

KIER'S

Serving
North Central Kansas
for 5 Generations
& over 100 Years!

**DOUBLE
COUPONS
EVERYDAY**

We Accept WIC & Vision Cards
We Accept Visa, Discover
& Mastercard

126 East 2nd • Washington, Kansas • Phone: 325-2385
Store Hours: Monday thru Friday 8 am to 7 pm, Saturday 8 am to 6 pm,
Sunday 10 am to 6 pm



#634

New Year 2026

PRICES GOOD JANUARY 2026

THU 1	FRI 2	SAT 3	SUN 4	MON 5	TUE 6	WED 7
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\$2⁹⁹
Lb.

**Chicken
Breast**
Frozen Boneless Skinless



\$5⁹⁹
Lb.

**Bottom Round
Roast**
Fresh Boneless Beef



\$2⁹⁹
Lb.

**Imported
Cherries**

\$2⁹⁹

**Sunkist
Navels**
3 Lb.



\$8⁹⁹

**Aquastar
Cooked Shrimp**
1 Lb. 26-30 Ct.



\$1⁶⁹
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 Ragú Pasta Sauce 16-24 Oz. Selected Varieties	 99¢ Best Choice Soda or Mixers 2 Liter Selected Varieties
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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

Enjoy MORE Spend LESS!



Strawberries
1 Lb.

\$2.99



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

2/\$3



\$3.99
Avocados
2 Lb. Bag



2/\$4
Blackberries
6 Oz.



\$2.99
Mini Sweet Peppers
1 Lb.



2/\$5
Sweet Pop Tomatoes
10 Oz.

Floral

At Participating Stores



\$4.99
Rainbow Daisy Bouquet
5 Stem



69¢
Lb.
Green Cabbage



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



\$3.99
Melissa's Dutch Potatoes
24 Oz.



\$3.49
Jackson Sweet Potato Chips
5 Oz.



\$9.99
Ring In The New Year Bouquet
\$13.99
Assorted Blooming

Dairy & Frozen

Enjoy MORE Spend LESS!



\$3.79
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



\$3.49
Red Baron Pizza
8.8-11.72 Oz. Selected Varieties



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

\$6.99
Kraft Natural Shredded or Chunk Cheese
24 Oz. Selected Varieties



\$4.49
Kraft Singles
14.3-16 Oz. Selected Varieties



\$4.49
Silk or Dunkin' Liquid Coffee Creamer
32 Oz. Selected Varieties



\$8.99
Old El Paso Stuffed Nachos or Taco Bites
13-17 Oz. Selected Varieties



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



\$5.99
Rana Ravioli or Tortellini
20 Oz. Selected Varieties



\$2.59
Daisy Sour Cream
14 Oz. or Dip 16 Oz. Selected Varieties



\$3.99
Red Diamond Sweet Tea Gables
Selected Varieties



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



\$3.49
T.G.I. Friday Appetizers
8-11 Oz. Selected Varieties



Best Choice

\$2.99
Best Choice Grated Parmesan Cheese
8 Oz. Selected Varieties



\$5.99
Best Choice Cheese Spread
2 Lb. Selected Varieties



\$1.29
Best Choice Quartered Margarine
16 Oz.



\$3.49
Best Choice Cookie Dough
16.5 Oz. Selected Varieties



2/\$5
Best Choice Garlic Breadsticks, Dinner Rolls or Texas Toast 6 & 8 Oz. or Bread 16 Oz. Selected Varieties



\$10.99
Best Choice Superior Frozen Fruit Blend
48 Oz. Selected Varieties



\$1.19
Best Choice Chopped Onions
12 Oz.



\$1.19
Best Choice Season Blend or Chopped Spinach
10 Oz. Selected Varieties



\$3.49
Best Choice Ice Cream
48 Oz. Selected Varieties



Save on Our Brands

Seafood

\$4.99
Mojito Sushi Items
8 Oz. Selected Varieties



\$10.99
Best Choice Tilapia Fillets
32 Oz.



\$2.49
Trans Ocean Crab Meat
8 Oz. Selected Varieties



\$7.99
Best Choice Seal Fillets
32 Oz.



Grocery

Enjoy Spend LESS!
MORE

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

\$4⁴⁹

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

\$4⁹⁹

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

\$4⁹⁹

\$3⁴⁹
Frito Lay
Simply and
Sunchips
5.25-8.5 Oz.
Selected Varieties



\$5⁴⁹
Frito Lay
Rold Gold
Selects
16 Oz.
Selected Varieties



\$3⁴⁹
Cheez-It
Snack Crackers
5.75-12.4 Oz.
Selected Varieties



\$2⁹⁹
Keebler
Zesta or
Krispy Saline
Crackers 11-16 Oz. or
Zesta Soup & Oyster
Crackers 7.5 Oz.
Selected Varieties



\$6⁹⁹
Fatty
Sticks
1 Oz.
Selected Varieties



\$1⁷⁹
Pringles
Potato Crisps
4.9-5.57 Oz.
Selected Varieties



\$2⁹⁹
Pringles
Mingies
Potato Crisps
5.5 Oz.
Selected Varieties



\$1⁹⁹
Act II
Popcorn
3 Cl.
Selected Varieties



\$6⁹⁹
Planters
Cashews
8 Oz.
Selected Varieties



\$5⁹⁹
Planters
Mixed Nuts
10-10.3 Oz.
Selected Varieties



2/\$6
Kellogg's
Cereal
9.6-16.1 Oz.
Selected Varieties



\$6⁹⁹
Seattle's Best
Ground Coffee
12 Oz.
Selected Varieties



\$1⁴⁹
Kraft
Mac & Cheese
Dinner
7.25-11 Oz.
Selected Varieties



2/\$3
Kraft
Easy Mac or
Velveeta
Shells & Cheese
Cups
1.2-39 Oz.
Selected Varieties



\$1⁴⁹
Healthy Choice
Soup
3 Cl.
Selected Varieties



\$1⁷⁹
Wolf
Chili
With Beans
15 Oz.
Selected Varieties



\$2²⁹
Wolf
Chili
No Beans
15 Oz.
Selected Varieties



\$3²⁹
Kraft
Mayo
12-15 Oz.
Selected Varieties



\$1⁹⁹
Stubbs,
Frank's or
Lawry's
Seasoning Mix
9 Oz.
Selected Varieties



99¢
McCormick
Seasoning Mix
1.25-2.5 Oz.
Selected Varieties



2/\$6
Niagara
Water
24 Fl.
Selected Varieties



\$3⁹⁹
Milk Bone
Dog Treats
4.5-24 Oz.
Selected Varieties



\$5⁷⁹
Meow Mix
Cat Food
3-3.15 Lb.
Selected Varieties



\$11⁹⁹
Bounty
Paper Towel
6 Double Rolls,
4 1/2-16 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
7.5-8 Oz.
Selected Varieties



3/\$5
Best Choice
Popcorn
3 Cl.
Selected Varieties



2/\$4
Best Choice
Hot Cocoa Mix
8 Cl.
Selected Varieties



2/\$6
Best Choice
Toaster Pastries
12 Cl.
Selected Varieties



2/\$5
Best Choice
Instant Oatmeal
9-10 Cl.
Selected Varieties



\$3²⁹
Best Choice
Hot Cocoa Mix
22.23 Oz.
Selected Varieties



2/\$4
Best Choice
Mac & Cheese
Dinner
5.5-7.3 Oz.
Selected Varieties



\$4⁹⁹
Best Choice
Spanish Queen
Olives
10 Oz.
Selected Varieties



4/\$5
Best Choice
Marshmallows
10 Oz.
Selected Varieties



2/\$6
Best Choice
Fruit Cups
4 Cl.
Selected Varieties



\$2²⁹
Best Choice
Apple or
Grape Jelly
18 Oz.
Selected Varieties



89¢
Best Choice
Mac & Cheese
Dinner
5.5-7.3 Oz.
Selected Varieties



\$2⁹⁹
Best Choice
Tomato Juice
64 Oz.
Selected Varieties



\$2⁹⁹
Best Choice
Queso Dip
15 Oz. or
Salsa
24 Oz.
Selected Varieties



99¢
Best Choice
Mustard
8 Oz.
Selected Varieties



\$1⁴⁹
Best Choice
Ketchup
20 Oz.
Selected Varieties



59¢
Best Choice
Gravy or
Seasoning Mix
0.75-1.5 Oz.
Selected Varieties



\$2⁹⁹
Best Choice
Baking Cups
90 Cl.
Selected Varieties



\$3⁹⁹
Best Choice
Cups
40-50 Cl.
Selected Varieties



\$2⁴⁹
Best Choice
Plastic Wrap
200 Sq. Ft.
Selected Varieties



99¢
Best Choice
Coffee Filters
100 Cl.
Selected Varieties



\$3⁷⁹
Best Choice
Bleach
81 Cl.
Selected Varieties



Home & Health

Enjoy Spend LESS!
MORE

\$12⁹⁹
Cascade
Action Pacs
26-43 Cl.
Selected Varieties

\$9⁹⁹
Dawn
Ultra
Dish Soap
70 Oz.
Selected Varieties

\$9⁹⁹
Dawn
Powersuds or
Powerwash
Dish Spray
38-43 Oz.
Selected Varieties

\$2⁴⁹
Softsoap
Liquid
Hand Soap
11.25 Oz.
Selected Varieties

\$8⁴⁹
Batiste
Dry Shampoo
3.81 Oz.
Selected Varieties

\$2⁴⁹
Colgate
Toothpaste
8 Oz.
Selected Varieties

\$12⁹⁹
Aleve
Pain Relief
90 Cl.
Selected Varieties

Fresh Cut Meat

Enjoy **Spent LESS!**
MORE



\$6⁴⁹ Lb.
Bottom Round
Steak
Fresh Boneless Beef
Value Pack



\$6⁹⁹ Lb.
Stew
Meat
Fresh Boneless Beef



\$4⁹⁹ Lb.
80% Lean
Ground Beef
Sold In 10 Lb. Tube



\$9⁹⁹ Lb.
Top Sirloin
Steak
Fresh Boneless Beef
Value Pack



\$1⁷⁹ Lb.
Pork
Butt
Whole Bone-In
2Pc Sold In C.O.V. Bag



\$6⁹⁹
Cooked Perfect
Meatballs
18-26 Oz.
Selected Varieties



\$1⁹⁹ Lb.
Pork
Steak
Fresh Bone-In
Value Pack



\$3⁴⁹
Earl Campbell
Sausage Links
14 Oz.
Selected Varieties



\$2⁴⁹ Lb.
Country Style
Ribs For BBQ
Fresh Bone-In Pork



89¢
Buddi
Lunchmeat
2 Oz.
Selected Varieties



\$8⁹⁹
Kentucky Legend
Stack Pack Bacon
24 Oz.
Selected Varieties



\$7⁹⁹
Bar S
Corndogs
2.34 Lb.



4/5
Armour
Lunchmakers
2-2.9 Oz.
Selected Varieties



\$3⁹⁹
Smithfield
Primefresh
Lunchmeat
7-8 Oz.
Selected Varieties



\$3⁹⁹
Wampler's
Taco Meat
Items
16 Oz.
Selected Varieties



\$3⁴⁹
Smithfield
Diced and
Cubed Ham
8 Oz.
Selected Varieties



\$3⁴⁹
Sugardale
Sliced Pepperoni
8 Oz.

Deli & Bakery

At Participating Stores



\$8⁹⁹ Lb.
Kretschmar
Turkey Breast
Hickory Smoked,
Honey or
Smoked Peppered



\$4⁴⁹
37th Street
Danish
14 Oz.
Selected Varieties



\$9⁹⁹ Ea.
8 Piece Slow
Smoked or
Baked Chicken
2 Breast 2 Wings
2 Thighs 2 Legs



2/\$5
Reser's
Classic Salads
15-16 Oz.
Selected Varieties



\$4⁴⁹
Sweet P's
Mini Filled
Donuts and
Apple Fritters
9.31-12.48 Oz.
Selected Varieties



\$7⁹⁹
Cookies and
Cream
8 Inch Cake
18.5 Oz.



\$5⁹⁹ Lb.
Kretschmar
Mild Cheddar
or Pepper Jack
Cheese
Selected Varieties



\$6⁴⁹ Lb.
Kretschmar
Black Forest
Ham



\$3⁹⁹
2 Bite
Cinnamon
Rolls or
Brownie Bites
10.5-12 Oz.
Selected Varieties



\$1⁹⁹
Toufayan
Pita Bread
12 Oz.
Selected Varieties



\$4⁹⁹
Sabra
Hummus
17 Oz.
Selected Varieties



\$5⁴⁹
Market Wrap
Sandwiches
7.9-8.4 Oz.
Selected Varieties



\$3⁹⁹
King's Hawaiian
Dinner Rolls
12 Ct.
Selected Varieties



\$2⁹⁹
Ozark Hearth
Wheatberry or
Sour Dough Bread
20 Oz.
Selected Varieties



\$3⁹⁹
Coke
Products
16.9 Oz. Bottles 6 Pack
Selected Varieties



\$13⁹⁹
Coke
Products
12 Oz. Cans 24 Pack
Selected Varieties



\$2⁹⁹
Coke
Products
2 Liter
Selected Varieties



\$1⁴⁹
Body Armor
16 Oz.
Selected Varieties



99¢
Powerade
28 Oz.
Selected Varieties



\$7⁹⁹
Pepsi
Products
12 Oz. Cans 12 Pack
Selected Varieties



\$6⁹⁹
Pepsi
Products
12 Oz. Bottles 8 Pack
Selected Varieties



\$2⁹⁹
Pepsi
Products
2 Liter
Selected Varieties



\$1⁹⁹
Gatorade
28 Oz.
Selected Varieties



\$6⁹⁹
Lipton
Iced Teas
16.9 Oz. Bottles 12 Pack
Selected Varieties

SUPER SALE

3 Weeks of Locked In Low Prices

Hurry in for these Super Savings!
Prices good 12/31/25 through 1/20/26

\$7⁴⁹

**Best Choice
Chicken Breast
or Wings**

2.5 Lb.

Selected Varieties



**Bar S
Bologna**

12 Oz.

Selected Varieties

\$1⁵⁹



**Oldham
Sausage Rolls**

16 Oz.

Selected Varieties

\$3⁸⁸



**Banquet
Pot Pie**

7 Oz.

Selected Varieties

5/\$5



**Best Choice
Shredded or
Chunk Cheese**

16 Oz.

Selected Varieties

\$3⁷⁹

SUPER SALE

3 Weeks of Locked In Low Prices

Hurry in for these Super Savings!
Prices good 12/31/25 through 1/20/26



2/\$1

**Best Choice
Yogurt**
6 Oz.
Selected Varieties



3/\$5

**Best Choice
Texas Style
Biscuits**
12 Oz.
Selected Varieties



\$2.99

**Brummel & Brown
Spread and
I Still Can't
Believe It's
Not Butter**
8-15 Oz.
Selected Varieties



2/\$3

**Best Choice
Saltine Crackers**
16 Oz. or
**Soup &
Oyster Crackers**
9 Oz.
Selected Varieties



88¢

**Best Choice
Beans or
Blackeye Peas**
15-15.5 Oz.
Selected Varieties



4/\$4

**Best Choice
Tomatoes**
10-15 Oz.
Selected Varieties



88¢

**StarKist
Chunk Light Tuna**
5 Oz.
Selected Varieties



\$2.49

**Jif
Peanut Butter**
15-16 Oz.
Selected Varieties



\$3.99

**Best Choice
Bath Tissue**
8 Rolls
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/diet-and-nutrition/high-protein-diet-the-benefits-protein-provides-for-the-body>

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/diet-and-nutrition/high-protein-diet-the-benefits-protein-provides-for-the-body>

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.massgeneralbrigham.org/health/best-lifestyles/articles/7-how-much-protein-should-you-eat>

Prices Effective
JANUARY 1 - 7, 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
JANUARY 1 - 7, 2026

\$8⁹⁹

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



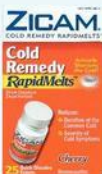
\$9⁹⁹

**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