

\$5.99
lb.

Top Round London Broil
USDA Choice Beef

USDA CHOICE

\$12.99
lb.

Porterhouse Steaks
USDA Choice Beef

USDA CHOICE

\$1.99
lb.

Center Cut Pork Chops
Grain Fed, Bone-In

\$1.49
lb.

Perdue Whole Chicken
Grade A, Fresh All Natural

Perdue

USDA A GRADE

2/\$5
for

Large Cantaloupes

\$1.49
lb.

Fresh Broccoli Crowns

\$2.99
2 lb. bag

Darling Lemons

\$1.99
lb.

Beefsteak Tomatoes
Hot House

99¢
lb.

New York State Tote Bag Apples
U.S. #1 Assorted Varieties

Apples FROM NEW YORK

\$1.99
lb.

Red Bell Peppers

\$2.99
5 oz. clamshell

Olivia's Organics Salads
Certified Organic Assorted Varieties

USDA ORGANIC

REDEEM **2,000** POINTS
REGULAR SALE PRICE \$3.99

\$1.99
9-13 oz. pkg.

Tostitos Tortilla Chips
Selected Varieties

Tostitos

REDEEM **2,000** POINTS
REGULAR SALE PRICE \$3.99

\$1.99
4.47-7.4 oz. pkg.

Quaker Rice Cakes
Selected Varieties

QUAKER

REDEEM **2,000** POINTS
REGULAR SALE PRICE \$6.99

\$4.99
82.6 oz. cont.

4C Iced Tea Mix
Makes 35 Quarts Lemon or Raspberry

4C

REDEEM **2,000** POINTS
REGULAR SALE PRICE \$15.99

\$13.99
ea.

Bounty Paper Towels 8 Pack
(656 ct. pkg.) or **Scott Bath Tissue 20 Pack**
(20,000 ct. pkg.)
Selected Varieties

YOUR CHOICE!

Bounty

Scott

REDEEM **2,000** POINTS
REGULAR SALE PRICE \$3.99

\$1.99
16 oz. pkg.

Hotel Bar Butter Quarters
Salted or Unsalted

Hotel Bar

REDEEM **2,000** POINTS
REGULAR SALE PRICE 2 FOR \$8

\$1.99
10.75-12.3 oz. pkgs.

Eggo Waffles
Selected Varieties (Excludes Thick & Fluffy)

Eggo

REDEEM **2,000** POINTS
REGULAR SALE PRICE \$3.99

\$1.99
46 oz. cont.

Turkey Hill Ice Cream
Selected Varieties Including Sherbet (Excludes Simply Natural)

TURKEY HILL

SHOP ONLINE AT METFRESH.COM!

2/\$5
for

MIX & MATCH!

Skippy Peanut Butter
Selected Varieties 15-16.3 oz. jars

Welch's Concord Grape Jelly or Jam
20 oz. btls.

SKIPPY

WELCH'S

2/\$4
for

MIX & MATCH!

Duncan Hines Classic or Signature Cake Mix
(15.25 oz. pkgs.) or **Classic Brownie Mix**
(18-18.3 oz. pkgs.)
Selected Varieties

Duncan Hines Frosting
Selected Varieties 14-16 oz. conts.

DUNCAN HINES

3/\$5
28 oz. cans

Tuttorosso Tomatoes
Selected Varieties

TUTTOROSSO

4/\$5
4.5 oz. conts.

Chobani Flip Greek Yogurt
Selected Varieties

CHOBANI

3/\$10
8.4-11.6 oz. pkgs.

Eggo Thick & Fluffy Waffles
6 Count Selected Varieties

Eggo

2/\$7
8.2-14.1 oz. pkgs.

Quaker Instant Oatmeal
Selected Varieties

QUAKER

4/\$5
7-16 oz. pkgs.

Barilla Pasta
Selected Varieties

Barilla

2/\$5
18-19 oz. cans

Progresso Soup
Traditional, Rich & Creamy, Reduced Sodium or Light
Selected Varieties

PROGRESSO

\$7.99
1200 ct. pkg.

Charmin Bath Tissue Mega Rolls 6 Pack
Ultra Strong

Charmin

2/\$5
64 oz. btls.

Apple & Eve 100% Apple Juice
Original or Natural Style

APPLE & EVE

2/\$5
6-12 oz. pkgs.

Borden Singles
Selected Varieties

BORDEN

2/\$8
14-28 oz. pkgs.

Nathan's, Checkers/Rally's, Sonic, Arby's or Red Robin French Fries
or Sonic Tots or Red Robin or Nathan's Onion Rings

NATHAN'S

CHECKERS/RALLY'S

SONIC

ARBY'S

RED ROBIN

\$7.99
8-12 oz. pkg.

Lavazza Coffee
Selected Varieties

LAVAZZA

2/\$5
18.5 oz. jars

Barilla Pasta Sauce
Selected Varieties

Barilla

2/\$9
for

Post Family Size Cereal
Oreo Puffs (16.5 oz.), Honey Roasted or Almond Honey Bunches of Oats (23.02 oz.), Fruity or Cocoa Pebbles (19.5 oz.) or Raisin Bran (25 oz.)

POST

Sale Price
Digital Coupon
\$12.99
- \$3.00 off 1
FINAL PRICE \$9.99
LIMIT 1
With AppCard

Tide Liquid Laundry Detergent
73-84 oz. btl. or Tide Pods Laundry Detergent Pacs (25-42 ct. cont.)

Tide

\$1.99
11.5-16 oz.

Entenmann's Loaf Cakes
Selected Varieties

BETTER THAN BUY 1, GET 2 FREE!

ENTENMANN'S

2/\$3
10-10.8 oz. pkgs.

Birds Eye Steamfresh Vegetables
Selected Varieties

BIRDS EYE

2/\$6
6-11.5 oz. pkgs.

Lean Cuisine Meals
Selected Varieties

LEAN CUISINE

GROCERY SAVINGS!

3/\$5
12 oz. cans

Nestlé Carnation Evaporated Milk
Selected Varieties

\$2.99
24 oz. bot.

Log Cabin Syrup
Selected Varieties

\$4.99
40 oz. pkg.

Betty Crocker Bisquick Pancake & Baking Mix
Original or Heart Smart Reduced Fat

\$6.99
82.5 oz. cont.

4C Iced Tea Mix
Makes 35 Quarts
Lemon or Raspberry

2/\$6
64 oz. bot.

V8 Splash Juice Drinks
Selected Varieties Including V8 Splash Zero

\$3.99
64 oz. bot.

Apple & Eve 100% Cranberry Juice Blends
Selected Varieties

ORTEGA
NOW IT'S A FIESTA!

5/\$5
1 oz. pkg.
Ortega Taco or Fajita Seasoning Mix
Selected Varieties

2/\$4
4 cans
Ortega Fire Roasted Diced Green Chiles
Hot or Mild

2/\$4
4.1-5.4 oz. pkg.
Ortega Taco Shells
Selected Varieties

\$4.99
9 oz. bot.
Ortega Taco Sauce
Mild Creamy Queso or Medium Chipotle Aioli

2/\$4
7.5-8 oz. jars
Ortega Taco Sauce
Selected Varieties

2/\$7
32 oz. cans
Carolina Jasmine Rice

\$14.99
10 lb. pkg.
Carolina Jasmine Rice

2/\$5
14 oz. pkg.
Success Boil-in-Bag Rice
Whole Grain Brown or Long Grain White

\$14.99
20 lb. pkg.
Riceland Rice
Long Grain White or Long Grain Gold Parboiled

2/\$4
13 oz. cans
Contadina Pizza Sauce Squeeze
Original

2/\$5
8-16 oz. pkg.
Barilla Lasagne, Jumbo Shells or Manicotti
Selected Varieties

\$5.99
12 oz. pkg.
Barilla Tortellini
Three Cheese or Cheese & Spinach

\$3.99
24 oz. jar
Filippo Berio Pasta Sauce
Selected Varieties

2/\$6
6.2-6.5 oz. jars
Barilla Pesto Sauce
Selected Varieties

5/\$5
6 oz. cans
Tuttorosso Tomato Paste
Selected Varieties

4/\$3
8 oz. cans
Tuttorosso Tomato Sauce

2/\$5
6.3 oz. pkg.
Combos Baked Snacks
Selected Varieties

\$5.99
7.4-10.05 oz. pkg.
M&M's Sharing Size Chocolate Candies
Selected Varieties

\$5.99
19.74 oz. cans
Orville Redenbacher's Popcorn
6 Count Movie Theater Butter or Butter

\$3.99
8 oz. pkg.
Quaker Rice Cakes
Selected Varieties

3/\$4
2.36-2.5 oz. cans
Pringles Grab N' Go Potato Crisps
Selected Varieties

\$2.39
15 oz. can
Goya Organics Green Pigeon Peas
Gandules Verdes

3/\$5
15.5 oz. cans
Goya Organics Low Sodium Beans
Selected Varieties

\$14.99
10 lb. pkg.
Goya Jasmine Rice

4/\$3
8 oz. cans
Goya Tomato Sauce
Original or Low Sodium

\$1.79
24 oz. pkg.
Goya Corn Meal or Wheat Flour
Selected Varieties

\$3.99
64 oz. bot.
Apple & Eve Sesame Street 100% Juice
Selected Varieties

\$4.99
36 oz. pkg.
Dole Pineapple Juice 6 Pack
Selected Varieties

2/\$7
54 oz. paks.
Apple & Eve Reduced Sugar Juice 8 Pack
White Grape Raspberry or Fruit Punch

\$4.99
60 oz. pkg.
Apple & Eve 100% Juice 6 Pack
10 oz. Bottles
Apple or Fruit Punch

2/\$6
0.71-4 oz. paks.
Crystal Light On the Go Drink Mix 10 Pack
Selected Varieties

2/\$11
138 oz. paks.
Arizona Drinks 12 Pack
11.5 oz. Cans
Selected Varieties

2/\$4
25 oz. cans
Poland Spring Natural Spring Water
Aluminum Bottle (Plus Deposit Where Required)

3/\$11
135.2 oz. paks.
Poland Spring Sparkling Natural Spring Water 8 Pack
16.9 oz. Bottles
Selected Varieties (Plus Deposit Where Required)

\$3.99
202.8 oz. pkg.
Poland Spring Natural Spring Water 12 Pack
16.9 oz. Bottles (Plus Deposit Where Required)

\$4.99
192 oz. pkg.
Pure Life Purified Water 24 Pack
8 oz. Bottles (Plus Deposit Where Required)

HEALTH & BEAUTY

WHERE AVAILABLE

\$4.99
6-11.7 oz. bot.

Herbal Essences Hair Care Products
Selected Varieties

\$4.99
3.3 oz. pkg.

Colgate Total Toothpaste
Selected Varieties

2/\$6
33.8 oz. bot.

TopCare Mouthwash
Selected Varieties

\$1.99
4 ct. pkg.

TopCare Toothbrushes
Clean+ Soft Full

3/\$4
100 yd. paks.

TopCare Dental Floss
Waxed or Waxed Mint

\$2.99
2.6-2.8 oz. cont.

Arm & Hammer Ultra Max Deodorant Sticks
Selected Varieties

\$6.99
22 oz. bot.

Olay Radiance Berries Frescas Body Wash
or Old Spice Smashed Fruit Body + Face Wash (24 oz.)

\$4.99
18 oz. bot.

Suave Calming Relief Hand & Body Lotion
For Sensitive Skin

\$8.99
13 oz. bot.

Curel Hand and Body Lotion
Ultra Healing or Daily Healing

\$6.99
24-36 ct. pkg.

Alka-Seltzer Effervescent Tablets
Selected Varieties

\$8.99
0.5 oz. pkg.

Afrin Nasal Spray
Selected Varieties

2/\$4
14 ct. paks.

TopCare All Day Allergy Tablets
Original

\$2.99
25-30 ct. pkg.

Halls Cough Drops
Selected Varieties

\$10.99
25 ct. pkg.

Cold-Eeze Plus Defense Lozenges
Selected Varieties

\$2.99
11 oz. cont.

Gillette Foamy Shave Foam or Satin Care Shave Gel (7 oz.)

\$7.99
3 ct. pkg.

Gillette Mach3 Disposable Razors
or Venus Disposable Razors (3 ct.)

HOUSEHOLD SAVINGS!

2/\$6
20 oz. bot.

Palmolive Liquid Dish Soap
Selected Varieties

\$3.99
12 oz. pkg.

Dial Soap Bars 3 Pack
Selected Varieties

\$5.99
6.2 oz. can

Glade Automatic Spray Refill
Selected Varieties

\$5.99
9.7 oz. cont.

Pledge Multi Surface Cleaner or Furniture Polish

\$4.99
25 ct. pkg.

Pledge Multi Surface Wipes

2/\$7
16 oz. cont.

Soft Scrub Cleanser
Selected Varieties

\$4.99
16 oz. bot.

Mr. Clean Clean Freak Multi-Purpose Cleaner
Selected Varieties

\$3.99
8.0 oz. cont.

Febreze Air Air Refresher Spray or Febreze Small Spaces Air Freshener (0.25 oz. pkg.)

\$6.99
14-20 ct. pkg.

Hefty Ultra Strong Tall Trash Bags
Selected Varieties

\$8.99
16-46 ct. pkg.

Luvs Platinum Protection Diapers
Selected Varieties

\$3.99
5.6 oz. pkg.

Pup-Peroni Dog Snacks
Selected Varieties

\$4.99
4 lb. pkg.

Butcher's Best Dry Dog Food
Selected Varieties

\$4.99
3 lb. pkg.

Nunn-Better Dry Cat Food
Farm Fixin's or Ocean Plenty

\$3.99
10 lb. pkg.

Jonny Cat or Cat's Pride Cat Litter
Selected Varieties

Page 3

OUR MEATS ARE
TOP QUALITY AND OUR
BEEF IS U.S.D.A. CHOICE!

TOP QUALITY MEATS

CHECK OUT OUR WEBSITE
FOR MORE RECIPE IDEAS!

FARM FRESH BEEF		FARM FRESH PORK	FARM FRESH CHICKEN
\$10⁹⁹ 20 oz. pkg. Western Crown Ground Beef 80% Lean/20% Fat TAILGATING TIME!		\$2⁹⁹ lb. Thin-Sliced Center Cut Pork Chops Grain Fed, Bone-In	\$4⁹⁹ lb. Springer Mountain Farms Boneless Chicken Breast Grade A, Fresh All Natural BETTER FOR YOU!
\$7⁹⁹ lb. Top Round Steaks USDA Choice Beef	\$9⁹⁹ lb. Lean Pepper Steaks USDA Choice Beef	\$9⁹⁹ lb. Lean Cube Steaks USDA Choice Beef	
\$9⁹⁹ lb. Lean Round Cubes USDA Choice Beef	\$1⁸⁹ lb. Sirloin Pork Chops Grain Fed, Bone-In, Loin End	\$1⁹⁹ lb. Country-Style Pork Ribs Grain Fed, Bone-In, Rib End	\$14⁹⁹ 8 oz. pkg. Thousand Hills New York Strip Beef Steak 100% Grass Fed
\$4⁹⁹ 16 oz. pkg. Shady Brook Farms Ground Turkey Fresh, All Natural 85% Lean/15% Fat	\$5⁹⁹ 12 oz. pkg. Shady Brook Farms Turkey Meatballs Fully Cooked Italian Style	\$3⁹⁹ lb. Smoked Slab Bacon	\$4⁹⁹ 10-12 oz. pkg. Amylu Chicken Sausages or Meatballs Selected Varieties
\$6⁹⁹ 18.4 oz. pkg. Hatfield Boneless Pork Tenderloins Grain Fed All Natural Selected Varieties	\$4⁹⁹ 14 oz. pkg. Johnsonville Smoked Pork Sausage Links 6 Count, Fully Cooked Stadium Brats or Beddar with Cheddar	\$3⁹⁹ 20-24 oz. pkg. Bob Evans Side Dishes Assorted Varieties	\$14⁹⁹ 50 oz. pkg. Caribbean Food Delights Jamaican Style Patties 10 Count Fully Baked-Frozen Beefy Cheese or Jerk Chicken
\$3⁹⁹ 10 oz. pkg. Caribbean Food Delights Jamaican Style Patties 2 Count Fully Baked-Frozen Beefy Cheese or Spicy Beef	\$3⁹⁹ 14 oz. pkg. Armour Meatballs Original or Italian Style	\$5⁹⁹ 16 oz. pkg. Hormel Black Label Bacon Original	\$3⁹⁹ 12 oz. pkg. Avenue A Turkey Bacon

BETTER FOR YOU			
\$6⁹⁹ lb. Harvestland Boneless Chicken Breast Grade A, Fresh All Natural Free Range, Skinless	\$10⁹⁹ 16 oz. pkg. Thousand Hills Ground Beef 100% Grass Fed 85% Lean/15% Fat	\$14⁹⁹ 21.28 oz. pkg. Thousand Hills Beef Patties 100% Grass Fed 85% Lean/15% Fat	\$6⁹⁹ 16 oz. pkg. Nature's Pride Ground Turkey All Natural 99% Lean/1% Fat
\$7⁹⁹ 14 oz. pkg. Beyond Sausage Plant-Based Links 4 Count Sweet or Hot Italian Style or Brat Original	\$5⁹⁹ 8 oz. pkg. Beyond Burger Plant-Based Patties 2 Count	\$8⁹⁹ 16 oz. pkg. Beyond Beef Plant-Based Ground Original	\$6⁹⁹ 10 oz. pkg. Beyond Steak Plant-Based Seared Tips Original
\$9⁹⁹ 24 oz. pkg. Beyond Burger Plant-Based Patties 6 Count	\$6⁹⁹ 10 oz. pkg. Beyond Meatballs Plant-Based Meatballs	\$4⁹⁹ lb. Bell & Evans Spatchcock Cut Chicken Fresh, All Natural Tray Pack	\$4⁹⁹ lb. Bell & Evans Cut Chicken Wings Fresh, All Natural Tray Pack
\$6⁹⁹ 3 oz. pkg. Applegate Naturals Sliced Prosciutto	\$5⁹⁹ 4 oz. pkg. Applegate Naturals Sliced Genoa Salami	\$6⁹⁹ 7 oz. pkg. Applegate Naturals Sliced Cooked Ham	\$8⁹⁹ 12-14 oz. pkg. Niman Ranch Pulled Pork No Antibiotics Ever All Natural Fully Cooked With Barbecue Sauce or No Sauce

TAILGATING TIME!			
\$4⁹⁹ lb. Baby Back Pork Ribs Grain Fed Fresh	\$5⁹⁹ 16 oz. pkg. Premio Fresh Italian Specialty Pork Sausage Sweet Luganiga or Cheese & Basil	\$29⁹⁹ 80 oz. pkg. Avenue A Ground Beef Hamburgers Family Pack 20 Count Frozen	\$7⁹⁹ 13 oz. pkg. The Brooklyn Hot Dog Co. Hot Dogs 6 Count, Fully Cooked Natural Casing, All Natural & Antibiotic Free Classic Beef or Beef & Pork

PRE-PACKAGED MEATS			
\$4⁹⁹ 10-12 oz. pkg. Nathan's Beef Franks Selected Varieties	\$13⁹⁹ 28 oz. pkg. Nathan's Beef Franks Family Pack 14 Count Bun-Length Skinless	\$5⁹⁹ 16 oz. pkg. Farmland Bacon Thick Cut Original or Classic Cut Original	\$4⁹⁹ 5-8 oz. pkg. Hormel Pepperoni Selected Varieties
\$12⁹⁹ 32 oz. pkg. Sabrett Beef Franks 20 Count Skinless	\$5⁹⁹ 3-6 oz. pkg. Citterio Fresco Cold Cuts Prosciutto di Parma, Bresaola or Sopressata & Asiago Cheese		

SEAFOOD SELECTIONS			
AVAILABLE ONLY IN PARTICIPATING STORES			
\$10⁹⁹ lb. Salmon Fillet Fresh Farm Raised	\$9⁹⁹ lb. Flounder Fillet Wild Caught Previously Frozen	\$6⁹⁹ 16 oz. pkg. Great American Tilapia Fillet Farm Raised Frozen or Thawed	\$7⁹⁹ lb. Kingfish Steaks Frozen
\$9⁹⁹ 16 oz. pkg. Jade Lion Large Cooked Shrimp Frozen 31-40 Count	\$3⁹⁹ 16 oz. pkg. Great American Imitation Crab Meat Frozen or Thawed	\$18⁹⁹ 32 oz. pkg. Great American Salmon Fillet Frozen or Thawed Wild Caught	\$10⁹⁹ 16 oz. pkg. Great American Raw Shrimp Frozen, Jumbo 16-20 Count EZ Peel
\$9⁹⁹ 16 oz. pkg. Great American Cooked Shrimp Frozen, Medium 51-60 Count	\$8⁹⁹ 16 oz. pkg. Great American Cooked Shrimp Frozen, Medium 71-90 Count	\$16⁹⁹ 48 oz. pkg. Great American Tilapia Fillet Frozen Farm Raised	\$12⁹⁹ 40 oz. pkg. Great American Swai Fillet Frozen Farm Raised
	\$6⁹⁹ 10 oz. pkg. Aqua Star Reserve Cocktail Shrimp Ring 35 Count Cooked & Peeled With Cocktail Sauce		