



Family Foods

Group B

Our Family Serving Yours

AD DATES EFFECTIVE OCTOBER 12 THRU 18, 2011



Lean Ground Beef

Family Pack,
Not to Exceed 22% Fat

2.18
lb.



Yoplait Yogurt

Selected Vtys.,
4 to 6-oz.

2.51
FOR



Boneless Beef Eye of Round Roast

2.98
lb.



Snowwhite Cauliflower

Serve raw as a snack
with ranch dip!

79¢
lb.



Sweet & Crisp Gala Apples

Slice and serve with cheese!
Northwest Grown

88¢
lb.



Banquet Pot Pies

Selected Vtys.,
7-oz., Frozen

2.51
FOR



Limit 4 with this coupon. Additional at regular price.
Good only at participating Family Foods stores.
Coupon valid October 12 thru 18, 2011. One coupon
per customer. Cash value 1/20¢. **PLU 948**



2-Liter Western Family Pop

Selected Vtys.

79¢



Limit 3 with this coupon. Additional at regular price.
Good only at participating Family Foods stores.
Coupon valid October 12 thru 18, 2011. One coupon
per customer. Cash value 1/20¢. **PLU 949**

OUR FAMILY SERVING YOURS!

Betty Crocker Helpers

Selected Vys., 4.4 to 7.5-oz.
Tuna, Chicken or Hamburger

99¢



Tillamook Cheese

Selected Vys.,
2-lb. Baby Loaf

6⁹⁹

General Mills Cereal

11.25-oz. Cookie Crisp, 11.5-oz. Lucky Charms, 12-oz. Kix, 12.8-oz. Cinnamon Toast Crunch or Multi Grain Cheerios, 14-oz. Cheerios, 14.25-oz. Fiber One Honey Clusters, 15.1-oz. Fiber One Frosted Shredded Wheat, 16-oz. Basic 4, 18.25-oz. Total Raisin Bran

2\$5
FOR



Hungry-Man Meals

Selected Vys.,
13.1 to 17-oz, Frozen

2\$4
FOR



Campbell's Chunky Soup

Selected Vys.,
18.6 to 19-oz.

3\$5
FOR



Fritos or Cheetos

Selected Vys.,
8.5 to 10.5-oz.

2\$5
FOR



Western Family Cheese Singles

8-oz. American
or Swiss

2\$3
FOR



Ore Ida Potatoes

Selected Vys.,
16 to 32-oz, Frozen

2\$5
FOR



Chef Boyardee Pasta

Selected Vys.,
7.5 to 15-oz.

99¢



Brach's Candy

Selected Vys.,
5 to 13-oz.

2\$3
FOR



Blue Bonnet Spread

1-lb. Quarters

99¢



Tillamook Ice Cream

Selected Vys.,
56-oz, Frozen

3⁹⁹

OUR FAMILY SERVING YOURS!



**Ultra Gain
Powder Laundry
Detergent**

Selected Vlys.,
48 to 49-oz.

\$6.99



**Atta Boy!
Dog Food**

34-lbs.

15⁹⁹

**Gain Liquid
Laundry
Detergent**

Selected Vlys.,
50-oz.

5⁹⁹



**Kleenex
Cottonelle
Bath Tissue**

12-Double Rolls Ultra
or Regular

5⁹⁹



**Handi-Foil
Aluminum
Bakeware**

Selected Vlys.,
1 to 6-ct.

**25%
OFF**



**Good Cook
Kitchen
Tools**

Selected Vlys.,
1-Package

99¢



**Aleve Pain
Reliever**

Selected Vlys.,
100-ct.

8⁹⁹

Ancho Chili-Rubbed Beef Roast

Total Recipe Time: 2 to 2-3/4 hours

- 1 beef round (sirloin) tip roast (about 3 to 4 pounds)
- 1 tablespoon vegetable oil
- 2-1/2 pounds sweet potatoes, peeled, cut into 1-inch pieces
- Salt

Ancho Rub:

- 2 tablespoons ground ancho chili powder
- 1 tablespoon minced garlic
- 2 teaspoons unsweetened cocoa powder
- 1 teaspoon ground cinnamon

Heat oven to 325°F. Combine Ancho Rub ingredients in small bowl. Reserve 2 tablespoons rub for potatoes. Press remaining rub mixture evenly onto beef roast.

Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast in 325°F oven 1-3/4 to 2 hours for medium rare; 2-1/4 to 2-1/2 hours for medium doneness.

Remove roast when meat thermometer registers 140°F for medium rare; 155°F for medium. Transfer to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 5°F to reach 145°F for medium rare; 160°F for medium.)

Meanwhile combine reserved rub with oil in large bowl. Add sweet potatoes; toss to coat evenly. Place potatoes on metal baking pan sprayed with cooking spray. Cover with aluminum foil and roast for 1 hour. Uncover potatoes; stir and continue roasting 10 to 15 minutes or until tender.

Carve beef roast into thin slices; serve with potatoes. Season beef and potatoes with salt, as desired.

Makes 6 to 8 servings

**Recipe and photo © Cattlemen's Beef Board &
National Cattlemen's Beef Association.**



OUR FAMILY SERVING YOURS!



Bone-In Baby Back Pork Ribs

100% Natural Pork

3⁹⁸
lb.



Draper Valley Farms Fryer Drumsticks

Value Pack,
Fresh, Northwest Grown

1⁴⁸
lb.

DRAPER
VALLEY
FARMS
NO Antibiotics • NO Added Hormones • Vegetarian Fed



John Morrell Jumbo Meat Franks

16-oz.

1³⁸
ea.

John Morrell
Jumbo Beef Franks **2⁹⁸**
16-oz. ea.



John Morrell Boneless Half Ham

3 to 4-lb. Avg. Wt.

2⁹⁸
lb.



Oscar Mayer Lunchables

Selected Vlys.,
7.4 to 10.8-oz.

2²⁸
ea.



Bartlett Pears

A delicious and nutritious
after school snack!
Northwest Grown

89¢
lb.



Large Tomatoes

Red and ripe – ideal for
salads or sandwiches!

1⁰⁹
lb.



Delicious Red Potatoes

Cube, season and bake!

79¢
lb.

RAIN CHECKS-All the advertised items will be available for sale except circumstances beyond our control. If an advertised item is not available, or due to geographical location some advertised items may not be available, we will use a FAMILY FOODS RAIN CHECK. This will enable you to purchase the item when stock arrives or substitute like items whenever possible. We will gladly accept USDA Food Stamps. No sales to dealers. Not responsible for typographical or pictorial errors. Rights reserved to limit quantities.

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