



earn **4X** points
with digital coupon*
on frozen & dairy October 14-20

redeem points to save
on fuel or groceries

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



military discount | **take an extra 10% off**

On in-store purchases Thursday, October 15
For details & exclusions, visit FredMeyer.com/senior

USDA CHOICE

10.99/lb with card
-3.00/lb digital coupon offer
\$7.99/lb

Boneless Tri-Tip Roasts or Steaks
Value Pack, Limit 5

\$5.99/lb with card

93% Lean Ground Beef
Sold in a 3 lb Roll for \$17.97 or 93% Lean Ground Beef, 1 lb. \$6.99

\$1.99/lb with card

Fresh Heritage Farm Boneless Chicken Breasts

\$4.99 with card

Farmland Bacon or Land O'Frost Lunchmeat
Select Varieties, 12-16 oz

\$4.99 with card

Private Selection Colossal Blueberries
9.8 oz

FREE with card

Private Selection Gourmet Potatoes
1.5 lb

88¢/ea with card

Medium Avocados

mix & match
BUY 3, GET 3 FREE
of equal or lesser value with card.

Select Varieties, Limit 12 Packages

Powerade
8-Pack, 20 fl oz

Propel
12-Pack, 16.9 fl oz

Bloom Pop Prebiotic Soda
4-Pack, 12 fl oz

Polar Seltzer
8-Pack, 12 fl oz

Body Armor
8-Pack, 12 fl oz

mix & match
BUY 1, GET 1 FREE
of equal or lesser value with card

Entenmann's Little Bites, Donuts or Cakes
Select Varieties, 6.88-21 oz

\$7.99 with card

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

mix & match
BUY 1, GET 1 FREE
of equal or lesser value with card

Cap'n Crunch or Life Cereal
10.3-13 oz or Quaker Instant Oatmeal, 6-10 ct; Select Varieties

\$11.99/ea

New Belgium, Angry Orchard or Blue Moon
Select Varieties, 12-Pack, 12 fl oz Bottles or Cans, Plus Deposit Where Applicable

SAVE 33% with digital coupon

All Halloween Candy
Selection Varies By Store

3 day sale
Saturday - Monday only

\$5/ea with card

Carving Pumpkins

\$10 with card

Butterball Turkey Roast
Frozen, 3 lb

\$2.79 with card

Fred Meyer Milk
Select Varieties, Gallon, Limit 2 Packages (Excludes Chocolate)

\$8.99 with card

Coca-Cola, Pepsi or 7UP
Select Varieties, 24-Pack, 12 fl oz Cans; Limit 5 Packages

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

SALE DATES: Wed. October 14 - Tues. October 20, 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.



Wild-Caught Snow Crab Clusters

Sold in a 2 lb Box for \$23.98

Price without digital coupon is up to \$14.99 lb with card.

\$11.99
/lb

with digital coupon



Hillshire Farm Smoked Sausage

Select Varieties,

12-14 oz

\$2.99
/ea

with digital coupon

Price without digital coupon
is up to \$3.99 each with card.



Natural Bliss Creamer

32 fl oz or Starbucks
Creamer, 24-28 fl oz;
Select Varieties

\$3.49
/ea

with digital coupon

Price without digital coupon
is up to \$4.99 each with card.



40-Pack Fred Meyer Water

16.9 fl oz or Freschetta
Pizza, 18.85-30.88 oz;
Select Varieties

\$3.99
/ea

with digital coupon

Price without digital coupon
is up to \$4.99 each with card.

weekly digital deals

use coupons **up to 5 times** per transaction.
unlimited transactions!



Kettle Brand Potato Chips

Select Varieties,
6-7.5 oz

\$1.99
/ea

with digital coupon

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



Coca-Cola, Pepsi or 7UP

Select Varieties,
10-Pack, 7.5 fl oz Cans

\$5.99
/ea

with digital coupon

Price without digital coupon
is up to \$7.49 each with card.



Tillamook Ice Cream

Select Varieties,
48 fl oz

\$3.99
/ea

with digital coupon

Price without digital coupon
is up to \$4.99 each with card.

*While supplies last.



Kroger Red, Green or Black Seedless Grapes

3 lb or Simple Truth Organic

Red or Black Seedless Grapes, 2 lb

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

\$5.99
/ea

with digital coupon



Post Cereal

Select Varieties,
10-16.6 oz

\$1.49
/ea

with digital coupon

Price without digital coupon
is up to \$2.49 each with card.



Swanson Broth

Select Varieties,
32 oz

\$1.79
/ea

with digital coupon

Price without digital coupon
is up to \$2.49 each with card.



Tide Laundry Detergent

92-105 fl oz or Gain
Laundry Detergent,
132 fl oz; Select Varieties

\$11.99
/ea

with digital coupon

Price without digital coupon
is up to \$15.99 each with card.

mix & match
SAVE \$5
an extra

When you spend \$15 on
participating Personal
Care 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.



weekly digital deals

use coupons **up to 5 times**
per transaction.*

unlimited transactions!

Jimmy Dean
Breakfast Sandwich

\$4.99
/ea
with digital
coupon

Select Varieties, 4 ct
Price without digital coupon
is up to \$6.99 each with card.



Party
Size Ruffles

\$3.99
/ea
with digital
coupon

12.5-13 oz or
Frito-Lay Simply Snacks,
12-13 oz; Select Varieties
Price without digital coupon
is up to \$5.99 each with card.



Dove
Shampoo
or Conditioner

\$3.49
/ea
with digital
coupon

12 fl oz or TRESemmé Hairspray,
4.2 oz; Select Varieties
Price without digital coupon
is up to \$4.99 each with card.



Cottonelle
Bath Tissue

\$8.99
/ea
with digital
coupon

12 Mega Rolls or Viva Paper Towels,
6 Double Rolls; Select Varieties
Price without digital coupon
is up to \$13.99 each with card.



Pampers
Wipes

Select Varieties, 52-72 ct

\$1.99
/ea
with digital
coupon

Price without digital coupon
is up to \$2.49 each with card.



3M
Allergen Defense
Furnace Filters
Select Varieties

\$9.99
/ea
with digital
coupon

Price without digital coupon
is up to \$11.49 each with card.



*While supplies last.

5/\$18⁹⁹
with card

Rachel Roy Underwear
Women's sizes. Reg. \$8



Maidenform Underwear
3/\$18⁹⁹

with card
Women's sizes. Reg. \$12



Shown: Maidenform Bras
Reg. \$50-\$54

intimates sale
buy 1 get 1
free

Women's Bras, Shapewear, Lingerie
& 3-Pack Underwear with card.
Excludes Jockey.



plus

additional great
savings throughout
the department

Halloween Lights,
Décor, Plush &
Treat Carriers

**SAVE
50%**
with card



**SAVE
50%**
with card

Pumpkin
Carving
Accessories

buy more
save
more

SAVE \$1 each
when you buy
5 or more.

mix & match
5 or more participating
items with card.

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

*When you buy any 5 or more participating
items in the same transaction with card.



Pillsbury
Grands Biscuits,
Crescents or
Cinnamon Rolls
Select Varieties,
8 ct

2.99 with card
-1.00
\$1.99
/ea*



Ken's
Salad Dressing
16 fl oz or Goodles
Mac & Cheese,
5.25-6 oz;
Select Varieties

3.49 with card
-1.00
\$2.49
/ea*



4.99 with card
-1.00
\$3.99
/ea*
Pepperidge
Farm Cookies
Select Varieties,
5-8.6 oz



2.99 with card
-1.00
\$1.99
/ea*
General Mills
Cereal
8.9-12 oz or
Betty Crocker
Fruit Snacks, 6-10 ct;
Select Varieties



4.99 with card
-1.00
\$3.99
/ea*
Nabisco Family Size
Oreo or Chips Ahoy
Cookies

Select Varieties, 7.14-20 oz



1.99 with card
-1.00
99¢
/ea*
Annie's
Pasta & Cheese
Select Varieties,
5.25-6 oz



10.99 with card
-1.00
\$9.99
/ea*
Simple Truth
Natural
Turkey Burgers
Frozen, 2 lb

2.79 with card
-1.00
\$1.79
/ea*
Progresso
Soup

18-19 oz or Barilla Pasta,
8-16 oz; Select Varieties



6.49 with card
-1.00
\$5.49
/ea*
Clif
Bars
5 ct or Kroger
Breakfast Sandwiches,
4 ct; Select Varieties



9.99 with card
-1.00
\$8.99
/ea*
Swiffer
Refills
Select Varieties,
6-32 ct



3.99 with card
-1.00
\$2.99
/ea*
Stash
Tea
18-20 ct or Darigold
Cottage Cheese,
16 oz;
Select Varieties



5.99 with card
-1.00
\$4.99
/ea*
Dave's Killer Bread
Organic Bread
20.5 oz
or Starbucks
Iced Coffee, 40-48 fl oz;
Select Varieties



7.99 with card
-1.00
\$6.99
/ea*
Lipton
Tea
12-Pack, 16.9 fl oz
or Kind Bars, 5-10 ct;
Select Varieties



4.99 with card
-1.00
\$3.99
/ea*
Halls
Value Pack
Cough Drops
Select Varieties,
70-80 ct



Prego
Pasta Sauce
23-24 oz or
Sweet Baby Ray's
Barbecue Sauce,
18 oz; Select Varieties

2.49 with card
-1.00

\$1.49
/ea*



Ben's Original
Ready Rice
8.47-8.8 oz or
Campbell's Cooking
Sauce, 10.5 oz;
Select Varieties

2.49 with card
-1.00

\$1.49
/ea*



2.99 with card
-1.00
\$1.99
/ea*
Pop-Tarts

8 ct or Kroger
Cranberry Juice Cocktail,
64 fl oz; Select Varieties



Keebler
Cookies
8.5-13.4 oz or
Hostess Multipack,
8.17-14.3 oz;
Select Varieties

3.99 with card
-1.00

\$2.99
/ea*

buy more
save
more

SAVE \$1 each
when you buy
5 or more.

mix & match
5 or more participating
items with card.

*When you buy any 5 or more participating items in the same transaction with card.



Tree Top
Apple Sauce
Select Varieties,
12 ct

6.99 with card
-1.00

\$5.99
/ea*



2.99 with card
-1.00

\$1.99
/ea*

Ghost
Energy Drink

16 fl oz or
C4 Performance
Energy Drink, 16 fl oz;
Select Varieties



7.49 with card
-1.00

\$6.49
/ea*

Oscar Mayer
Deli Fresh Turkey
Lunch Meat
Family Pack,
Select Varieties, 16 oz



4.79 with card
-1.00

\$3.79
/ea*

Tropicana
Orange Juice
Select Varieties,
46 fl oz



4.99 with card
-1.00

\$3.99
/ea*

La Terra Fina
Dip
Select Varieties,
10 oz, In the Deli



12.99 with card
-1.00

\$11.99
/ea*

Stouffer's
Large Family Size
Entrée
Select Varieties,
55-57 oz



5.49 with card
-1.00

\$4.49
/ea*

Cascade
Action Pacs
Select Varieties,
9-16 ct



12.99 with card
-1.00

\$11.99
/ea*

Select Varieties,
6 Mega XL Rolls

Charmin
Bath Tissue

grocery essentials



Simply Fruit
Drink or Ade
52 fl oz or Gold Peak
Tea, 52 fl oz;
Select Varieties

2/\$5
with card



Tillamook
Cheese
Select Varieties,
5.5-8 oz



mix & match
BUY 1, GET 1
of equal or lesser value

FREE
with card



Gold Medal
Flour
5 lb or Kroger
Canola Oil, 48 fl oz;
Select Varieties

\$3.99
with card



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

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 \$2.99 each with card.



General Mills
Chex Cereal
Select Varieties,
12-14 oz

mix & match
BUY 1, GET 1
of equal or lesser value

FREE
with card



Kroger
Brown or
Powdered Sugar
Select Varieties,
2 lb

\$2
with card

locked in low prices



Eckrich
Smoked Sausage
23.3 oz or Smithfield
Lunch Meat, 16 oz;
Select Varieties

\$5
with card



Snyder's
of Hanover
Pretzels
Select Varieties,
12-16 oz



2/\$7
with card



Nestlé
Toll House Morsels
Select Varieties, 9-12 oz

\$4.99
with card



Private Selection
Wide Pan Bread
24 oz or Buns, 8 ct;
Select Varieties

\$2.99
with card



Nabisco
Party Size Oreo or
Chips Ahoy Cookies
Select Varieties,
24.16-26.7 oz

\$5.99
with card



Totino's
Pizza Rolls
Select Varieties,
130 ct

\$11.99
with card

bottles & brews



**Cash back
rebate via PayPal.
Visit our app/site
to clip cash back
offer & see offer
details.



16.99
-3.00 ** off 1
with card & cash back rebate

\$13.99
/ea

White Claw,
Mike's Hard
Lemonade
or Cayman
Jack

Select Varieties,
12-Pack, 11.2-12 fl oz
Bottles or Cans,
Plus Deposit
Where Applicable



**Cash Back
rebate via PayPal.
Visit our app/site
to clip Cash Back
offer & see offer
details.



2 Towns, Schilling
or Samuel Adams
Select Varieties, 6-Pack,
12 fl oz Bottles or Cans,
Plus Deposit
Where Applicable

11.99
-4.00 ** off 1
with card &
cash back rebate

\$7.99
/ea



Josh Cellars
Select Varieties,
750 ml

\$10.99
with card



La Marca
Select Varieties,
750 ml

\$13.99
with card



Pharmacy

**SAVE up to \$20
on groceries**

**when you get your FREE
flu shot at our pharmacy.**



No appointment needed.

Visit FredMeyer.com/vaccinations to
learn more and schedule an appointment.

*Restrictions and exclusion apply. No cost to you with most insurance plans. Get \$5 off when you get a flu vaccine or \$20 off when you get a flu vaccine plus any other vaccine in the same visit. See pharmacy for details. Offer expires 11/28/26. Limit 1 offer per customer.



find your favorite natural items.



mix & match
**BUY 2, GET 1
FREE**
of equal or lesser value
with card

Poppi Soda
Select Varieties,
12 fl oz



**Clif Builders
Protein Bars**
Select Varieties,
6-10 ct

\$9.99
with card



**Fage
Greek Yogurt**
Select Varieties,
32 oz

\$6.49
with card



**Noosa
Yoghurt**
Select Varieties,
8 oz

3/\$5
with card



**Waterloo
Sparkling Water**
Select Varieties,
8-Pack, 12 fl oz

FINAL COST
when you buy 3

3/\$12
with card

When you buy 3 or more in the same transaction with card.
Quantities less than 3 are up to \$5.99 each with card.



**Simple Truth
Organic 85% Lean
Ground Beef**
Sold in a 3 lb Package

\$20
with card

home, health & more!



**Kroger
Omeprazole**
Select Varieties,
42 ct

\$11.99
with card



**Kiss
Nail or Lash Care**
Select Varieties,
1 ct

**SAVE
25%**

tag reflects savings
with card



**Nature Made
Supplements**
30-300 ct or Kroger
Supplements, 60-400 ct;
Select Varieties

mix & match
BUY 1, GET 1
of equal or lesser value

FREE
with card



**Pyrex
9" Pie Plate**

**SAVE
20%**

tag reflects savings
with card



mix & match
when you spend \$30
SAVE \$10
an extra
on participating
vitamins & nutrition
care 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.



**Create-A-Treat
Halloween
Haunted House or
Scary Graveyard
Cookie Kit**
Select Varieties

**SAVE
50%**

tag reflects savings
with card



**Hot Wheels
Basic 1:64 Car**
Select Varieties

\$1.49
with card



**HD Designs
50"x70" Oversized
Harvest Throws**
Select Varieties

\$14.99
with card



after review, the wings stand.

Find more fan favorites at FredMeyer.com/football



\$9.99

with card
**Kroger
Chicken
Party Wings**
2.5 lb or Kroger 80% Lean
Beef Burgers, 2 lb;
Frozen



Deli Kitchen
St. Louis Style
Ribs
Fully Cooked,
2 lb, In the Deli

\$15.99

with card



Fresh Baked
Cookies
\$3
with card

Select Varieties,
12 ct, In the Bakery

**USDA
CHOICE**

**Beef
Flanken Style
Ribs**
Bone In, Value Pack

\$7.99

/lb
with card



Simple Truth
Organic
Tortilla Chips
Select Varieties,
7.5-9 oz

\$2.49

with card



\$3.99

with card
**Guillermo's
Salsa**
14 oz
in the Produce Department



Delimex
Taquitos
Select Varieties,
16-20 ct
mix & match
BUY 1, GET 1
of equal or lesser value

FREE

with card



Ore-Ida
Frozen Potatoes
Select Varieties,
19-32 oz

\$4.49

with card



Bush's Best Baked
or Grillin' Beans
Select Varieties,
21.7-28 oz
mix & match
BUY 2, GET 1
of equal or lesser value

FREE

with card



Ball Park
Buns
8 ct or Nature's Own
Perfectly Crafted Buns,
8 ct; Select Varieties

\$3.49

with card



Big K
Select Varieties,
12-Pack,
12 fl oz Cans

\$4.79

with card



Kingsford Original
or Matchlight
Charcoal
12-16 lbs

\$11.99

with card

Seasonal selection varies by store and is limited to stock on hand.



Dole
Salad Kits
7.1-13 oz

3/\$11

with card



Acorn
Squash

4/\$5

with card



3/\$10

with card
Strawberries
16 oz or
Raspberries, 6 oz

Bloom Haus
Sunset Fields
Bouquet

\$10

with card



Fresh Made
Salad Bowls
8-12 oz
In Select Stores

\$6

with card



Kroger
Honeycrisp
or Envy Apples
3 lb

\$5.99

with card



guaranteed fresh.



\$24.99

/lb

with card

**Pork Shoulder
Roasts**

Bone-In or
Boneless Pork Half Loin



Bob Evans
Side Dishes
Select Varieties,
28-32 oz

\$4.99

with card



Wild-Caught
Alaska Sockeye
Salmon Fillets
Previously Frozen

\$15.99

/lb

with card



Armour
Lunchmakers
Select Varieties,
2.44-2.67 oz

FINAL COST
when you buy 5

\$1

/ea

with card

When you buy 5 or more in the same transaction with card. Quantities less than 5 are up to \$1.25 each with card.



Kroger
Large
Peeled & Deveined
Shrimp
31-40 ct, Raw,
Sold in a 2 lb Bag
for \$15.98

\$7.99

/lb

with card

deli & bakery

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

Mini Cupcakes
Select Varieties, 12 ct

BUY 1, GET 1
of equal or lesser value

FREE

with card



Private Selection
Fresh Baked
Butter Croissants
Large, 4 ct
or Bakery Fresh
Glazed Donuts,
12 ct

\$5

with card



Private Selection
Detroit Style
Pizza
Select Varieties,
34 oz

\$12

with card





\$1.28
/lb

with card
**Butterball
Turkey**
Frozen, Grade A,
10 lbs and up,
Limit 2



let's talk turkey.

and the rest of your Thanksgiving list, too.



bottles & brews



\$8.99

**Incline,
Mother Earth
or Sockeye**

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



8.99^{ea}
-10%
with card

\$8.09
/ea*

14 Hands,
Apothic or
Bogle
Select Varieties,
750 ml



10.99^{ea}
-10%
with card

\$9.89
/ea*

Stella Rosa
750 ml or Cook's,
1.5 Liters; Select Varieties



Erath
Select Varieties,
750 ml

\$12.99
with card



10 Barrel,
Cutwater
or Crown Royal
\$10.99

Select Varieties,
4-Pack, 12 fl oz Cans



\$27.99

**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!

SAVE 50%

tag reflects savings with card

Holiday Home Treat Carriers & Carving Accessories

Select Varieties

goblin up the savings.

Holiday Home Halloween Baking Accessories
Select Varieties

SAVE 50%
tag reflects savings with card

Holiday Home Halloween Treat Bowl
Select Varieties

SAVE 50%
tag reflects savings with card

Holiday Home Halloween Party Goods
Select Varieties

SAVE 50%
tag reflects savings with card

Holiday Home Apothecary Candle
Select Varieties

SAVE 50%
tag reflects savings with card

Mars Fun Size Candy
Select Varieties, 18.5-26.35 oz

\$9⁹⁹
with card

Nerds Halloween Candy Mix
Select Varieties, 14-20.58 oz

\$9⁹⁹
with card

Hershey's Candy Mix
Select Varieties, 30.2-41.13 oz

\$18⁴⁹
with card

Starburst or Skittles Fun Size Candy
Select Varieties, 6-9.65 oz

\$3⁹⁹
with card

Hershey's Candy Mix
Select Varieties, 77-80.41 oz

\$29⁹⁹
with card

Dum-Dums
42.8 oz

\$13⁹⁹
with card

Child's Play Candy Mix
52 oz or Frooties Mega Mix, 44.45 oz

\$10⁹⁹
with card