



Family Foods

Group B

Our Family Serving Yours

AD DATES EFFECTIVE OCTOBER 19 THRU 25, 2011



Draper Valley Farms Whole Fryer
Fresh, Northwest Grown

99¢
lb.

DRAPER VALLEY FARMS

NO Antibiotics • NO Added Hormones • Vegetarian Fed



Blue Bunny Ice Cream
Selected Vtys.,
56-oz., Frozen

2⁹⁹
FIRST 2 PLEASE



Boneless Beef Chuck Cross Rib Roast

3²⁸
lb.



Large Red or Yellow Bell Peppers
Great for salads, stir-fry or just snacking!

4⁵
FOR



Hothouse Tomatoes
Red, ripe and flavorful!
Ideal for salads or sandwiches!

88¢
lb.

Boneless Beef Chuck Cross Rib Roast

3²⁸
lb.

Large Red or Yellow Bell Peppers
Great for salads, stir-fry or just snacking!

4⁵
FOR



Family Foods
COUPON SAVINGS

Western Family Apple Sauce
15.5-oz. Original

2^{\$1}
FOR

Limit 2 with this coupon. Additional at regular price. Good only at participating Family Foods stores. Coupon valid October 19 thru 25, 2011. One coupon per customer. Cash value 1/20¢. **PLU 953**



Family Foods
COUPON SAVINGS

Annabelle's Candy Bars
Selected Vtys., 1-cz.

2^{\$1}
FOR

Limit 4 with this coupon. Additional at regular price. Good only at participating Family Foods stores. Coupon valid October 19 thru 25, 2011. One coupon per customer. Cash value 1/20¢. **PLU 954**

OUR FAMILY SERVING YOURS!

Doritos Tortilla Chips

Selected Vtys.,
11 to 11.5-oz.

2\$5
FOR



Red Baron Classic Crust Frozen Pizza

Selected Vtys.,
20 to 22.6-oz.

3\$89

Red Baron
Singles Frozen
Pizza

Selected Vtys.,
10.8 to 11.2-oz.

\$2.89

Post Cereal

9.5-oz. Pebbles Boulders,
11-oz. Fruity or
Cocoa Pebbles,
14.75-oz. Golden Crisp,
20-oz. Raisin Bran

2\$5
FOR



Jell-O Pudding or Gelatin
Snacks

Selected Vtys., 1-ct.

2\$5



Western Family Sour Cream

16-oz.

2\$3
FOR



Campbell's Select Harvest Soup

Selected Vtys.,
18.6 to 18.8-oz.

3\$5
FOR



Nestle Hot Cocoa Mix

27.7-oz. Rich Milk Chocolate

3\$99



Western Family Cheese

Selected Vtys.,
16-oz. Bar or Shredded

3\$29



Stouffer's Party Size Lasagna

90-oz. Frozen

10\$99



Quaker Chewy Granola Bars

Selected Vtys., 6 to 8-ct.

2\$5
FOR

Brach's Milk
Maid Caramels
14-oz.
\$1.99



M&M Mars Fun Size Candy Bars

Selected Vtys., 11 to 11.4-oz.

2\$5
FOR



Nestle Coffeemate Coffee Creamer

Selected Vtys., 32-oz.

2\$99



Tillamook Butter

1-lb. Quarters,
Salted or Unsalted

2\$5
FOR

OUR FAMILY SERVING YOURS!



**Atta Boy!
Performance
Formula
Dog Food**

34-lbs.

16⁹⁹



**Sparkle
Paper Towels**

1-Big Roll Prints

99^c



**Revlon
or Vidal
Sassoon
Brushes or
Combs**

Selected Vtys,
1-Package

**30%
OFF**



**Purina
Cat or Kitten
Chow**

Selected Vtys,
3 to 3.5-lbs.

3⁹⁹



**Energizer
Max
Batteries**

4-ct. AA or AAA

2⁹⁹



**Excedrin
Pain Reliever**

Selected Vtys,
24-ct. Caplets or
Tablets

2⁵⁹

Autumn Pot Roast With Root Vegetables

Total Recipe Time: 3 to 3-1/4 hours

- 1 boneless beef chuck cross rib roast (3 to 3-1/2 pounds)
- 1 tablespoon vegetable oil
- 8 small red-skinned potatoes, halved
- 2 large carrots, cut into 2-1/2 x 1/2-inch pieces
- 2 large parsnips, cut into 2-1/2 x 1/2-inch pieces
- 1 small leek, cut into 1-1/2 inch pieces
- 1-1/2 tablespoons cornstarch dissolved in 3 tablespoons water

Seasoning:

- 1 teaspoon dried oregano
- 1 clove garlic, minced
- 1/2 teaspoon each salt and lemon pepper

Combine seasoning ingredients; press onto beef pot roast. Heat oil in stock pot over medium heat until hot. Brown pot roast. Pour off drippings.

Add 3/4 cup water; bring to a boil. Reduce heat; cover tightly and simmer 2 hours. Add vegetables; continue cooking, covered, 30 to 45 minutes or until pot roast and vegetables are fork-tender. Remove pot roast and vegetables; keep warm.

Skim fat from cooking liquid. Measure and return 2 cups cooking liquid to stock pot. Stir in cornstarch mixture; cook and stir 1 minute or until thickened and bubbly. Carve pot roast. Serve with vegetables and sauce.

Makes 6 servings

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



OUR FAMILY SERVING YOURS!



**Boneless Beef
Chuck Cross
Rib Steak**

3⁵⁸
lb.



**Boneless Pork
Tenderloin
Roast**

100% Natural Pork

4²⁸
lb.



**Western Family
Sliced Bacon**

Selected Vtys., 16-oz.

4⁵⁸
ea.



**Western Family Sliced
Turkey Breast
or Cooked Ham**

8-oz.

2\$⁴
FOR



**Farmland
Smoked Sausage**

Selected Vtys., 16-oz. Rope

3¹⁸
ea.



Pumpkins

Perfect for carving
Jack-O-Lanterns!

18^c
lb.



**New Crop
Fuji Apples**

A sweet, crisp and nutritious snack!
Northwest Grown

1¹⁹
lb.



**Danish
Squash**

Delicious baked!

59^c
lb.



**Litehouse
Caramel Dip**

16-oz. Original or Low Fat

2⁹⁹
ea.

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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