

AD DATES EFFECTIVE AUGUST 9 - 15, 2023

FRESH MEATS



**Boneless Beef
Top Sirloin Steak**
USDA Choice **5⁹⁹**
lb.



**Bone-In Pork
Shoulder Steak**

2⁹⁹
lb.



**Value
Pack!**



**Draper Valley Farms
Chicken Leg Quarters**
Value Pack
Northwest Grown

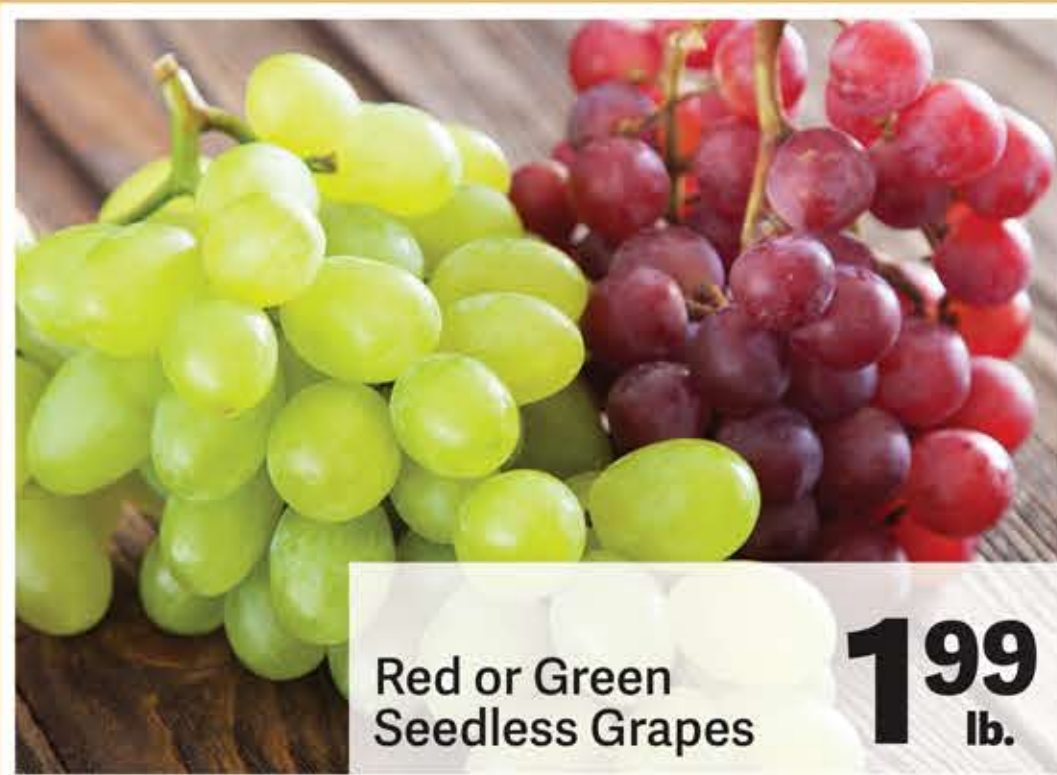
1⁹⁹
lb.



GO PAPERLESS!

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

FRESH PRODUCE



**Red or Green
Seedless Grapes** **1⁹⁹**
lb.



**Sweet
Corn**

59¢
ea.



**Sweet & Juicy
Peaches**
Northwest Grown

1⁹⁹
lb.



**12-Pack
Merchant's
Craft
Soft Drinks
or Mixers**
Selected Vtys.,
12/12-oz. Cans
2/\$7



**Bull's-Eye
B.B.Q. Sauce**
Selected Vtys.,
18-oz.
1⁹⁹



**Malt-O-Meal
Family Size
Cereal**
Selected Vtys.,
21 to 30-oz.
3⁶⁹



**Pringles
Potato Crisps**
Selected Vtys.,
5.26 to 5.6-oz.
1⁹⁹



**Betty Crocker
Hamburger
or
Tuna Helper**
Selected Vtys.,
5.3 to 7.6-oz.
3/\$5



**Pasta USA
Italian Chef
Pasta**
Selected Vtys.,
48-oz.
3⁹⁹



**Taste of
Tuscany
Pasta Sauce**
Selected Vtys.,
25-oz.
2⁶⁹



**Langers
Juice or
Juice Cocktail**
Selected Vtys.,
64-oz.
2⁶⁹

GROCERY SPECIALS



Doritos
Chips
Selected Vtys.,
6 to 10.75-oz.

2/\$7



Folgers
Ground Coffee
Selected Vtys.,
22.6 to 25.9-oz.

8⁹⁹



Bugles or
Gardetto's
Snacks
Selected Vtys.,
6 to 8.6-oz.

2/\$5

Heinz
Tomato Ketchup
20-oz.

3⁴⁹

Hunt's
Tomato Sauce
29-oz.

2/\$5

RO-TEL
Diced Tomatoes
Selected Vtys.,
10-oz.

3/\$5

Kraft
Jet-Puffed
Marshmallows
Regular or Mini
16-oz.

2²⁹

Kraft
Grated Cheese
Parmesan or
Parmesan & Romano
8-oz.

5⁸⁹

Orville
Redenbacher's
Microwave
Popcorn
Selected Vtys.,
6-ct.

4⁹⁹

Quaker
Instant Oatmeal
Packets
Selected Vtys.,
8.4 to 12.1-oz.

4²⁹

Propel
Fitness Water
Electrolyte
Water Beverage
Selected Vtys.,
24-oz.

3/\$4

Ritz
Toasted Chips or
Cheese Crispers
Selected Vtys.,
7 to 8.1-oz

4²⁹

Betty Crocker
Cookie Cups
Birthday Cake or
Chocolate Chip Fudge
14.1 to 15.1-oz.

3⁴⁹

Kellogg's
Large Size
Cereal
Frosted Flakes or
Honey Smacks
15.3 to 17.3-oz.

4⁹⁹

Nutri-Grain
Breakfast Bars
or Rice
Krispies Treats
Selected Vtys.,
6.98 to 10.4-oz.

3⁶⁹

Tide
Power PODS
Laundry
Detergent
Selected Vtys.,
25 to 42-ct.

14⁴⁹

Gain
Ultra Clean
Power Blast
Dish Spray
16-oz.

4⁶⁹

Arm & Hammer
Clumping
Cat Litter
Selected Vtys.,
20-lbs.

11⁴⁹

Solo
Any Day
Paper Plates
Selected Vtys.,
22 to 48-ct.

3²⁹

DAIRY & FROZEN SAVINGS



Darigold
Original
Sour Cream
24-oz.

2/\$5



Kraft
Shredded Cheese
Selected Vtys.,
7 to 8-oz.

2/\$7



Stouffer's
Large Size
Dinners
Selected Vtys.,
15.5 to 20-oz., Frozen

4⁵⁹

Planet Oat
Oat Milk
Selected Vtys.,
52-oz.

3²⁹

Chobani
Greek Yogurt
Selected Vtys.,
5.3-oz.

1¹⁹

Pillsbury
Toaster Strudel
Selected Vtys.,
11.7-oz., Frozen

3²⁹

Ore-Ida
Potatoes
Selected Vtys.,
19 to 32-oz., Frozen

5⁹⁹

Florida's Natural
Orange or
Grapefruit Juice
Selected Vtys.,
52-oz.

3⁶⁹

Michelin's
Entrées
Selected Vtys.,
4.5 to 9-oz., Frozen

2/\$3

Banquet
Brown 'N Serve
Sausage Links
Selected Vtys.,
6.4-oz., Frozen

1⁶⁹

Hot Pockets
Sandwiches
Selected Vtys.,
8.5 to 9-oz., Frozen

2²⁹

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 Bottom Round Roast
USDA Choice **3.99** lb.



Ground Beef 85% Lean
Made Fresh In Store **3.99** lb.



Boneless Beef Cube Steak
USDA Choice **5.99** lb.



Draper Valley Farms Bone-In Half Breast
Northwest Grown **2.49** lb.



Boneless Pork Shoulder Roast **2.99** lb.



Bone-In St. Louis Style Pork Spareribs **3.49** lb.



John Morrell Meat Franks
Selected Vtys., 12-oz. **2/\$3**



Johnsonville Links, Patties or Ground Sausage
Selected Vtys., 9.6 to 16-oz., Frozen **2/\$7**



Oscar Mayer Lunchables
Selected Vtys., 8.9 to 10.7-oz. **2.99** ea.



Land O'Frost Premium Sub Kit
Black Forest or Smoked Ham 20-oz. **6.99** ea.



Farmland Cubed or Sliced Ham
Selected Vtys., 1-lb. **4.99** ea.



Armour Hickory Smoked Summer Sausage
20-oz. **5.99** ea.

FRESH PRODUCE



Fresh Express Salad Kits
Selected Vtys., 6.4 to 10.5-oz. **3.99** ea.



Crisp, Green Celery **99¢** lb.



Yukon Gold or Red Potatoes **99¢** lb.



Peeled Mini Carrots
1-lb. Package **1.49** ea.



Organic Grape Tomatoes
Dry Pint **3.29** ea.



Organic Whole White Mushrooms
8-oz. Package **2.99** ea.



Fresh Express Tender Leaf Blends
Selected Vtys., 5-oz. **3.99** ea.



Broccoli Crowns **1.89** lb.

Sweet Red Cherries
Northwest Grown **3.49** lb.



Cherry Chicken Caesar

Servings: 6
Ingredients:
2 quarts romaine lettuce
2 cups pitted Northwest fresh sweet cherries
2 cups sliced (2-1/2 x 1/2 x 1/2 inch) cooked chicken breast
Easy Parmesan Croutons (recipe below)
Lime Dressing (recipe below)
2 tablespoons shredded Parmesan cheese
Directions: Toss lettuce, cherries, chicken and croutons in a large salad bowl. Just before serving, pour Lime Dressing over salad, sprinkle with Parmesan cheese and toss lightly.
Easy Parmesan Croutons: Cut 3 slices day-old bread into 1/2-inch cubes. Toss with 1 tablespoon olive oil and 1 tablespoon grated Parmesan cheese. Heat in a nonstick skillet over medium heat until golden brown; stir frequently. Makes 1-1/2 cups.
Lime Dressing: Combine 3 tablespoons fresh lime juice, 1 small clove crushed garlic, 1/2 teaspoon salt, 1/2 teaspoon grated lime peel and 1/4 teaspoon freshly ground coarse black pepper. Beat in 1/3 cup olive oil until blended. Remove garlic clove before pouring over salad. Makes about 1/2 cup.
Recipe and photo © NWCherries.com



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

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	
Vitamin A 0%	Vitamin C 10%
Calcium 2%	Fiber 0%

*Percent Daily Values are based on a 1,800-calorie diet.

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