

Brothers MARKET

PRSRT STD
ECRWS EDDM
U.S. POSTAGE PAID
PERMIT NO. 44
LIBERTY, MO

Residential Customer

1004 5th Ave • St. Joseph, MO 64505 • 816-233-2885

 Now Offering Grocery Delivery Through Instacart

Follow Us On  #739

WHERE WE TREAT YOU LIKE FAMILY!

New Year 2026

PRICES GOOD DECEMBER 2025 - JANUARY 2026

WED	THU	FRI	SAT	SUN	MON	TUE
31	1	2	3	4	5	6



\$2⁹⁹

Lb.
Chicken Breast
Frozen Boneless Skinless

3 Day New Year's Sale
December 31st, January 1st & 2nd, 2026



\$2⁹⁹

Brothers Market Water
16.9 Oz. Bottles
24 Pack



\$7⁹⁹

Brothers Market Pizza
Excludes Gluten Free



\$6⁷⁹

Lb.
Bottom Round Roast
Fresh Boneless Beef



\$3⁹⁹

Lb.
Imported Cherries



\$8⁹⁹

Aquastar Cooked Shrimp
1 Lb. 26-30 Ct.



\$1⁸⁹

Lb.
Honeycrisp Apples



3/\$9

Jack's Pizza
13.8-15.8 Oz.
Selected Varieties



BUY 2
SAVE \$2

2/\$6
-\$2⁰⁰

2/\$4

General Mills Cereal
8.9-12 Oz.
Selected Varieties
MUST BUY 2



3/\$5

Progresso Soup
18-19 Oz.
Selected Varieties



99¢

Best Choice Pasta
16 Oz.
Selected Varieties



2/\$4

Ragù Pasta Sauce
16-24 Oz.
Selected Varieties



4/\$5

Best Choice Soda or Mixers
2 Liter
Selected Varieties

More than shopping - it's community.

At your local grocer, you're more than a customer - you're family. We know your name, your kids' names, the activities you support, and your favorite cut of meat. Every purchase supports local jobs and keeps our community strong.

WE RESERVE THE RIGHT TO LIMIT QUANTITIES AND TO ESTABLISH MINIMUM PURCHASE REQUIREMENTS. NOT ALL VARIETIES AVAILABLE.

Fresh Produce



Strawberries
1 Lb.

\$2⁹⁹



Dole
Garden Salad 12 Oz. or
Coleslaw 14 Oz. or
Shredded Lettuce 8 Oz.

2/\$3

Enjoy MORE Spend LESS!



\$3⁹⁹
Avocados
2 Lb. Bag



2/\$4
Blackberries
6 Oz.



\$2⁹⁹
Mini
Sweet Peppers
1 Lb.



2/\$5
Sweet Pop
Tomatoes
10 Oz.

Floral

At Participating Stores



\$4⁹⁹
Rainbow Daisy
Bouquet
5 Stem



69¢
Lb.
Green Cabbage



2/\$5
Sliced and Whole
Baby Bella Mushrooms
8 Oz.



\$3⁹⁹
Melissa's
Dutch Potatoes
24 Oz.



\$3⁴⁹
Jackson
Sweet Potato Chips
5 Oz.



\$9⁹⁹
Ring In The New Year
Bouquet
\$13⁹⁹
Assorted
Blooming

Dairy & Frozen



\$3⁷⁹
Kraft
String Ums, Exp Pair Cheese
Sticks or Cracker Barrel Sticks
7.5-12 Oz. Selected Varieties



2/\$3
Pillsbury
Grands or Flaky Layer Biscuits,
Cinnamon Rolls or Crescents
4-12 Oz. Selected Varieties



\$3⁴⁹
Red Baron
Pizza
8.8-11.72 Oz.
Selected Varieties



2/\$7
Totino's
Pizza Rolls
24.46-24.8 Oz.
Selected Varieties

\$6⁹⁹
Kraft
Natural Shredded
or Chunk Cheese
24 Oz.
Selected Varieties



\$4⁴⁹
Kraft
Singles
14.7-16 Oz.
Selected Varieties



\$4⁴⁹
Silk or
Dunkin' Liquid
Coffee Creamer
32 Oz.
Selected Varieties



\$8⁹⁹
Old El Paso
Stuffed Nachos or
Taco Bites
13-17 Oz.
Selected Varieties



2/\$5
Bagel Bites
7 Oz.
Selected Varieties



\$5⁹⁹
Rama
Ravioli or
Tortellini
20 Oz.
Selected Varieties



\$2⁵⁹
Daisy
Sour Cream
14 Oz. or
Dip 16 Oz.
Selected Varieties



\$3⁹⁹
Red Diamond
Sweet Tea
Gallon
Selected Varieties



2/\$5
Lean Cuisine
Entrées
6-11.5 Oz.
Selected Varieties



\$3⁴⁹
T.G.I. Friday
Appetizers
8-11 Oz.
Selected Varieties



Best Choice

\$2⁹⁹
Best Choice
Grated Parmesan
Cheese
8 Oz.
Selected Varieties



\$5⁹⁹
Best Choice
Cheese Spread
2 Lb.
Selected Varieties



\$1²⁹
Best Choice
Quartered Margarine
16 Oz.



Save on Our Brands

\$3⁴⁹
Best Choice
Cookie Dough
16.5 Oz.
Selected Varieties



2/\$5
Best Choice
Garlic Breadsticks,
Dinner Rolls or
Texas Toast 8-8 Oz. or
Bread 16 Oz. Selected Varieties



\$10⁹⁹
Best Choice
Superior Frozen
Fruit Blend
48 Oz. Selected Varieties



\$1¹⁹
Best Choice
Chopped Onions
12 Oz.



\$1¹⁹
Best Choice
Season Blend or
Chopped Spinach
10 Oz. Selected Varieties



\$3⁴⁹
Best Choice
Ice Cream
48 Oz.
Selected Varieties



Seafood

\$4⁹⁹
Mojl
Sushi Items
8 Oz.
Selected Varieties



\$10⁹⁹
Best Choice
Tilapia Fillets
32 Oz.



\$2⁴⁹
Trans Ocean
Crab Meat
8 Oz.
Selected Varieties



\$7⁹⁹
Best Choice
Swal Fillets
32 Oz.



Grocery

Enjoy **Spend LESS!**
MORE



**Frito Lay
Party Size
and Others**
8.125-18 Oz.
Selected Varieties

\$4.49



**Nabisco
Family Size
Snack Crackers**
12-14 Oz. or
Easy Cheese 8 oz.
Selected Varieties

\$4.99



**Nabisco
Oreo Cookies**
10.68-18.71 Oz.
Selected Varieties

\$4.99

\$3.49
Frito Lay
Simply and
Sunchips
5.25-8.5 Oz.
Selected Varieties



\$5.49
Frito Lay
Rold Gold
Selects
16 Oz.
Selected Varieties



\$3.49
Cheez-It
Snack Crackers
5.75-12.4 Oz.
Selected Varieties



\$2.99
Keebler
Zesta or
Krispy Saline
Crackers 11-16 Oz. or
Zesta Soup & Oyster
Crackers 7.8 Oz.
Selected Varieties



\$6.99
Fatty
Sticks
1 Oz.
Selected Varieties



\$1.79
Pringles
Potato Crisps
4.9-5.97 Oz.
Selected Varieties



\$2.99
Pringles
Mingies
Potato Crisps
5.5 Oz.
Selected Varieties



\$1.99
Act II
Popcorn
3 Oz.
Selected Varieties



\$6.99
Planters
Cashews
8 Oz.
Selected Varieties



\$5.99
Planters
Mixed Nuts
10-10.3 Oz.
Selected Varieties



2/\$6
Kellogg's
Cereal
5.6-16.5 Oz.
Selected Varieties



\$6.99
Seattle's Best
Ground Coffee
12 Oz.
Selected Varieties



\$1.49
Kraft
Mac & Cheese
Dinner
3.25-11 Oz.
Selected Varieties



2/\$3
Kraft
Easy Mac or
Velveeta
Shells & Cheese
Cups
12-39 Oz.
Selected Varieties



\$1.49
Healthy Choice
Soup
15 Oz.
Selected Varieties



\$1.79
Wolf
Chili
With Beans
15 Oz.
Selected Varieties



\$2.29
Wolf
Chili
No Beans
15 Oz.
Selected Varieties



\$3.29
Mayo
12-15 Oz.
Selected Varieties



\$1.99
Stubbs,
Frank's or
Lawry's
Seasoning Mix
5 Oz.
Selected Varieties



99¢
McCormick
Seasoning Mix
11-25 Oz.
Selected Varieties



\$3.99
Mix Bone
Dog Treats
4.5-24 Oz.
Selected Varieties



\$5.79
Meow Mix
Cat Food
3-3.15 Lb.
Selected Varieties



\$11.99
Bounty
Paper Towel
6 Double Rolls,
4 Triple Rolls or
Charmin
Bath Tissue
6 Mega XL Rolls
Selected Varieties



\$1.99
Bounty
Paper Towel
6 Double Rolls,
4 Triple Rolls or
Charmin
Bath Tissue
6 Mega XL Rolls
Selected Varieties



Best Choice.

Save on Our Brands

2/\$5 Best Choice Kettle Chips 3 Oz. Selected Varieties	2/\$4 Best Choice Corn Chips 3 Oz. Selected Varieties	2/\$4 Best Choice Potato Chips 7.8-8 Oz. Selected Varieties	3/\$5 Best Choice Popcorn 3 Oz. Selected Varieties
2/\$6 Best Choice Toaster Pastries 12 Oz. Selected Varieties	2/\$5 Best Choice Instant Oatmeal 9-10 Oz. Selected Varieties	\$3.29 Best Choice Hot Cocoa Mix 22.23 Oz.	2/\$4 Best Choice Hot Cocoa Mix 8 Oz. Selected Varieties
4/\$5 Best Choice Marshmallows 10 Oz. Selected Varieties	2/\$6 Best Choice Fruit Cups 4 Oz. Selected Varieties	\$2.29 Best Choice Apple or Grape Jelly 18 Oz. Selected Varieties	89¢ Best Choice Mac & Cheese Dinner 5.5-7.3 Oz. Selected Varieties
\$2.99 Best Choice Queso Dip 15 Oz. or Salsa 24 Oz. Selected Varieties	99¢ Best Choice Mustard 8 Oz.	\$1.49 Best Choice Ketchup 20 Oz.	59¢ Best Choice Gravy or Seasoning Mix 0.75-1.5 Oz. Selected Varieties
\$3.99 Best Choice Cups 40-50 Oz. Selected Varieties	\$2.49 Best Choice Plastic Wrap 200 Sq. Ft.	99¢ Best Choice Baking Cups 90 Oz. Selected Varieties	99¢ Best Choice Coffee Filters 100 Oz. Selected Varieties
\$3.79 Best Choice Bleach 81 Oz. Selected Varieties			

Home & Health

Enjoy **Spend LESS!**
MORE

\$12.99
Cascade
Action Pads
26-43 Cl.
Selected Varieties

\$9.99
Dawn
Ultra
Dish Soap
70 Oz.

\$9.99
Dawn
Powersuds or
Powerwash
Dish Spray
38-43 Oz.
Selected Varieties

\$2.49
Softsoap
Liquid
Hand Soap
11.25 Oz.
Selected Varieties

\$8.49
Sotiste
Dry Shampoo
3.81 Oz.
Selected Varieties

\$2.49
Colgate
Toothpaste
8 Oz.
Selected Varieties

\$12.99
Aleve
Pain Relief
90 Oz.
Selected Varieties



Why do we need protein?

Proteins are building blocks in the body. They make up bones, cartilage, muscle, blood, skin, enzymes, hormones, and vitamins. They're essential for growth and development, repair and build cells and tissue such as muscle, and play an important role in body processes such as blood clotting, fluid balance, and the immune response.

*<https://www.health.harvard.edu/nutrition/why-protein-matters-the-best-protein-sources-to-include-in-a-healthy-diet>

How much protein do I need a day?

The Recommended Dietary Allowance (RDA) for protein is a modest 0.8 grams of protein per kilogram of body weight, or 0.36 grams per pound.

*<https://www.health.harvard.edu/nutrition/why-protein-matters-the-best-protein-sources-to-include-in-a-healthy-diet>

Get 30% of your calories from protein

Another method calculates protein intake based on your specific daily calorie goal. Wardlaw advises aiming for 30% protein, 30% fat, and 40% carbohydrates.

*<https://www.wardlawandassociates.com/health-care/health-care-articles/2020/04/01/2020-04-01-wardlaw-protein-intake-working-out>

Prices Effective
DECEMBER 31, 2025 - JANUARY 6, 2026



**Dannon
or Too Good
Greek Yogurt**
4 Ct. or
Danimals
14 Oz. Squeeze
Selected Varieties

\$3⁹⁹



**Breakstone
Doubles
Cottage Cheese**
4.7 Oz.
Selected Varieties

4/\$5



**Halo Top
Ice Cream**
16 Oz.
Selected Varieties

3/\$10



**Quaker
Protein,
Fruit Fusion or
Gluten Free
Instant Oatmeal**
6-8 Ct.
Selected Varieties

\$4⁹⁹



**Oscar Mayer
Turkey Bacon**
12 Oz.
Selected Varieties

\$3⁹⁹



**Best Choice
Shredded or
Chunk Cheese**
6-8 Oz.
Selected Varieties

\$1⁹⁹



**Just Crack An Egg
Scrambles or
Oscar Mayer
Scramblers**
2.25-3 Oz.
Selected Varieties

2/\$4



Egg Beaters
15-16 Oz.
Selected Varieties

\$3⁴⁹



**Oscar Mayer
Deli Fresh
Shaved Meats**
16 Oz.
Selected Varieties

\$5⁹⁹



**Best Choice
Cottage Cheese**
16 Oz.
Selected Varieties

2/\$4



**Nature Valley
or Fiber One
Protein Bars**
5 Ct.
Selected Varieties

2/\$7



**Starkist
Tuna Pouches**
2.6-4.5 Oz.
Selected Varieties

4/\$5



**Best Choice
Shredded or
Chunk Chicken**
10 Oz.
Selected Varieties

\$2⁷⁹



**Barilla
Protein Plus,
Plant Protein and
Gluten Free
Pasta**
8-16 Oz.
Selected Varieties

2/\$4



**Eggo
Protein
Waffles or
Pancakes**
12.3-14.8 Oz.
Selected Varieties

\$4⁹⁹

**NEW
PROTEIN NEVER
TASTED THIS GOOD**



**20%
OF YOUR
DAILY
PROTEIN**

**PROTEIN
POWER**

Stay Cozy, Stay Healthy



Stay Cozy, Stay Healthy



Stay Cozy, Stay Healthy

Stay Cozy, Stay Healthy



Prices Effective
DECEMBER 31, 2025 - JANUARY 6, 2026

\$8⁹⁹

**Vicks
Sinex
Decongestant Spray**
0.05 Oz.
Selected Varieties



\$9⁹⁹

**Vicks
Formula 44
Cough and Congestion**
12 Oz.
Selected Varieties



\$4²⁹

**Benzedrex
Inhaler**
1 Ct.



\$9⁹⁹

**Zicam
Cold Remedies**
0.5-25 Oz.
Selected Varieties



\$2²⁹

**Ricola
Cough Drops**
19 Ct.
Selected Varieties



\$12⁹⁹

**DayQuil or
NyQuil Cough
Cold and Flu**
12-24 Oz.
Selected Varieties



\$8⁹⁹

**Afrin
No Drip
Nasal Spray**
15 ML.
Selected Varieties



\$4⁹⁹

**Chloraseptic
Spray**
6 Oz.
Selected Varieties



\$6⁹⁹

**Puffs
Facial Tissue**
4 Ct.
Selected Varieties