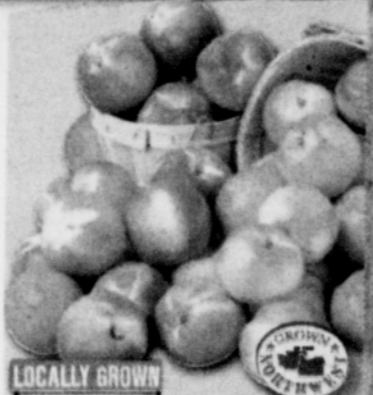


SAFEWAY

REAL BIG DEALS ON SUMMER PRODUCE

Red, Green or Black Seedless Grapes
SAVE up to \$1.20 lb.

79¢ lb.
Club Price!



LOCALLY GROWN
1.99 lb.
Club Price!
Yellow Peaches or Nectarines
SAVE up to 50¢ lb.



2.5 for
Club Price!
Cantaloupe
Club Price: \$2.50 ea.
SAVE up to \$2.98 on 2



ORGANIC
1.99 lb.
Club Price!
Organic Black Plums
SAVE up to 80¢ lb.



1.99 ea.
1-lb. Strawberries



2.49 lb.
Club Price!
Rancher's Reserve® Boneless Beef Round Steak
Or Boneless Beef Top Sirloin Steak, \$3.99 lb. Extreme Value Pack.
SAVE up to \$2.50 lb.



1.99 lb.
Club Price!
Pork Shoulder Blade Steak
Bone-In. Extreme Value Pack.
SAVE up to \$2.50 lb.



88¢ lb.
Club Price!
Foster Farms Fresh Whole Fryer
Locally Grown. Or Fresh Safeway Chicken Thighs, Drumsticks or Leg Quarters, \$1.29 lb. Extreme Value Pack. SAVE up to 81¢ lb.



2.5 for
Club Price!
Open Nature™ or Safeway Kitchens Variety Breads
24-oz. Selected varieties. Club Price: \$2.00 ea. SAVE up to \$2.98 on 2



6.99 lb.
Club Price!
Cooked or Raw Shrimp
31 to 40-ct. Cooked. Or 21 to 25-ct. Raw.
Sold in a 2-lb. bag. Frozen. SAVE up to \$2.50 lb.



1.88 Club Price!
Dannon Light & Fit, Activia or Pure Yogurt
4 to 6-pack. Selected varieties.



5 ea.
Club Price!
Signature Cafe® Regular Size Sandwich Meal Deal
Includes chips and any size fountain drink.



9.00 ea.
Club Price!
Eola Hills, Chateau St. Jean or Woodbridge
750-ml. Eola Hills, Chateau St. Jean or 1.5-lb. Woodbridge. Selected varieties. Single Bottle Price: \$9.99 ea.

BUY 4 SAVE \$4
*Must buy 4 or more with Card



Betty Crocker Fruit Snacks
4.5 to 8-oz. Selected varieties.
99¢ Club Price!
when you buy 4 or more



General Mills Cheerios
8.9-oz., Creamy Toast Crunch
12.2-oz., Rice Chex 12.8-oz. Cream
10-ct. Lucky Charms cereal bars.
1.49 Club Price!
when you buy 4 or more



Quaker Life
13-oz., Cap'n Crunch 14-oz.
Or 4.1 to 7-oz. General Mills Fiber One
Chevy Bars. Selected varieties.
1.99 Club Price!
when you buy 4 or more



Tropicana Pure Premium or Trop50 Juice
59-oz. Chilled. Selected varieties.
2.88 Club Price!



Starbucks Coffee or K-Cups
11 to 12-oz. or 10-ct. Selected varieties.
SAVE up to \$2.50
7.49 Club Price!



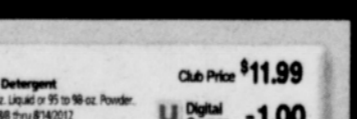
Coca-Cola
12-pack, 12-oz. cans or 8-pack, 20-oz. bottles. Selected varieties. Plus deposit in Oregon.
3.39 ea. Club Price!
when you buy 4 or more



Ragù or Francesco Rinaldi Pasta Sauce
16 to 24-oz. Selected varieties. SAVE up to \$2.49 on 2
BUY 1 GET 1 FREE Club Price!



Lean Cuisine Simple Favorites
\$1.50 11.5-oz. packets. Selected varieties. Club Price: \$2.29 ea. SAVE up to \$1.45 ea.
5.10 for Club Price!



Quilted Northern or MD Bath Tissue, Brawny or Sparkle Paper Towels
17-Ply Tissue or 18-Ply Paper Towels. Selected varieties. SAVE up to \$1.20
6.99 Club Price!

Digital Coupons

just for **U**

No clipping! No hassle!

<p>Foster Farms Boneless Skinless Chicken Breasts 2.5-lb. frozen. Whole supplier lot. valid 8/8 thru 8/14/2012</p> <p>Club Price \$5.99 Digital Coupon -1.00 FINAL PRICE just for U! 4.99</p>	<p>Melissa's Oven Cookies 11.3 to 15.9-oz. 12-pack. valid 8/8 thru 8/14/2012</p> <p>Club Price \$2.99 Digital Coupon -50¢ FINAL PRICE just for U! 2.49</p>	<p>Kraft Shredded Cheese 16-oz. 2-pack. valid 8/8 thru 8/14/2012</p> <p>Club Price \$2.99 Digital Coupon -50¢ FINAL PRICE just for U! 2.49</p>	<p>Yoplait Yogurt 8-pack. valid 8/8 thru 8/14/2012</p> <p>Club Price \$3.99 Digital Coupon -50¢ FINAL PRICE just for U! 3.49</p>
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Just add them to your Club Card at Safeway.com

AUGUST 8 9 10 11 12 13 14
WED THUR FRI SAT SUN MON TUES

Prices on this page are effective Wednesday, August 8 thru Tuesday, August 14, 2012. ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

Prices in this ad are effective 6 AM Wednesday, August 8 thru Tuesday, August 14, 2012 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. © 2012 Safeway Inc. Availability of items may vary by store. Online and in-store prices, discounts and offers may differ.

FOOD



7 Layer Dip

Beans, guacamole, sour cream and cheese layered to perfection

Ingredients

- 1 (14 ounce) can refried beans
- 1 (9 ounce) can hot bean dip (such as Fritos® Brand)
- 6 avocados - peeled, pitted, and mashed
- 1 cup salsa
- 1 1/2 cups sour cream
- 1 cup finely shredded Cheddar cheese
- 1 (4 ounce) can chopped black olives, drained
- 2 tomatoes, diced
- 4 green onions, chopped

Directions

1. Mix refried beans with hot bean dip in a bowl; spread the bean mixture in an even layer over a pizza pan.
2. Mix avocados with salsa in a bowl; spread mixture over the bean mixture. Place dollops of sour cream over avocado layer and spread into an even layer; top with shredded Cheddar cheese.
3. Sprinkle black olives, diced tomatoes, and green onions over the dip.
4. Chill at least 1 hour before serving.



Mexican Chicken

A one-dish low fat chicken entree with Mexican flair, taking less than 30 minutes to prepare.

Ingredients

- 4 skinless, boneless chicken breasts
- 1 cup salsa
- 1 cup shredded Cheddar cheese
- 1 clove garlic, minced
- 1 pinch salt
- 1 pinch ground black pepper
- 1 pinch ground cumin

Directions

1. Preheat oven to 375 degrees F (190 degrees C).
2. Heat a greased skillet to medium. Rub chicken pieces with garlic, salt, pepper and cumin to taste and add to hot skillet.
3. Cook until brown on both sides and no longer pink (10 to 15 minutes).
4. Transfer meat to 9 x 13 inch baking dish or casserole dish, top with salsa and cheese and bake at 375 degrees F (190 degrees C) for 15 to 20 minutes (until cheese is bubbly and starts to brown.)
5. Serve over rice or buttered noodles.