



Family Foods

Group B

Our Family Serving Yours

AD DATES EFFECTIVE DECEMBER 7 THRU 13, 2011



**Boneless Beef
Bottom Round
or Rump Roast**

2⁷⁸
lb.



**Western
Family
Medium
Cheddar
Cheese**

2-lb. Loaf

4⁹⁹



**Lean
Ground Beef**

Sold in 3-lb. Chubs \$7-14 ea.
Not to Exceed 22% Fat

2³⁸
lb.



**Red or Golden
Delicious Apples**
Sweet & crisp!
Northwest Grown

89[¢]
lb.



**Snowwhite
Cauliflower**

Serve raw dipped in
ranch dressing!

88[¢]
lb.



**Chicken of the Sea
Chunk
White Tuna**
5-oz. In Water

79[¢]

Limit 3 with this coupon. Additional at regular price. Good only at participating Family Foods stores. Coupon valid December 7 thru 13, 2011. One coupon per customer. Cash value 1/20¢.

PLU 929



**2-Liter
Western
Family Pop**
Selected Flvs.

79[¢]

Limit 3 with this coupon. Additional at regular price. Good only at participating Family Foods stores. Coupon valid December 7 thru 13, 2011. One coupon per customer. Cash value 1/20¢.

PLU 930

OUR FAMILY SERVING YOURS!

Fritos or Cheetos

Selected Vtys.,
8.5 to 10.5-oz.

1⁸⁹



Hot Pockets or Lean Pockets

Selected Vtys.,
8 to 9-oz., Frozen

2^{\$4}
FOR

Totino's Crisp Crust
Party Pizza

Selected Vtys.,
9.8 to 10.9-oz., Frozen

3 FOR \$4

General Mills Cereal

12.8-oz. MultiGrain Cheerios,
13-oz. Reese's Puffs,
14-oz. Cheerios,
16-oz. Golden Grahams
or Basic 4

2^{\$5}
FOR



C&H Pure Cane Sugar
4-lb.

2 FOR \$5



Yoplait Yogurt

Selected Vtys.,
4 to 6-oz.

5^{\$3}
FOR



Progresso Soup

Selected Vtys.,
18.5 to 19-oz.

2^{\$3}
FOR



Betty Crocker Fruit Snacks

Selected Vtys.,
4.5 to 8-oz.

2^{\$4}
FOR



Capri Sun or Kool-Aid Jammers

Selected Vtys.,
10-ct.

2^{\$4}
FOR



Western Family Ice Cream

Selected Vtys.,
4 to 5-Quart Pail, Frozen

5⁹⁹



Kraft Macaroni & Cheese Dinner

Selected Vtys.,
5.5 to 7.3-oz.

4^{\$5}
FOR



Western Family Candies

Selected Vtys.,
5 to 11-oz.

79[¢]



Maxwell House International Café

Selected Vtys.,
4 to 9.3-oz.

2⁹⁹



Tillamook Sour Cream

Selected Vtys.,
16-oz.

2^{\$3}
FOR

OUR FAMILY SERVING YOURS!



Angel Soft Bath Tissue

12-Regular Rolls
or 6-Double Rolls

3⁶⁹



Purina Alpo Dog Food

Selected Vets.,
22-oz.

99^c



Western Family Coffee Filters

100-ct.
Basket Style

2\$¹
FOR



Purina Cat or Kitten Chow

Selected Vets.,
3 to 3.5-lbs.

3⁹⁹



Handi-Foil Aluminum Bakeware

Selected Vets.,
2 to 5-ct.

99^c



Western Family Mouth Rinse

Selected Vets.,
33.8-oz.

2\$³
FOR

Irish-Inspired Beef Pot Roast and Vegetables

Total recipe time: On low setting: 10-1/4 to 11-1/4 hours;
On high setting: 6-1/4 to 7-1/4 hours

Makes 6 to 8 servings

- 1 boneless beef bottom round rump roast or beef bottom round (3 to 3-1/4 pounds)
 - 2 packages (24 ounces each) fresh pot roast vegetables (potatoes, onions, carrots, celery)
 - 2 packages (75 to .88 ounces each) mushroom or brown gravy mix
 - 1/3 cup all-purpose flour
 - 1/2 teaspoon salt
 - 1/2 teaspoon black pepper
 - 1 cup beer
 - Chopped fresh parsley (optional)
1. Prepare pot roast vegetables: cut potatoes in half (or into quarters if large), onions into 1/2-inch wedges, and carrots and celery into 2-inch pieces; set aside.
 2. Combine gravy mixes, flour, salt and pepper in large bowl. Add vegetables to bowl; toss to coat well. Remove vegetables from flour mixture and place in 5 to 6-quart slow cooker. Add beef roast to bowl, turning to coat evenly with flour mixture. Remove roast and place in slow cooker in center of vegetables.
 3. Whisk beer into remaining flour mixture until smooth; add to slow cooker. Cover and cook on LOW 10 to 11 hours, or on HIGH 6 to 7 hours, or until beef and vegetables are fork-tender. (No straining is necessary during cooking.)
 4. Remove roast and vegetables. Skim fat from gravy. Carve roast into thin slices. Serve with vegetables and gravy. Sprinkle with parsley, if desired.

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



OUR FAMILY SERVING YOURS!



Bone-In Pork Shoulder Steak

100% Natural Pork

2.28
lb.



Ranger - The Free Range Chicken Whole Fryer

Fresh, Northwest Grown

1.58
lb.



John Morrell Sliced Bacon

Selected Vtys.,
12-oz.

2.68
ea.



John Morrell Bologna or Cotto Salami

Selected Vtys., 16-oz.

1.88
ea.



Sweet Baby Ray's St. Louis Style Spareribs With Sauce

24-oz.

7.98
ea.



Fresh Express Iceberg Garden Salad

Ready to serve! 12-oz.

1.19
ea.



Full Flavored Roma Tomatoes

Great for cooking or making homemade salsa!

99¢
lb.



Red or Yellow Bell Peppers

Great for stir-fry, salads or just snacking!

4.5
FOR

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 issue 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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