

SAFEWAY

Ingredients for life.®

simple nutrition

Need help finding better nutrition choices? Just look for our green tags!



Rancher's Reserve® Boneless Beef Round Steak
Extreme Value Pack.

93% Lean Ground Beef
Not to exceed 7% fat.
Extreme Value Pack.

MIX & MATCH

BUY 1 GET 1 FREE
EQUAL OR LESSER VALUE
Club Price

MEAT SALE!

Safeway Chicken Thighs, Drumsticks, Leg Quarters or Split Breasts

Pork Loin Center Cut Chops
Bone-In. Or Assorted Chops. Extreme Value Pack.

99¢ lb
Sweet Navel Oranges
Imported
SAVE up to \$1.00 lb.
Club Price

99¢ ea
Red, Yellow or Orange Bell Peppers
Imported
SAVE up to \$1.00 ea.
Club Price

1.49
Safeway Kitchens Wheat Breads
22-oz. 100% Whole Wheat or Crushed Wheat.
Club Price

7.99 lb
Fresh Coho Salmon Fillets
Farm raised.
Previously frozen.
SAVE up to \$2.00 lb.
Club Price

1.99 ea
Signature Cafe® Hoagie Sandwiches
Regular Club Price: \$2.99 ea.
MUST BUY 2 to get discounted price.
Club Price

10 for \$5
Lucerne® Yogurt
6-oz. Selected varieties.
Club Price: 50¢ ea.
Club Price

BUY 1 GET 1 FREE
EQUAL OR LESSER VALUE
Club Price

2.99
Safeway SELECT® or Open Nature™ Ice Cream
1.5-qt. Selected varieties.
Club Price

4.99
DiGiorno Pizza
14.8 to 34.2-oz. Selected varieties.
SAVE up to \$2.00.
Club Price

BUY 1 GET 1 FREE
EQUAL OR LESSER VALUE
Club Price

Single Bottle Sale Price 8.99 **Six Pack Carrier Price 8.10**
Eola Hills, Columbia-Crest Estate or Robert Mondavi PS
750-ml. Selected varieties.
Club Price

BUY 5 \$5 SAVE 5
Mix & Match Sale

Look for Buy 5 Save \$5 tags on participating items.

On all your favorites: Kellogg's Frosted Mini-Wheats 18-oz., Special K 12 to 14-oz., Frosted Flakes 14-oz., Rice Krispies 12-oz. or Raisin Bran 20-oz. Cereal, Kellogg's Pop Tarts 12-ct., Rice Krispies Treats 18-ct. or Kashi TLC Bars 6-ct. Selected varieties. Valid with Club Card purchase from 9/7 to 9/13/11. Participating items must be purchased in a single transaction. Online and in-store prices, discounts and offers may differ.

Thousands of EVERYDAY LOW PRICES PLUS Always great Club Card Specials

That's our promise... that's Ingredients for life.

SEPTEMBER 7 8 9 10 11 12 13 Prices on this page are effective Wednesday, September 7 thru Tuesday, September 13, 2011. ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

Prices in this ad are effective 6 AM Wednesday, September 7 thru Tuesday, September 13, 2011 in all Safeway stores in Oregon (except Milton-Freewater) and S.W. Washington stores serving Wahkiakum, Clatsop, Clark, Skamania and Klickitat Counties. Items offered for sale are not available to other dealers or wholesalers. Sales of products containing ephedrine, pseudoephedrine or phenylpropanolamine limited by law. Quantity rights reserved. SOME ADVERTISING ITEMS MAY NOT BE AVAILABLE IN ALL STORES. Some advertised prices may be even lower in some stores. On Buy One, Get One Free ("BOGO") offers, customer must purchase the first item to receive the second item free. BOGO offers are not 1/2 price sales. If only a single item purchased, the regular price applies. Manufacturers' coupons may be used on purchased items only — not on free items. Limit one coupon per purchased item. Customer will be responsible for tax and deposits as required by law on the purchased and free items. No liquor sales in excess of 52 gallons. No liquor sales for resale. Liquor sales at licensed Safeway stores only. © 2011 Safeway Inc. Availability of items may vary by store. Online and in-store prices, discounts and offers may differ.

your groceries, your choices, your schedule... delivered!

NOW! FREE Delivery On First Order!

Go to **SAFEWAY.com**

*With \$20 minimum purchase in a single transaction. New online customers only. Delivery area restrictions apply.

SAVINGS FOR EVERY MEAL

4 for \$5
Oscar Mayer Basic Lunchables
3.7 to 4.5-oz. Selected varieties.
Club Price: \$1.25 ea.
SAVE up to \$4.98 on 4.
Club Price

1.99
Hormel Natural Choice or Buddig Lunchmeat
6 to 12-oz. Selected varieties.
SAVE up to \$3.00 ea.
Club Price

2.99
Lloyd's Beef or Jimmy Dean Breakfast Sausage
6 to 18-oz. Selected varieties.
SAVE up to \$4.00 ea.
Club Price

3.99
Hormel Bacon or Entrées
12 to 17-oz. Selected varieties.
SAVE up to \$3.50 ea.
Club Price

4.99
Tyson Breaded Chicken Selections
22 to 32-oz. Frozen. Selected varieties.
SAVE up to \$5.00 ea.
Club Price

5.99
Foster Farms Boneless Skinless Chicken Breasts
2.5-lb. Individually wrapped. Frozen. SAVE up to \$8.00 ea.
Club Price

FOOD

recipe from: <http://simplyrecipes.com>



Homemade Pizza

What to do when your 8-year-old nephew comes to visit? Make pizza, of course! Prep time is 2 hours; Cook time is 30 minutes to make two 10 to 12-inch pizzas.

Pizza Ingredients (enough for 2 pizzas):

- 1 1/2 cups warm water (105°F-115°F)
 - 1 package (2 1/4 teaspoons) of active dry yeast (check the expiration date on the package)
 - 3 1/2 cups bread flour (can use all-purpose but bread flour will give you a crisper crust)
 - 2 Tbsp olive oil
 - 2 teaspoons salt
 - 1 teaspoon sugar
- Pizza Ingredients**
- Olive oil
 - Cornmeal (to slide the pizza onto the pizza stone)
 - Tomato sauce (purée)
 - Mozzarella or Parmesan cheese, shredded
 - Feta cheese
 - Mushrooms, thinly sliced
 - Bell peppers, stems and seeds removed, thinly sliced
 - Italian sausage, cooked ahead
 - Chopped fresh basil
 - Pesto
 - Pepperoni, thinly sliced
 - Onions, thinly sliced
 - Sliced ham

Equipment needed:

- A pizza stone, highly recommended if you want your pizza dough to be crusty
 - A pizza peel or a flat baking sheet
 - A pizza wheel for cutting the pizza, not required, but easier to deal with than a knife
1. In a heavy duty electric mixer bowl (such as a Kitchen Aid), add the warm water. Sprinkle on the yeast and let sit for 5 minutes until yeast is dissolved. Stir to dissolve completely if needed.
 2. Attach a mixing paddle to the mixer. Mix in the olive oil, flour, salt and sugar on low speed for about a minute. Replace with a dough hook. Knead using the mixer and dough hook, on low to medium speed, until the dough is smooth and elastic, about 10 minutes. If you don't have a mixer, you can mix and knead by hand. If the dough seems too wet, sprinkle on a bit more flour.
 3. Place ball of dough in a bowl that has been coated lightly with olive oil. Turn the dough around in the bowl so that it gets coated with the oil. Cover with plastic wrap. Let sit in a warm place (75-85°F) until it doubles in size, about 1 to 1 1/2 hours (or several hours longer, a longer rise will improve the flavor). If you don't have a warm spot in the house you can heat the oven to 150 degrees, and then turn off the oven and let it cool till it is just a little warm; then place the bowl of dough in the oven to rise. At this point, if you want to make ahead, you can freeze the dough in an airtight container for up to two weeks.
 4. Place a pizza stone on a rack in the lower third of your oven. Preheat the oven to 450°F for at least 30 minutes, preferably an hour.

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