

AD DATES EFFECTIVE JULY 5 - 11, 2023

FRESH MEATS



**Boneless Beef
London Broil**
USDA Choice

4⁹⁹
lb.



**Boneless Pork
Loin Chops**

2²⁹
lb.



**Draper Valley Farms
Chicken Drumsticks**
Value Pack
Northwest Grown

1²⁹
lb.



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AN EMAIL OF OUR
WEEKLY ADS**
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FRESH PRODUCE



**Sweet, Ripe
Cantaloupe**

69¢
lb.



**Golden Ripe
Pineapple**

89¢
lb.



Fuji Apples
Washington Extra Fancy

99¢
lb.



**Rosarita
Refried Beans**
Selected Vtys.,
16-oz.

2/\$3



**Tillamook
Shredded
Cheese**
Selected Vtys.,
16-oz.

4⁹⁹



**La Victoria
Salsa or
Taco Sauce**
Selected Vtys.,
15 to 16-oz.

2²⁹



**Mission
Tortilla Chips**
Selected Vtys.,
9 to 11-oz.

2/\$4



**Post
Cereal**
Selected Vtys.,
13 to 20.5-oz.

4²⁹



**Ocean Spray
Cranberry
Juice Cocktail**
Selected Vtys.,
64-oz.

2⁷⁹



**Jif
Peanut Butter**
Selected Vtys.,
15.5 to 16-oz.

2²⁹



**Stagg Chili
With Beans**
Selected Vtys.,
15-oz.

1⁸⁹

GROCERY SPECIALS



Frito-Lay Party Size Snacks
Selected Vtys.,
8.125 to 17-oz.

2/\$9



Ken's Steak House Dressing
Selected Vtys.,
16-oz.

2⁵⁹



Ritz Crackers
Selected Vtys.,
8.8 to 13.7-oz.

3⁹⁹

Mission Corn or Flour Street Tacos Tortilla
Selected Vtys.,
10 to 24-ct.

2/\$3



Ro-Tel Diced Tomatoes
Selected Vtys.,
10-oz.

1⁶⁹



Mt. Olive Pickles
Selected Vtys.,
24-oz.

3²⁹



McCormick Grill Mates Marinade or Seasonings
Selected Vtys.,
.71 to 2.25-oz.

1³⁹



King Oscar Sardines
Skinless & Boneless or Wild Caught
3.75-oz.

2⁵⁹



Food Club Fruit To Go Bowls
Selected Vtys.,
4-ct.

2²⁹



Old El Paso Taco Seasoning Mix
Selected Vtys.,
1-oz.

4/\$5



Nature Valley Bars
Selected Vtys.,
5 to 10-ct.

4²⁹



Kellogg's Cereal
Selected Vtys.,
9.6 to 18-oz.

4⁵⁹



Duncan Hines Cake Mix
Selected Vtys.,
15.25-oz.

1⁸⁹



Jolly Time Microwave Popcorn
Selected Vtys.,
12 to 21-oz.

4⁸⁹



6-Pack Propel Electrolyte Water Beverage
Selected Vtys.,
6/16.9-oz. Bottles

4⁷⁹



Tide Liquid Laundry Detergent
Selected Vtys.,
92-oz.

15⁹⁹



Dawn Ultra EZ-Squeeze Dishwashing Liquid
22-oz.

4²⁹



Maintain Chunks Adult Dog Food
16.5-lbs.

11⁹⁹



Charmin Ultra Soft Bath Tissue
6-Mega Rolls

9⁹⁹



DAIRY & FROZEN SAVINGS



Darigold Cottage Cheese
Low Fat or Small Curd
24-oz.

3⁹⁹



Philadelphia Cream Cheese
Original or 1/3 Less Fat
8-oz.

3⁹⁹



Marie Callender's Dinners
Selected Vtys.,
10.5 to 14-oz., Frozen

3⁹⁹

Tillamook Farmstyle Thick Cut Cheese Slices
Selected Vtys.,
12-oz.

4⁹⁹



Jell-O Ready to Eat Gelatin or Pudding Snack Cups
Selected Vtys.,
4-ct.

2⁵⁹



P.F. Chang's Entrées
Selected Vtys.,
22-oz., Frozen

8³⁹



Bertolli Pasta Entrées
Selected Vtys.,
22-oz., Frozen

8³⁹



Wide Awake Coffee Co. Coffee Creamer
Selected Vtys.,
32-oz.

2⁹⁹



Kraft Colliders Desserts
Selected Vtys.,
2-ct.

2⁵⁹



Crav'n Flavor Breakfast Bowl
Selected Vtys.,
7-oz., Frozen

2⁹⁹



Food Club Sliced Strawberries With Sugar
24-oz., Frozen

4⁹⁹



ADDITIONAL SAVINGS



WHERE YOU SHOP MATTERS

When you shop at Your Northwest stores and see our family of exclusive brands, you can trust that you are buying local, supporting your neighbors and strengthening your community.

At URM, we are proud of being member-owned and being able to say that we have been supporting our communities throughout the Northwest for over 100 years.



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From the Northwest. FOR THE NORTHWEST.

INTRODUCING MERCHANT'S CRAFT CREATED BY A NEARLY CENTURY-OLD NORTHWEST CO-OP.

From our unique regional flavors to our local bottling and distribution networks, we're guided by the desire to create quality products that are rooted in the Northwest community. And because our products are available exclusively at independently owned stores, you'll know you're supporting a local business owner whenever you see the Merchant's Craft brand. And really, what's more Northwest than that?



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#FindYourNorthwest
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FRESH MEATS



Boneless Beef Petite Sirloin Steak
USDA Choice **5.49** lb.



Bone-In Beef T-Bone Steak
USDA Choice **11.99** lb.



Boneless Beef Top Round Roast
USDA Choice **4.99** lb.



Draper Valley Farms Chicken Wings
Northwest Grown **2.99** lb.



Boneless Pork Back Ribs **3.49** lb.



Bone-In St. Louis Style Pork Spareribs **3.99** lb.



Smithfield Prime Fresh Lunchmeat
Selected Vtys., 7 to 8-oz. **3.99** ea.



Oscar Meyer Hot Dogs
Selected Vtys., 15 to 16-oz. **4.79** ea.

Yummy Dino Buddies Chicken Entrées
Selected Vtys., 18 to 21.5-oz., Frozen



5.99 ea.

Johnsonville Smoked Sausage
Selected Vtys., 12 to 14-oz.



3.79 ea.

Oscar Mayer Lunchables
Selected Vtys., 8.9 to 10.7-oz.



2.99 ea.

Daily's Bacon
Selected Vtys., 24-oz.



7.99 ea.

FRESH PRODUCE



Red Plums **2.99** lb.



Sweet, Juicy Peaches **2.89** lb.



Crisp, Refreshing Cucumber **79¢** ea.



Carrots 2-lb. Package **1.79** ea.



Organic On The Vine Tomatoes **3.49** lb.



Organic Apricots **3.99** lb.



Green Cabbage **79¢** lb.



Fresh Express Crunchy Blends
Selected Vtys., 5 to 11-oz. **2/\$7**

Rainier Cherries
New Crop Northwest Grown

5.99 lb.



Cherry Lemon Cooler

Ingredients:
3 cups water
1 cup sugar
1 cup Northwest fresh sweet cherries, halved and pitted
1 cup fresh lemon juice, refrigerated
Crushed ice
1 bottle (1 liter) club soda or seltzer
Northwest fresh sweet cherries with stems
4 long stems fresh mint

Combine water and sugar in small saucepan; add halved cherries, bring mixture to a boil, reduce heat and simmer 5 minutes. Remove from heat and cool to room temperature. Strain syrup into container with tight fitting lid, discard cherries. Refrigerate syrup until cold. Fill a tall 12 to 16-ounce glass with ice. Pour 1/4 cup lemon juice and 1/3 cup syrup over ice and top with club soda. Garnish with cherries and mint. Makes 4 servings.

Recipe and photo © NWCherries.com



Freezing Northwest Sweet Cherries is as simple as 1-2-3.



Not only do sweet cherries grown in the Northwest taste good, but they are good for you too!

- ✓ Filled With Antioxidants
- ✓ Fat Free
- ✓ Great Source of Vitamin C
- ✓ High in Fiber
- ✓ Cholesterol and Sodium Free
- ✓ Low Glycemic Index of 22
- ✓ A Healthy Snack that Kids Love!
- ✓ 25 Cholesterol Freebies (25mg of Antioxidants)

Nutrition Facts

Serving Size 5 oz. (140 g) 1 cup (or about 21 cherries)	
Amount/Serving	% Daily Value
Calories 90	Fat Cal. 0
Total Fat 0g	0%
Sat. Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0g	0%
Total Carb. 19g	6%
Dietary Fiber 3g	12%
Sugars 16g	
Protein 1g	
Potassium 270g	
Cherries 4 1/2%	Water 1 1/2%
Calories 2%	Iron 0%
Percent Daily Values are based on a diet of cherries.	

We reserve the right to limit quantities and to correct pricing errors. No sales to dealers. Not responsible for typographical errors. All items may not be available at all stores. Select images courtesy of BeefItsWhatsForDinner.com.

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