



PREMIUM USDA CHOICE  
**BONELESS BEEF  
PETITE SIRLOIN STEAK**  
VALUE PACK

**5.99**  
LB.



OLIPO  
SPARKLING SODA  
SELECTED VARIETIES  
12 OZ.  
**2/\$4**



NANCY'S  
KEFIR OR  
YOGURT  
SELECTED VARIETIES  
32 OZ.  
**4.99**



SILK  
PURE ALMOND MILK  
SELECTED VARIETIES  
64 OZ.  
**2/\$7**



DAISY  
COTTAGE CHEESE  
SELECTED VARIETIES  
16 OZ.  
**2/\$6**



PREMIUM ALL NATURAL  
**BONE-IN PORK  
LOIN OR RIB  
CHOPS**  
VALUE PACK

**2.99**  
LB.



Enjoy the start of a new you this new year with healthy options from around the store. Discover natural products for a healthy home.

Make all your favorite meals with organic and natural fruits, vegetables and meats. Add a little exercise and you'll be well on your way to

**Healthy Living!**



RUBY RED GRAPEFRUIT **2/\$3**



DEKOPON MANDARINS **4.99** LB.



JAZZ APPLES **2/\$5**  
2 LB.



ENGLISH CUCUMBERS **2/\$4**



AVOCADOS MEXICO ALWAYS GOOD  
MEDIUM AVOCADOS **2/\$3**



Fresh BLUEBERRIES **5.99** EA.  
18 OZ.



PEELED BABY CARROTS **1.49** EA.  
1 LB.



# Fresh PRODUCE



**ANJOU OR  
RED ANJOU  
PEARS**

**1.29**  
LB.



**Green Onions**  
Bunch

**69¢**  
EA.

**Litehouse  
Yogurt  
Dressing**

Selected  
Varieties  
12 Oz.

**4.99**  
EA.



**POM  
Wonderful  
Pomegranate  
Arils**

Packed with  
Antioxidants, 4 Oz.

**3.99**  
EA.



**Calbee  
Harvest  
Snaps**

Selected  
Varieties  
3 to 3.3 Oz.

**2/\$5**



# ORGANIC Produce

**ORGANIC  
KALE  
SELECTED VARIETIES  
BUNCH**

**2/\$5**



**ORGANIC  
RAINBOW OR  
RED CHARD  
BUNCH**

**2/\$5**



**ORGANIC  
YELLOW  
ONIONS  
3 LB. BAG**

**3.99**  
EA.



**ORGANIC  
HALOS  
MANDARINS  
7 LB. BAG**

**5.99**  
EA.



**Everyday  
Feeling  
Bouquet**



**9.99**

**17.99**

# FROZEN



**RED BARON  
PIZZA**

SELECTED VARIETIES  
15.77 TO 23.45 OZ.

**2/\$14**

**Jimmy Dean  
Breakfast Bowls**

Selected  
Varieties  
7 to 9 Oz.

**3.99**



**Birdseye  
Vegetables**

Selected  
Varieties  
9 to 13 Oz.

**2/\$6**



**Innovasian  
Appetizers  
or Sides**

Selected  
Varieties  
7 to 18 Oz.

**3.99**



**Innovasian  
Entrées**

Selected  
Varieties  
16 to 18 Oz.

**5.99**



**SKINNY COW  
ICE CREAM  
SANDWICHES**

SELECTED VARIETIES  
6 TO 8 COUNT

**5.49**

# DAIRY



**TILLAMOOK  
SOUR CREAM**

16 OZ.

**2/\$4**

**Reddi Wip  
Whipped  
Cream**

Regular or Creamy  
6.5 Oz.

**2/\$6**



**Fage Total  
Greek Yogurt**

Selected  
Varieties  
32 Oz.

**6.99**



**Icelandic  
Provisions  
Skyr Yogurt**

Selected Varieties  
4.4 to 5.3 Oz.

**2/\$3**



**Tillamook  
Sliced Cheese**

Selected  
Varieties  
12 Oz.

**4.99**



**Florida's Natural  
Orange Juice**

No Pulp or No Pulp  
with Calcium  
99 Oz.

**6.99**



**Tillamook  
Chunk Cheese**

Selected  
Varieties  
16 Oz.

**4.99**



**Dannon  
Activia Yogurt**

Selected  
Varieties  
4 Pack

**2/\$6**



**Ratio Protein  
Yogurt**

Selected  
Varieties  
5.3 Oz.

**2/\$3**



**Silk  
Almond  
Creamer**

Selected Varieties  
32 Oz.

**3.99**



**Dannon  
Danimals  
Drinks**

Strawberry or  
Strawberry Banana  
6 Pack

**2/\$7**



**Oui by Yoplait  
French Style  
Yogurt**

Selected Varieties  
5 Oz.

**3/\$4**



# Natural, Organic & Specialty



**AMY'S  
ORGANIC SOUP**

SELECTED VARIETIES  
12.4 TO 14.7 OZ.

**3.99**

**Eden Foods  
Beans**

Selected  
Varieties  
15 Oz.

**2/\$5**



**Six Gun  
Chili Mixin's**

Original  
4 Oz.

**4.99**



**Nancy's  
Kefir or Yogurt**

Selected  
Varieties  
32 Oz.

**4.99**



**Califa Farms  
Almond Milk**

Selected  
Varieties  
48 Oz.

**4.49**



**GINGER PEOPLE  
GINGER  
CHEWS**

SELECTED VARIETIES, 3 OZ.

**2/\$5**

**ProBar  
Probiotic  
Bars**

Selected Varieties  
3 Oz.

**2/\$5**

**Olipop  
Sparkling  
Sodas**

Selected Varieties  
12 Oz. Cans

**2/\$4**

**Perfect Bar  
Protein Bar**

Selected  
Varieties  
1.4 to 2.5 Oz.

**2/\$5**

**Hop Water  
Sparkling  
Water**

Selected Varieties  
6 Pack, 12 Oz.  
Cans

**9.99**

**Happy Egg  
Heritage Eggs**

1 Dozen

**8.99**

**Justin's  
Peanut Butter**

Classic or  
Honey  
16 Oz.

**4.99**





## Start Your Morning Right

**Kellogg's Eggo Waffles**  
Selected Varieties  
10.75 to 12.3 Oz. **2<sup>99</sup>**

**Frans English Muffins**  
Selected Varieties  
6 Count **2/5** LOCAL FRESH

**Frans Premium Bread**  
Selected Varieties  
24.5 to 24 Oz. **2/5** LOCAL FRESH

**Starbucks Via Instant Coffee**  
Selected Varieties  
8 Count **8<sup>99</sup>** LOCAL FRESH

**Kellogg's Pop-Tarts**  
Selected Varieties  
8 Count **3<sup>99</sup>**

**Mrs. Butterworth's Syrup**  
Selected Varieties  
24 Oz. **3<sup>99</sup>**

**Coffeemate Creamer**  
Selected Varieties  
32 Oz. **2/5<sup>9</sup>**

**Quaker Oatmeal Hot Cereal**  
Selected Varieties  
43 Oz. **5<sup>99</sup>**

**Tazo Tea**  
Selected Varieties  
15 to 30 Count **3<sup>99</sup>**

## Sweet & Salty

**Keebler Town House Crackers**  
Selected Varieties  
9.2 to 13.8 Oz. **5<sup>49</sup>**

**Lay's Potato or Kettle Cooked Chips**  
Selected Varieties  
5 to 8 Oz. **2/5<sup>6</sup>**

**Nabisco Crackers**  
Selected Varieties  
11.4 to 14 Oz. **5<sup>49</sup>**

**Mission Carb Balance Tortillas**  
Selected Varieties  
8 Count **4<sup>99</sup>** LOCAL FRESH

**Mission Gluten Free Tortillas**  
Selected Varieties  
6 Count **5<sup>39</sup>** LOCAL FRESH

**Tim's Cascade or Hawaiian Chips**  
Selected Varieties  
7.5 Oz. **2/5<sup>6</sup>** LOCAL FRESH

**CLUB CRACKERS**  
Selected Varieties  
11 to 13.7 Oz. **4<sup>99</sup>**

**La Cocina de Josefina Tortilla Chips**  
12 Oz. **2/5<sup>6</sup>**

## EVERYDAY GROCERY VALUES

**Tree Top Apple Juice**  
Selected Varieties  
64 Oz. **2/5<sup>7</sup>**

**Tree Top Applesauce**  
Selected Varieties  
6 Pack **2/5<sup>5</sup>**

**Swanson Stock**  
Selected Varieties  
32 Oz. **2/5<sup>6</sup>**

**Bisquick Baking Mix**  
Regular or Reduced Fat  
40 Oz. **4<sup>99</sup>**

**Orville Redenbacher Microwave Popcorn**  
Selected Varieties  
6 to 12 Pack **4<sup>99</sup>**

**Betty Crocker Brownie Mix**  
Reese's or Oreo  
13.6 to 16 Oz. **3<sup>99</sup>**

**Campbell's Condensed Soup**  
Tomato or Chicken Noodle  
10.75 Oz. **2/5<sup>3</sup>**

**Chef Boyardee Pasta Meals**  
Selected Varieties  
14.5 to 15 Oz. **2/5<sup>3</sup>**

**Campbell's Spaghetti**  
Selected Varieties  
15.8 Oz. **2/5<sup>3</sup>**

**Newman's Own Pasta Sauce**  
Marinara or Sockarooni  
24 Oz. **2/5<sup>6</sup>**

**Oxi Clean White Revive Whitener**  
9.0 Oz. Liquid or 24 Count Powder Packs **9<sup>99</sup>**

**Oxi Clean Stain Remover**  
Selected Varieties  
3 Lb. **8<sup>99</sup>**

**Tide Laundry Liquid**  
Selected Varieties  
128 Oz. **26<sup>99</sup>**

**Saran Wrap Plastic Wrap**  
Original, 100 SF **2<sup>99</sup>**

**Angel Soft or MD Bath Tissue**  
8 Mega Rolls **7<sup>99</sup>**

**Brawley Paper Towels**  
4 Double Rolls **8<sup>99</sup>**

**Downy Ultra Liquid**  
Selected Varieties  
26 to 44 Oz. **5<sup>99</sup>**

**Bounce Fabric Sheets**  
Selected Varieties  
50 to 105 Count **6<sup>99</sup>**

**Act II Microwave Popcorn**  
Butter Lovers  
3 Pack **2/5<sup>4</sup>**

## Refreshing BEVERAGES

**Bubly Sparkling Water**  
Selected Varieties  
8 Pack, 12 Oz. Cans **3<sup>99</sup>**

**7Up, A&W or Canada Dry Products**  
Selected Varieties  
12 Pack, 12 Oz. Cans **6<sup>99</sup>**

**Pepsi Products**  
Selected Varieties  
12 Pack, 12 Oz. Cans **8<sup>99</sup>**

**Coke Products**  
Selected Varieties  
6 Pack, 7.5 Oz. Cans **2/5<sup>8</sup>**

**Topo Chico Saboritos**  
Selected Varieties  
8 Pack, 12 Oz. Cans **7<sup>99</sup>**

**Snapple Beverages**  
Selected Varieties  
6 Pack, 16 Oz. Bottles **6<sup>49</sup>**

**Talking Rain Sparkling Ice +Caffeine**  
Selected Varieties  
18 Oz. Bottles **4/5<sup>5</sup>**

**Pepsi Products**  
Selected Varieties  
10 Pack, 7.5 Oz. Cans **6<sup>99</sup>**

**Gatorade Gatorlyte**  
Selected Varieties  
20 Oz. Bottles **2/5<sup>5</sup>**

## BEER and Wine

**Fort George**  
Selected Varieties  
8 Pack, 12 Oz. Cans **11<sup>98</sup>** LOCAL FRESH

**Best Day Non Alcoholic Variety Pack**  
12 Pack, 12 Oz. Cans **23<sup>98</sup>**

**Famega Vinho Verde**  
Rose or White, 750 ml. **8<sup>98</sup>**

**Hogue**  
Selected Varieties  
750 ml. **12<sup>98</sup>** LOCAL FRESH

**Waterbrook**  
Selected Varieties  
750 ml. **14<sup>98</sup>**

**Jameson Irish Whiskey**  
Selected Varieties  
750 ml. **37<sup>98</sup>**

**Elysian**  
Selected Varieties  
6 Pack, 12 Oz. Cans **11<sup>98</sup>** LOCAL FRESH

**Budweiser or Bud Light**  
6 Pack, 12 Oz. Bottles or Cans **21<sup>98</sup>**

**Ariel Non Alcoholic**  
Cabernet Sauvignon or Chardonnay, 750 ml. **10<sup>98</sup>**

**House Wine**  
Selected Varieties  
750 ml. **12<sup>98</sup>** LOCAL FRESH

**Yellow Tail**  
Selected Varieties  
1.5 Liter **11<sup>98</sup>**

**Empress 1908 Gin**  
750 ml. **39<sup>98</sup>**

**Maker's Mark Bourbon**  
750 ml. **45<sup>98</sup>**



# Fresh MEAT

CHICKEN THIGHS VALUE PACK **1.69** LB.

**1.49** LB.

**CHICKEN DRUMSTICKS**  
VALUE PACK

**OUR QUALITY ASSURANCE STATEMENT**

IN OUR MEAT DEPARTMENT WE PRODUCE ALL OF OUR GROUND BEEF IN STORE BY TRAINED MEAT CUTTERS. WE GRIND FRESH BEEF DAILY WITH NO ADDED INGREDIENTS TO ENSURE THAT YOU ARE RECEIVING THE HIGHEST QUALITY GROUND MEATS EVERYDAY UNDER THE SUPERVISION OF A TRUE PROFESSIONAL.

St. Helens BEEF USDA CHOICE LOCAL Fresh FRESH

PREMIUM USDA CHOICE

**BONELESS BEEF SIRLOIN TIP ROAST**

**5.99** LB.

USDA CHOICE St. Helens BEEF LOCAL Fresh FRESH

PREMIUM USDA CHOICE

**BONELESS BEEF SIRLOIN TIP STEAK**  
VALUE PACK

**6.99** LB.

PRAIRIE FRESH NATURAL

PREMIUM ALL NATURAL

**STUFFED PORK LOIN CHOPS**  
BONE-IN

**4.99** LB.

USDA CHOICE St. Helens BEEF LOCAL Fresh FRESH

PREMIUM USDA CHOICE

**BEEF CUBE STEAK**  
EXCELLENT CHOICE FOR CHICKEN FRYED STEAK

**7.99** LB.

HEMPLER'S

**BACON ENDS & PIECES**

**6.99** EA.  
2 LBS.

## DELI MEAT Specials

Oscar Mayer Carving Board Sliced Turkey or Ham 7.5 Oz. **5.99** EA.

Oscar Mayer Funpack Lunchables Selected Varieties 8.8 to 10.7 Oz. **2/\$7**

Perdue Simple Smart Organic, Gluten-Free Chicken Nuggets or Tenders 22 Oz. **10.49** EA.

Reese's Main Street Bistro Potato or Mac & Cheese Sides Selected Varieties 20 to 24 Oz. **3.99** EA.

## Service DELI

Dreanland Spinach Bowtie Salad 8 Oz. **7.99** LB. \$5.99 EA.

CHARLIE'S PRODUCE CRISPING FRESH

Croissant Sandwiches Selected Varieties Single Count **5.99** EA.

ATHENOS Original or Reduced Fat Crumbled Feta Cups 5 to 6 Oz. **5.99** EA.

Deli Fresh! Macaroni & Cheese **4.49** LB.

## Service BAKERY

Country Sourdough Oval 14 Oz. **4.99** EA.

Plain or Chocolate Dipped Macaroons Coconut or Chocolate 10 Oz. **4.99** EA.

Mini Muffins Lemon Poppy or Double Berry Premium 13 Oz. **5.49** EA.

Brownie Bites 10.5 Oz. **4.99** EA.