

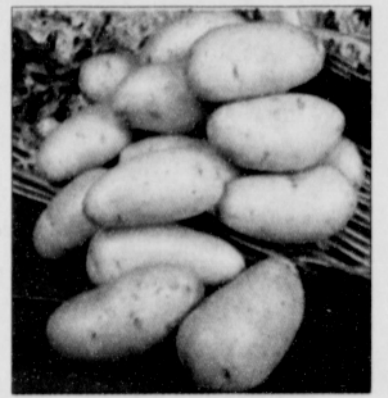
FOOD

International Year of the Potato

The year 2008 has been declared the International Year of the Potato by the United Nations, noting that the potato is a staple food in the diet of the world's population, and affirming the need to focus world attention on the role that the potato can play in providing food security and eradicating poverty.

Versatile Nutrition

Only a few other foods are as nutritious, delicious and versatile as the potato. Not only does a potato give you an energizing supply of complex carbohydrates, but it also provides protein and important vitamins and minerals, including potassium, copper, manganese, and vitamins B6 and C. For a substantial helping of fiber, eat potatoes with the skin. February is National Potato Lovers Month; celebrate with one of these delicious recipes.



POTATO

Ingredients for life.



RANCHER'S Reserve
1²⁹
lb
 CLUB PRICE
Rancher's Reserve Beef Chuck 7-Bone Pot Roast
 Bone-in. Slow cook. SAVE up to \$1.70 lb.

Foster Farms
BUY ONE, GET ONE FREE
 EQUAL OR LESSER VALUE FREE
 CLUB PRICE
Foster Farms Fresh Whole Chicken
 Locally grown. SAVE up to \$1.49 lb. on 2nd item

88¢
lb
 CLUB PRICE
Braeburn or Fuji Apples
 Or choose Organic Fuji Apples 10 lbs. for \$10.00. SAVE up to 91¢ on 1 lb.

1⁹⁹
lb
 CLUB PRICE
Boneless Pork Sirloin Chops
 SAVE up to \$2.00 lb.

BUY ONE, GET ONE FREE
 EQUAL OR LESSER VALUE FREE
 CLUB PRICE
Van de Kamp's Seafood Selections
 21 to 26.4-oz. Frozen. Selected varieties. SAVE up to \$5.99 on 2

BUY ONE, GET ONE FREE
 EQUAL OR LESSER VALUE FREE
 CLUB PRICE
Fresh Express Salad Blends
 5 to 12-oz. package. Selected varieties. SAVE up to \$3.49 on 2

10⁰⁰
lb
 CLUB PRICE
Tree Ripened Yellow Peached or Nectarines
 Club Price: \$1.00 lb. SAVE up to \$1.99 on 1 lb.

SAVINGS RALLY
Get a Fast \$20 Every time you buy 25 or more participating products
Get a Fast \$10 Every time you buy 15-24 participating products
Get a Fast \$5 Every time you buy 10-14 participating products
 Look for products with special Savings Rally Tags

Catch a Deal!
 Sensational seafood, just in time for Lent.

Copper River Wild Sockeye Salmon Fillets
 Frozen/thawed. SAVE up to \$3.00 lb. **7⁹⁹ lb** CLUB PRICE

Wild Alaskan Cod Fillets
 Frozen/thawed. SAVE up to \$1.00 lb. **5⁹⁹ lb** CLUB PRICE

Goes great with:
Kendall-Jackson Vintner's Reserve or Piper Sonoma
 750-ml. Selected varieties. **12⁹⁹** CLUB PRICE

3⁹⁹
24-pack
 CLUB PRICE
Refresh Water
 24-pack, 16.9-oz. SAVE up to \$1.50

10⁵⁶
4 to 6-oz.
 CLUB PRICE
Yoplait Yogurt
 Selected varieties. Club Price: 60¢ ea. SAVE up to \$3.00 on 10

75¢
6-oz.
 CLUB PRICE
Chicken of the Sea Chunk White Albacore
 6-oz. In water.

BUY ONE, GET ONE FREE
 EQUAL OR LESSER VALUE FREE
 CLUB PRICE
Tostitos Tortilla Chips
 8 to 13.5-oz. Selected varieties. SAVE up to \$3.49 on 2

5¹⁰
8 to 9-oz.
 CLUB PRICE
Hot or Lean Pockets
 Selected varieties. Club Price: \$2.00. SAVE up to \$3.45 on 5

14⁹⁹
24-Pack
 CLUB PRICE
Bud, Miller or Coors
 12-oz. cans. Selected varieties. Plus deposit in Oregon. SAVE up to \$5.00

10⁰⁰
15.25-oz.
 CLUB PRICE
Progresso Microbowls or Vegetable Classics Soup
 15.25-oz. bowls or 18.5 to 19-oz. soups. Selected varieties. Club Price: \$1.00 ea. SAVE up to \$16.00 on 10

1⁸⁹
24-oz.
 CLUB PRICE
Safeway SELECT Variety Breads
 24-oz. Selected varieties. SAVE up to 90¢

2⁹⁹
11.8 to 29.46-oz.
 CLUB PRICE
Freschetta Original Pizza
 Brick Oven or Ultra Thin. Selected varieties. Club Price: 4.50 ea.

FEBRUARY
 WED THUR FRI SAT SUN MON TUES
 20 21 22 23 24 25 26
 Prices good thru February 28 with your Safeway Club Card

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Gift Card Mail
 Shop all your favorite retailers here.



Potato Nachos

"Nachos are popular among kids and teens alike. Try this healthy twist for your next nacho noshing festivities."

- Ingredients**
- 1/2 pounds russet potatoes
 - 1 1/2 tablespoons vegetable oil
 - 1/2 teaspoon garlic salt
 - 1 teaspoon Mexican seasoning blend
 - 1 cup Mexican blend shredded cheese
 - 1/4 cup rinsed and drained canned black beans
 - 1/4 cup diced tomatoes
 - 1/4 cup sliced black olives
 - 1/4 cup sliced green onions
 - 3 tablespoons canned diced green chiles
 - Salsa, guacamole and sour cream (optional)

- Directions**
1. Preheat oven to 425F. Scrub potatoes and cut into 1/2-inch thick wedges. Place potatoes into a medium size bowl with the oil, garlic salt and Mexican seasoning.
 2. Stir well to coat potatoes with oil and seasonings. Transfer to a large baking sheet and spread into a single layer.
 3. Bake for 25 to 30 minutes, stirring several times, until crisp and golden brown.
 4. Top with cheese, beans, tomatoes, olives, onions and chiles.
 5. Bake for 5 minutes more to melt cheese. Serve with salsa, guacamole and sour cream.

Pork and Sweet Potato Harvest Supper



"Savor a busy-night skillet meal with favorite apples, pork, sweet potatoes and, yes, maple syrup!"

- Ingredients**
- 2 tablespoons margarine or butter
 - 1 lb. boneless pork, cut into thin bite-sized strips
 - 3 cups cut (1-inch pieces) cabbage
 - 2 medium or 1 large sweet potato, peeled, halved and sliced (3 cups)
 - 2 medium fresh green apples, peeled, sliced
 - 1 teaspoon Caribbean or Jamaican jerk seasoning
 - 1/2 cup maple-flavored syrup

- Directions**
1. Melt margarine in large skillet over medium-high heat. Add pork; cook and stir 15 to 25 minutes or until lightly browned and no longer pink in center.
 2. Reduce heat to medium. Add cabbage, sweet potatoes, apples and jerk seasoning; stir gently to mix. Cover; cook 10 to 20 minutes or until vegetables are tender, stirring occasionally. Add syrup; stir gently to mix.

SUNDAY SLOW COOKER COLLECTION

Creamy Potato Soup
 "Enjoy this easy, flavorful, heart-healthy creamy potato soup."



- Ingredients**
- 6 slices bacon, cut into 1/2 inch pieces
 - 1 onion, finely chopped
 - 2 (10-1/2 ounce) cans condensed chicken broth
 - 2 cups water
 - 5 large potatoes, diced
 - 1/2 teaspoon salt
 - 1/2 teaspoon dried dill weed
 - 1/2 teaspoon ground black pepper
 - 2 cups half-and-half
 - 1/2 cup all-purpose flour
 - 1 (12 ounce) can evaporated milk

- Directions**
1. Place bacon and onion in a large, deep skillet. Cook over medium-high heat until bacon is evenly brown and onions are soft. Drain off excess grease.
 2. Transfer the bacon and onion to a slow cooker, and stir in chicken broth, water, potatoes, salt, dill weed and white pepper.
 3. Cover and cook on Low 6 to 7 hours, stirring occasionally.
 4. In a small bowl, whisk together the half-and-half and flour. Stir into the soup along with the evaporated milk.
 5. Cover and cook another 30 minutes before serving. Garnish with shredded cheddar and green onions; serve with hearty bread.

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