3 oz

\$5.99
/EA

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



Kroger Red, Green, Black or Tri Color Seedless Grapes

3 lb

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

\$5.99
/EA



Tyson Frozen Chicken

Select Varieties,
16-26.5 oz

\$6.99
/EA

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



General Mills Cereal

Select Varieties,
8.9-12.3 oz

\$1.79
/EA

With Digital Coupon
Price without digital coupon
is up to \$4.29 each with Card.



Snuggle Fabric Softener

35.7-39.4 fl oz
or Dryer Sheets,
105-120 ct;
Select Varieties

\$3.49
/EA

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



Peet's Coffee

10.5 oz Bag or K-Cups,
10 ct; Select Varieties

\$7.99
/EA

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



Angel Food Cake

9-13 oz or
Private Selection
Cupcakes, 4 ct;
Select Varieties,
In the Bakery

\$5
/EA

With Digital Coupon
Price without digital coupon
is up to \$6 each with Card.



L'il Critters or Vitafusion Supplements

Select Varieties,
60-190 ct

\$9.99
/EA

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



Dove Shampoo or Conditioner

Select Varieties,
12 fl oz

\$3.49
/EA

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



Iams Dry Cat Food

Select Varieties,
6-7 lb

\$16.99
/EA

With Digital Coupon
Price without digital coupon
is up to \$19.99 each with Card.

*While supplies last.

ENJOY

4X Points
with digital
coupon*

On Private Selection brand products!

*Unlimited use through July 21. See coupon for details.



Clip coupon at
FredMeyer.com/Points

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.



**Outshine
Fruit Bars**
6 ct or Zoi
Greek Yogurt,
32 oz;
Select Varieties



4.49 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$3.49
/EA



**Breyers
Ice Cream**
48 fl oz or Oatly
Oat Milk, 64 fl oz;
Select Varieties



4.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$3.99
/EA

6.99 With Card
-2.50 Off 1
DIGITAL COUPON OFFER

\$4.49
/EA
**General Mills
Giant Size
Cereal**

Select Varieties, 20-29 oz



6.99 With Card
-1.50 Off 1
DIGITAL COUPON OFFER

\$5.49
/EA

**Stok
Cold Brew Coffee**
Select Varieties,
48 fl oz



21.99 With Card
-4.00 Off 1
DIGITAL COUPON OFFER

\$17.99
/EA

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



10/\$12 With Card
-2.00 Off 10
DIGITAL COUPON OFFER

10/\$10

**Chobani
Greek Yogurt**
Select Varieties,
5.3 oz



1.99 With Card
-50¢ Off 1
DIGITAL COUPON OFFER

\$1.49
/EA

Barilla Pasta
Select Varieties,
12-16 oz



6.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$5.99
/EA
Gatorade

12-Pack, 12 fl oz or Frito-Lay
Multipack, 10 ct; Select Varieties



**Tillamook
Extra Creamy
Butter**
Select Varieties,
16 oz

5.49 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$4.49
/EA



11.99 With Card
-2.00 Off 1
DIGITAL COUPON OFFER

\$9.99
/EA

**Starbucks
Coffee**
10-12 oz Bag
or K-Cups, 10 ct;
Select Varieties



4.99 With Card
-50¢ Off 1
DIGITAL COUPON OFFER

\$4.49
/EA

**Hormel
Pepperoni**
Select Varieties,
5-6 oz



14.99 With Card
-5.00 Off 1
DIGITAL COUPON OFFER

\$9.99
/EA

**Bounty
Paper Towels**
6 Double Rolls or
Charmin Bath Tissue,
6 Mega XL Rolls;
Select Varieties



18.99 With Card
-2.00 Off 1
DIGITAL COUPON OFFER

\$16.99
/EA

**Chomps
Meat Sticks**
Select Varieties,
8-14 ct



8.49 With Card
-1.50 Off 1
DIGITAL COUPON OFFER

\$6.99
/EA

**Dove
Body Wash**
20 fl oz or Bar Soap,
4 ct; Select Varieties



1.49 With Card
-50¢ Off 1

Rice-A-Roni
or Pasta Roni
Select Varieties,
4.3-7.2 oz

DIGITAL COUPON OFFER
99¢
/EA



3.99 With Card
-2.00 Off 1

Post
Cereal
Select Varieties,
10-16.6 oz

DIGITAL COUPON OFFER
\$1.99
/EA



15.99 With Card
-2.00 Off 1

Peet's
Coffee
Select Varieties,
18 oz Bag

DIGITAL COUPON OFFER
\$13.99
/EA



Select Varieties, 6 oz



5.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$4.99
/EA

Betty Crocker
Fruit Snacks
Select Varieties,
22 ct

**SAVE MORE
WITH DIGITAL COUPONS**

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



7.99 With Card
-1.00 Off 1

Private Selection
Cheesecake
16 oz or Layer Cake,
11.9-13.3 oz;
Select Varieties,
In the Bakery

DIGITAL COUPON OFFER
\$6.99
/EA

5.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$4.99
/EA

Dave's Killer Bread
Organic Bread

20.5 oz or Malt O Meal Cereal,
30-37 oz; Select Varieties



Oscar Mayer
Uploaded
Lunchables
14.7 oz

4.49 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$3.49
/EA



Nabisco
Family Size
Snack Crackers
11.5-14 oz or Ritz
Family Size Crackers,
17.8-20.8 oz;
Select Varieties

5.49 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$4.49
/EA



7.99 With Card
-1.50 Off 1
DIGITAL COUPON OFFER

\$6.49
/EA

Kleenex
Facial Tissue
Select Varieties,
4-Pack



12.99 With Card
-2.00 Off 1
DIGITAL COUPON OFFER

\$10.99
/EA

all
Free Clear
Laundry Detergent
73 fl oz or Mighty Pacs,
32-39 ct; Select Varieties



8.99 With Card
-1.00 Off 1
DIGITAL COUPON OFFER

\$7.99
/EA

TheraBreath
Mouthwash
Select Varieties,
16 fl oz



EVERYTHING FOR YOUR WATCH PARTY

Visit FredMeyer.com/GameDay to shop Fan Favorites

GROCERY ESSENTIALS



Kroger
Butter
Select Varieties,
2-Pack

\$5.99
With Card



Sparkling Ice
Sparkling Water
17 fl oz or
American Beauty
Pasta, 12-16 oz;
Select Varieties

10/\$10
With Card



Kroger
Ice Cream
Select Varieties,
48 fl oz

2/\$5
With Card

BOTTLES & BREWS



Michelob
Ultra
\$22.99

24-Pack, 12 fl oz
or Keystone Light
or Natural Light,
30-Pack, 12 fl oz
Bottles or Cans;
Select Varieties,
Plus Deposit
Where Applicable



9.99 EA
-10%
With Card

\$8.99
/EA*
Ste Chapelle
or Ogio
Select Varieties,
750 ml



BuzzBallz
Biggies
Select Varieties,
1.5 Liters

\$14.99
With Card



44 North
1.75 Liters
or High Noon,
8-Pack, 12 fl oz Cans;
Select Varieties

\$15.99

*When You Buy Any 6 Participating Items with Card.

MIX & MATCH
WHEN YOU BUY 2
SAVE \$10
AN EXTRA
on Participating
Pet 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.

locked in LOW PRICES



Kroger
Purified Water
24-Pack, 8 fl oz
or Trail Mix, 8-11 oz;
Select Varieties

2/\$7
With Card



Nabisco
Multipack
10 ct or Kroger
Peanut Butter, 64 oz;
Select Varieties

\$5.99
With Card



6 ct or Mush
Overnight Oats,
5 oz;
Select Varieties

Maruchan
Ramen
3/\$5
With Card



Kroger
Coffee Pods
Select Varieties,
120 ct

\$31.99
With Card



42 ct Frito-Lay
Multipack
or Private Selection
Coffee Pods, 48 ct;
Select Varieties

\$19.99
With Card



Kroger
Slider Bags
Select Varieties,
50-80 ct

\$7.99
With Card



Keurig
K-Mini Mate
Select Varieties
\$79⁹⁹
With Card



Chefman
Fast-Boil
Electric Kettle
1 Liter
\$15⁹⁹
With Card



Summit's Edge
Bungee Backpack
Select Varieties
\$9⁹⁹
With Card



Arctic Zone
Lunch Bag
Select Varieties
\$14⁹⁹
With Card

back to school

get set for
low prices



Office Works
Pink Eraser
79¢
With Card



Office Works
Blunt Tip Scissors
Select Varieties
99¢
With Card



Office Works
12" Plastic Ruler
Select Varieties
\$1²⁹
With Card



Office Works
#2 Pencils
\$1⁴⁹
With Card



Hershey's
Pokémon
Chocolate Bar
1.55 oz
\$1⁴⁹
With Card



Joyride
Uncommon Candy
Select Varieties,
3.5 oz
\$4⁹⁹
With Card



Mr Beast
Feastables
Snack Size Candy
11.42 oz
\$9⁴⁹
With Card



Wrigley's
Extra Gum
Select Varieties,
3-Pack
\$4⁹⁹
With Card



Sour Strips
Candy
Select Varieties,
3.4 oz
\$2⁹⁹
With Card



Tony's
Choclonely Candy
Select Varieties,
6.35 oz
\$5⁴⁹
With Card



Nerds
or Black Forest Candy
Select Varieties,
18-18.5 oz
\$7⁹⁹
With Card

FIND YOUR FAVORITE NATURAL ITEMS

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

Poppi
Prebiotic Soda
Select Varieties, 12 fl oz



Simple Truth
Organic Tortilla Chips
7.5-9 oz or Liquid Death
Energy Drink, 12 fl oz;
Select Varieties



2/\$5
With Card



Noosa
Yoghurt
Select Varieties,
8 oz

3/\$5
With Card



Clif
ZBars
Select Varieties,
10-12 ct
\$9.99
With Card



SkinnyPop
Popcorn
Select Varieties,
7.5-8.7 oz
\$5.99
With Card



Simple Truth
85% Lean
Ground Beef
Sold in a 3 lb Package
\$20
With Card

HOME, HEALTH & MORE!



Lindt Excellence
Chocolate Bars
Select Varieties,
3.5 oz

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



Toy Story
Squishmallow
Select Varieties,
8"

\$9.99
With Card



MIX & MATCH
SPEND \$30
SAVE \$10
AN EXTRA
on Participating Vitamins
and Nutrition 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.

SCORE MORE IN ONE STOP



Everyday Living
Gadgets
Select Varieties
\$3.99
AND UP
With Card



Rubbermaid
Easy Store
Food Containers
Select Varieties
\$11.99
AND UP
With Card



Igloo Stainless
Steel Travel
Mug
Select Varieties,
32 oz
\$32.99
With Card

REEL IN GREAT DEALS!



Aqua Star
Salmon Fillets
Frozen, 20 oz

\$9.99

With Card



Wild-Caught
Whole Cooked
Dungeness Crab
Previously Frozen

\$9.99
/LB
With Card



Wild-Caught
Lobster Tails
Previously Frozen,
3-4 oz

2/\$12
With Card

EASY FOR YOU
SEAFOOD

We'll prep it for FREE.

1

CHOOSE A
SEAFOOD SERVICE
CASE ITEM

2

SELECT YOUR
SEASONINGS
& GARNISHES

3

COOK IN OUR
OVEN-READY
BAG



**Fresh Cut
Fruit Bowls**
18 oz
in Select Stores
\$5
With Card



Artichokes
\$3.99
/EA
With Card



**BIG
DEAL!**
**BIG
PACKS**

\$5.99
With Card
Raspberries
12 oz

**Bloom Haus
Summer Breeze
Bouquet**
\$12
With Card



**Dole
Salad Kits**
Select Varieties,
7.1-13 oz
3/\$11
With Card



**California
Red or Black Plums**
\$2.99
/LB
With Card



GUARANTEED FRESH



\$14.99
/LB
With Card
Ribeye Steaks
Bone-In,
Value Pack



**80% Lean
Ground Beef**
Sold in a 3 lb Package
for \$19.47
\$6.49
/LB
With Card



**Kroger
Extra Large Shrimp**
26-30 ct, Cooked,
Sold in a 2 lb Bag
for \$17.98
\$8.99
/LB
With Card



**Hill's
Bacon Doggies**
Select Varieties,
2 lb
\$6.99
With Card



**Fresh Wild-Caught
Alaska Sockeye
Salmon Fillets**
Subject to Fishing &
Weather Conditions
\$14.99
/LB
With Card

DELI & BAKERY

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

Apple Pie
or Other Varieties,
8", In the Bakery
\$5
With Card



**Private Selection
Fresh Baked
Butter Croissants**
Large, 4 ct,
In the Bakery
\$5
With Card



**Home Chef
Fried Chicken**
4-Piece, Includes
1 Breast, 1 Thigh,
1 Wing & 1 Drumstick
or 5-Piece Drumsticks;
Fully Cooked
\$5
With Card



BOTTLES & BREWS



\$15.99

Happy Dad, Truly or Twisted Tea

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



10.99^{EA}
-10%
With Card

\$9.89
/EA*

**Nobilo
or Seaglass**
Select Varieties,
750 ml



10.99^{EA}
-10%
With Card

\$9.89
/EA*

**Cook's
or Barefoot**
Select Varieties,
1.5 Liters



12.99^{EA}
-10%
With Card

\$11.69
/EA*

**Ruffino
or Waterbrook**
Select Varieties,
750 ml



Schilling
or 2 Towns
\$11.99

Select Varieties,
6-Pack, 12 fl oz Cans



\$26.99

**Coors, Budweiser
or Miller**

Select Varieties, 30-Pack,
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!

PICK UP EVERYTHING FOR GAME DAY!



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 pricing, apparel and more!