High in Vitamin C

Large Navel Oranges
59¢ lb.

Coffee
$5.99

Land O Lakes
15-16 oz. Select Varieties
Butter
2/$5

Post 15.6-16 oz. Select Varieties
Cereal
$1.99

Food Club 12 oz. Bacon or 12 lb. Select Varieties
Orange Juice
$3.99

Food Club 16-32 oz. Select Varieties
Potatoes
2/$3

Food Club 6 oz. Select Varieties
Yogurt
4/$1

Folgers 22.6-30.5 oz. or Starbucks 10 oz. K-Cup or 12 oz. Select Varieties

6 oz. pkg. Fresh Raspberries or Blackberries
$1.88 lb.

Newman’s Own 16 oz. Select Varieties
Hot Cocoa
2/$7

Nabisco 3.5-13.7 oz. Select Varieties
Crackers
2/$5

Bone-In Frozen Spiral Sliced Hams
$1.39 lb.

Stephens 16 oz. Select Varieties

6 oz. pkg. Fresh Cauliflower
99¢ lb.

Toft’s 8 oz. Select Varieties
Large Fresh Artichokes
2/$5

Boneless Pork Sirloin Roast
$1.09 lb.

Food Club 12 lb. Select Varieties
Premium Ice Cream
$2.99

Food Club 32 oz. Select Varieties
Coca-Cola Products
5/$4

Fresh Cosmic Crisp Apples
$1.29 lb.
<table>
<thead>
<tr>
<th>Item Description</th>
<th>Price</th>
<th>Discount</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>Progressos 10-19 oz, Select Varieties</td>
<td>4/8/5</td>
<td>$1.99</td>
<td>Must Buy 4</td>
</tr>
<tr>
<td>General Mills 14.3-18.5 oz, Select Varieties</td>
<td></td>
<td>$2.99</td>
<td>Must Buy 2</td>
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<tr>
<td>Carr’s Up 20 oz, Select Varieties</td>
<td>4/8/5</td>
<td>$2.49</td>
<td>Must Buy 4</td>
</tr>
<tr>
<td>Nature Valley or Fiber One 10-24 oz, Select Varieties</td>
<td>4/8/5</td>
<td>$3.99</td>
<td>Must Buy 4</td>
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<tr>
<td>Yoplait 4-8 oz, Select Varieties</td>
<td>10/6/4</td>
<td>$3.49</td>
<td>Must Buy 10</td>
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<tr>
<td>Lindt 3.5-4.4 oz, Select Varieties</td>
<td>4/7/5</td>
<td>$3.49</td>
<td></td>
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<tr>
<td>Langers 64 oz, Select Varieties</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Juice</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Chobani 15 oz, Honey</td>
<td>3/3/5</td>
<td>$4.99</td>
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</tr>
<tr>
<td>Day</td>
<td>Item</td>
<td>Price</td>
<td>Limit</td>
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</tr>
<tr>
<td><strong>Monday, December 13</strong></td>
<td>Betty Crocker 18.5 oz. Family Size Fudge Brownie Mix</td>
<td>2/$1</td>
<td>12</td>
</tr>
<tr>
<td><strong>Tuesday, December 14</strong></td>
<td>5 lb. Bag Russet Potatoes</td>
<td>99¢</td>
<td>2</td>
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<tr>
<td></td>
<td>Darigold 16.5-31.5 oz. Select Varieties Pizza</td>
<td>2/$7</td>
<td>2</td>
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<tr>
<td></td>
<td>Nabisco 9.5-13.7 oz. Select Varieties Ritz Crackers</td>
<td>2/$3</td>
<td>2</td>
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<tr>
<td><strong>Thursday, December 16</strong></td>
<td>Lindor or Almond Roca 5-5.1 oz. Select Varieties Truffles</td>
<td>2/$4</td>
<td>6</td>
</tr>
<tr>
<td><strong>Friday, December 17</strong></td>
<td>Grandma Sigelmore’s 24 oz. Select Varieties Bread</td>
<td>99¢</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Simply Done 4 ct. AA or AAA Batteries</td>
<td>2/$1</td>
<td>2</td>
</tr>
<tr>
<td><strong>Saturday, December 18</strong></td>
<td>Bugles, Chex Mix or Gardelettes 7.5-8.75 oz. Select Varieties Snacks</td>
<td>99¢</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>40 Knots 20 oz. Shrimp Rings</td>
<td>$9.99</td>
<td>1</td>
</tr>
<tr>
<td><strong>Sunday, December 19</strong></td>
<td>Food Club Gallon Chocolate Milk</td>
<td>$2.49</td>
<td>1</td>
</tr>
<tr>
<td><strong>Monday, December 20</strong></td>
<td>Air Heads, Skittles, Sour Patch &amp; More 12-24 ct. Select Varieties Candy Canes</td>
<td>2/$5</td>
<td>2</td>
</tr>
<tr>
<td><strong>Tuesday, December 21</strong></td>
<td>Primrose 7-13 oz. Select Varieties Candy</td>
<td>2/$6</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Ghirardelli 5.7-9 oz. or Lindor 8.5 oz. Select Varieties Candy</td>
<td>2/$7</td>
<td>2</td>
</tr>
<tr>
<td><strong>Wednesday, December 22</strong></td>
<td>Hershey’s 7.43-18.44 oz. Select Varieties Pot of Gold Chocolates</td>
<td>$6.99</td>
<td>1</td>
</tr>
<tr>
<td><strong>Thursday, December 23</strong></td>
<td>Utah Truffles 16 oz. Mint Chocolate Truffles or Mrs. Call’s 31 oz. Select Varieties Caramels</td>
<td>$9.99</td>
<td>1</td>
</tr>
</tbody>
</table>
Holiday breakfast time!

- Food Club 12 oz. Bacon: $3.99
- Food Club 3.5 lb. Buttermilk Pancake Mix: $3.49
- Food Club 36 oz. Original Syrup: $2.59
- Food Club 11.25-18 oz. Select Varieties Cereal: 2/$4
- Food Club 128 oz. Select Varieties Orange Juice: $3.99

Yogurt (Select Varieties): 4/$1
FAST! TASTY! AFFORDABLE!

FOR "NIGHT IN' CRAVINGS!

crav'n

SOMETHING FOR EVERYTHING YOU CRAVE

Crav'n Flavor 21 oz. Select Varieties
Skillet Meals $2.99

Crav'n Flavor 18 oz. Select Varieties
Meal Starters $3.99

Crav'n Flavor 32 oz. Macaroni & Cheese $4.99

Crav'n Flavor 80 oz. Select Varieties
Lasagna $9.99
The holiday season is roast season
and there’s nothing better than a perfectly prepared roast
as the centerpiece of a festive meal.

While holiday roasts are popular, one in five people admit to not knowing how to properly cook a roast. Luckily, the chefs from the National Cattlemen’s Beef Association, a contractor to the Beef Checkoff are here to help! The Beef. It’s What’s For Dinner. experts are sharing the following five tips that can help ensure the perfect roast every time:

1. Pick the right roast for your diners and the occasion. Some of the most popular holiday options:
   - Tenderloin Roast – This lean, tender roast cooks quickly and is easy to carve.
   - Ribeye Roast – This traditional holiday roast has generous marbling, great beef flavor and can feed a crowd.
   - Chuck Roast – This value roast is easy to prepare and becomes fork tender when cooked low and slow.

2. Season properly. Rub the roast with spices and hearty fresh herbs prior to cooking for a flavorful result.

3. Roast with the fat cap up. Positioning the roast with the fat cap up provides natural basting throughout the roasting period.

4. Cook for proper doneness. Use a probe thermometer to track temperature throughout the cooking process without opening the oven.

5. Don’t forget to rest. Let the roast rest for 15 to 20 minutes before slicing so the juices redistribute. This will lead to a juicier eating experience.

“Roasts are a treat that many families look forward to during the holiday season, and we want them to get it just right,” said Chef Laura Hagen. “We hope these tips reduce some of the intimidation home cooks may feel when preparing a roast for their friends and family.”
6-10 oz. Select Varieties
Fritos or Cheetos $3.99

Cheddar Club 15 oz.
Corn Pops $4.99

Cheese-It 3-oz. or 4.4-oz. or Cheetos 4.5-oz. Crackers $4.49

Pretzels 5.5 oz. Multiflavor or 11 oz.
Select Varieties $2.99

Sunflower Seeds $5.99

Blue Diamond 16 oz. Select Varieties
Almonds $5.99

Top Core 140 ea. Dental Floss, 1 oz. Toothbrush
or 1.1 oz. Multi-Use Soap
Select Varieties $1.99

Colgate 4.4 oz. Toothpaste or 10 oz.
Select Varieties $1.99

Crest 3.3 oz. Fresh Mint or 3 oz. Simply Clean,
or 2 oz. Whiting
Select Varieties $1.99

Loruvia 3.2 oz. Odor Eliminator or 10 oz.
Deodorant, 3.4 oz. or 1 oz. Deodorant
Select Varieties $1.99

Alveo Ol Gel 16 oz. or 500 tab.
Select Varieties $1.99

Cough, Cold & Flu Relief $19.99

Top Core 42 ct. $9.99

Top Core 24 ct. $6.99

Slightly Creme Storage Containers $2.99

Gel-Ite 18.5 oz. Select Varieties
Disinfectant Spray $4.99

Save $5 on a Hormel Cure 81 Whole Ham
6 pk. 16.9 oz. Bottles
Pepsi, 7UP or
A&W Products $4.99

With Purchase of 4. Single Retail $3.99

10 oz. Cars
Tum-E Yummi $69 c

With Purchase of 3. Single Retail $3.99

Dairy milk, 12 oz.
or Frosted Flakes,
12 oz. or Carn $3.10

Gumball 4-gal. 12 oz.
Bottle or
Hershey’s 4-gal. 12 oz.
Bottle $5.99

With Purchase of 3. Single Retail $3.99

2-liter bottles
Pepsi, 7UP or
A&W Products $3.99

With Purchase of 3. Single Retail $2.99

Buddy $8 for 12 oz.
or Dr Pepper 32 oz.
or 12 oz. Cars $3.99

Save $5 on any 4. Single Retail $3.99

Save $5 on any 4. Single Retail $3.99
Fresh Crisp
Green Bell Peppers

69¢ ea.

6 ct. Select Varieties
Cupcakes

$3.99 ea.

12 oz. pkg.
Sweet Petite Carrots

$1.99 lb.

12 oz. pkg.
Fried or Mixed Medley Grape Tomatoes

3/$9

2/$3

Fresh Cucumbers
49¢ ea.

Medium
Yellow Onions

49¢ lb.

12 oz. pkg.
Sweet Petite Carrots

1 lb. pkg.
Red or Mixed Medley Grape Tomatoes

Organic Fruits or Vegetables

99¢ ea.

Organic Vegetables

2/$5

Columbus Sharp Cheddar Cheese

$5.29 lb.

Columbus Oven Roasted or Buffalo Chicken Breast

$7.59 lb.

Tasty & Trendy
Honey Dragon Fruit

- Not only visually appealing and fun for the whole family, it’s delicious too! You can peel and eat it, or use it in a smoothie, fruit salad, or sorbets. The mild, sweet taste pairs well with flavors like pineapples and strawberries. Dragonfruit also makes a stunning decorative garnish.

$4.99 lb.

Honey Dragon Fruit

Italian Rose 16 oz.

Bruschetta

$3.79 ea.

6 ct. Dinner or Potato Rolls
$2.49 ea.

Credito Bue-Vi.
Spiral Cut Hams

$2.99 lb.

Cheese Singles

$4.99 lb.

Rump Roast

$4.99 lb.

Boneless Beef

Columbus
Lettuce Wraps

$1.99

Fresh Lettuce

$1.99

Coral Creations

Select Varieties

Rip-N-Dip

$2.69 ea.

Bacon Wrapped Fillets

$5.49 lb.

Family Pack Beef

T-Bone Steaks

$7.99 lb.

Boiled Beef

Country Style Ribs

$2.99 lb.

Snaps

$1.29 lb.

Bar 2 lb.

Select Varieties

Enchiladas

$6.99 lb.

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Saturdays: 8 am – 3 pm
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Honey Dragon Fruit

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$4.99 lb.

Hummus

2/$3

Breaded Bone-In Chicken Breast

$1.79 lb.

Bone-In Pork

Picnic Roast

$2.49 lb.

Boneless Pork

3-Meal Deal

$10.99

Fresh Red Trout Fillets

40 Knots 1 lb. pkg.

Cod Fillets

$12.99 lb.

Just Baked

125 lb. pkg.

Chicken Drumsticks or Thighs

$2.99 lb.

Kraft 16 oz.

American Cheese

$4.99 lb.

Stir Fry Kits

$6.99

Kroger Shrimp 24-30 ct.

$10.99

Price Effective: December 14, 2021
EVERYDAY BRAND VALUES
FOR EVERYTHING YOU VALUE

We’ve got what you need to make spirits bright this season.