

AD DATES EFFECTIVE JULY 26 - AUGUST 1, 2023

## FRESH MEATS



PRAIRIE FRESH NATURAL

Boneless Pork Sirloin Chops

**2.49** lb.



Boneless Beef Top Sirloin Steak  
USDA Choice

**6.99** lb.



Draper Valley Farms Grill Pack Chicken  
Northwest Grown

**1.79** lb.



# GO PAPERLESS!

SIGN UP TO GET AN EMAIL OF OUR WEEKLY ADS  
familyfoodstores.com

## FRESH PRODUCE



Sweet & Juicy Cantaloupe

**59¢** lb.



Large Red or Yellow Bell Peppers

**89¢** ea.



Hothouse Tomatoes

**1.29** lb.



Hawaiian Punch  
Selected Vtys.,  
128-oz.

**2.49**



Crav'n Flavor Cookies  
Selected Vtys.,  
11.3 to 15.3-oz.

**2/\$5**



Lay's Potato Chips or Snacks  
Selected Vtys.,  
5 to 8-oz.

**2/\$6**



Blue Bunny Ice Cream  
Selected Vtys.,  
46 to 48-oz.,  
Frozen

**2/\$7**



Hunt's Tomato Ketchup  
20-oz.

**2/\$3**



Franz Premium Buns or Rolls  
Selected Vtys.,  
6 to 8-ct.

**3.99**



Simply Lemonade or Juice  
Selected Vtys.,  
52-oz.

**2.59**



California Pizza Kitchen or DiGiorno Frozen Pizza  
Selected Vtys.,  
13.4 to 31.5-oz.

**5.99**

# GROCERY SPECIALS



Hunt's  
Diced or Whole  
Tomatoes  
Selected Vtys.,  
14.5-oz.

**2/\$3**



Kraft Deluxe  
or Velveeta  
Macaroni & Cheese  
Selected Vtys.,  
12 to 14-oz.

**3.99**



Post  
Cereal  
Selected Vtys.,  
11 to 14.75-oz.

**3.89**

Wish-Bone  
Dressing  
Selected Vtys.,  
15-oz.

**2.99**



Kraft  
Barbecue Sauce  
Selected Vtys.,  
18-oz.

**1.99**



Food Club  
Mustard  
Selected Vtys.,  
12-oz.

**1.99**



Food Club  
Fruit Cocktail  
Selected Vtys.,  
15 to 15.25-oz.

**1.69**



Food Club  
Fudge  
Brownie Mix  
18.3-oz.

**1.69**



Old El Paso  
Shells, Bowls  
or Pockets  
Selected Vtys.,  
5.4 to 8.4-oz.

**3.49**



Donut Shop or  
Green Mountain  
K-Cup Pods  
Selected Vtys.,  
10 to 12-ct.

**5.99**



Food Club  
Cereal  
Selected Vtys.,  
12 to 17.3-oz.

**2.99**



Food Club  
Hazelnut  
Cocoa Spread  
13-oz.

**2.99**



Tang or  
Country Time  
Drink Mix  
Selected Vtys.,  
19 to 20-oz.

**4.99**



Mio  
Liquid Water  
Enhancer  
Selected Vtys.,  
1.62-oz.

**3.99**



6-Pack  
Propel Beverage  
or Gatorade  
Thirst Quencher  
Selected Vtys.,  
6-ct. Bottles

**4.49**



Clorox  
Cleaner+Bleach  
or Fabric  
Sanitizer Spray  
Selected Vtys.,  
24 to 32-oz.

**3.79**



Swiffer  
Dusters or  
Wet Jet Refills  
Selected Vtys.,  
6 to 15-ct.

**9.99**



Pampers  
Baby-Dry  
Jumbo Diapers  
Selected Vtys.,  
24 to 32-ct.

**11.99**



Cottonelle  
Bath Tissue  
Ultra Comfort  
or Ultra Clean  
6-Mega Rolls

**8.99**



# DAIRY & FROZEN SAVINGS



Kraft or Velveeta  
Cheese Slices  
Selected Vtys.,  
10.7 to 12-oz.

**4.59**



Food Club  
Sour Cream  
16-oz.

**1.69**



CraV'n Flavor  
Frozen Novelties  
Selected Vtys.,  
12-ct.

**3.99**

Yami  
Lactose Free  
Whole Milk  
Yogurt  
Selected Vtys.,  
32-oz.

**2.79**



Gold Peak  
Real  
Brewed Tea  
Selected Vtys.,  
52-oz.

**2.59**



CraV'n Flavor  
Asian Entrées  
Meal Starter  
Selected Vtys.,  
18-oz.

**5.99**



Birds Eye  
Steamfresh  
Vegetables  
Selected Vtys.,  
10-oz., Frozen

**1.89**



Cracker Barrel  
Cheese  
Selected Vtys.,  
8-oz. Loaf

**3.79**



Reddi Wip  
Dairy Whipped  
Topping  
Original or  
Extra Creamy  
6.5-oz.

**3.69**



Marie  
Callender's  
Frozen Pies  
Selected Vtys.,  
24.5 to 42-oz.

**7.59**



Food Club  
Waffles  
Selected Vtys.,  
12.3-oz., Frozen

**1.99**



# 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.



## 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?



@merchantscraft

#FindYourNorthwest  
MERCHANTSCRAFT.COM

# FRESH MEATS



Boneless Beef  
Chuck Tender  
Steak or Roast  
USDA Choice **4.29**  
lb.



Boneless Beef  
For Stew  
USDA Choice **4.99**  
lb.



Boneless Beef  
Country  
Style Ribs  
USDA Choice **4.49**  
lb.



Roxy Organic  
Chicken Wings  
Northwest Grown **3.79**  
lb.



Bone-In Pork  
Shoulder Roast **2.99**  
lb.



Boneless Pork  
Country  
Style Ribs **3.49**  
lb.



Curly's  
BBQ Meat  
Entrées  
Selected Vtys.,  
12 to 16-oz. **5.99**  
ea.



Nathan's Famous  
Beef Franks  
Selected Vtys.,  
10 to 12-oz. **3.99**  
ea.

Buddig  
Premium Deli  
Lunchmeat  
Selected Vtys.,  
16-oz.



**4.99**  
ea.

Smithfield  
Smoked Bacon  
Thick Cut or  
Hometown Original  
12-oz.



**4.79**  
ea.

Oscar Mayer  
Uploaded  
Lunchables  
Selected Vtys.,  
13.9 to 15.1-oz.



**3.99**  
ea.

Hill's  
Premium Meats  
Pork  
Sausage Link  
Selected Vtys.,  
12-oz., Frozen



**3.99**  
ea.

# FRESH PRODUCE



Walla Walla  
Sweet Onions **1.29**  
lb.



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



Whole Seedless  
Personal Size  
Watermelon **4.99**  
ea.



Red or Black  
Plums **2.29**  
lb.



Organic  
Peaches **2.99**  
lb.



3-ct.  
Package!  
Organic  
Romaine Hearts  
3-ct. Package **3.89**  
ea.



8-oz.  
Package!  
Fresh Express  
Iceberg Shreds  
8-oz. Package **2.49**  
ea.



Crisp, Refreshing  
Cucumbers **89¢**  
ea.

Sweet  
Red Cherries  
Northwest Grown **2.49**  
lb.



## Fresh Cherry Jubilee

Servings: 8

Ingredients:  
1/2 cup sugar  
1 tablespoon cornstarch  
1/4 cup each water and orange juice  
3 cups pitted Northwest fresh sweet cherries  
1/2 teaspoon grated orange peel  
1/4 cup brandy, optional  
1 quart vanilla ice cream

Directions:  
Combine sugar and cornstarch. Blend in water and orange juice. Cook and stir until thickened and smooth. Add cherries and orange peel; return to boil and simmer 10 minutes. Gently heat brandy, pour over sauce and flame, if desired. Serve over ice cream.

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!
- ✓ 20 Cherries Provides 25mg of Anthocyanins

## 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%
Cholest. 0mg	0%
Sodium 0g	0%
Total Carb. 19g	6%
Dietary Fiber 3g	12%
Sugars 16g	
Protein 1g	
Potassium 270g	
Vitamin A 0%	Vitamin C 10%
Calcium 2%	Iron 0%

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.

© 2023 URM Stores, Inc. Serviced by URM Stores, Inc. • Layout & Design by URM Advertising Department • Printed in the U.S.A. by Signature Graphics, Spokane