

# SAFEWAY

REAL BIG DEALS EVERY WEEK WITH YOUR CARD

**RANCHER'S Reserve**  
TENDER BEEF

**2.99** lb Club Price  
Rancher's Reserve® Boneless Beef Petite Sirloin Steak Extreme Value Pack. SAVE up to \$4.00 lb.

**3.99** lb Club Price  
Rancher's Reserve® Boneless Beef Top Sirloin Steak Extreme Value Pack. SAVE up to \$3.00 lb.

**4.99** lb Club Price  
Rancher's Reserve® Boneless Beef Loin Tri-Tip Roast. SAVE up to \$1.50 lb.

**1.99** lb Club Price  
Pork Shoulder Blade Steak Bone-In, Or Boneless Pork Sirloin Chops. Extreme Value Pack. SAVE up to \$2.50 lb.

**1.99** lb Club Price  
Honeycrisp Apples. SAVE up to \$1.00 lb.

**8.99** lb Club Price  
Wild Alaskan Sockeye Salmon Fillets. Previously frozen. SAVE up to \$4.00 lb.

**99¢** ea  
Hass Avocados

**2\$5** Club Price  
Oroweat Variety Breads, Thins or Muffins. Selected sizes and varieties. Club Price: \$2.50 ea.

**2\$5** Club Price  
Lucerne® Ice Cream. 1.5-qt. Selected varieties. Club Price: \$2.50 ea.

**1.99** ea Club Price  
Fresh Express or Safeway Farms Salad Blends. 4.75 to 12-oz. packages. SAVE up to 30¢ ea.

**2\$6** Club Price  
Safeway SELECT® Orange Juice. 59-oz. Chilled. Selected varieties. Club Price: \$3.00 ea.

**1.99** Club Price  
Fritos or Cheetos. 9 to 10.5-oz. Selected varieties. SAVE up to \$3.49 on 2.

**5\$10** Club Price  
Lean Cuisine Simple Favorites. 8.5 to 11.5-oz. Or 10 to 12-oz. Stouffer's Sample Dishes. Selected varieties. Club Price: \$2.00 ea.

**4\$5** Club Price  
Progresso Traditional or Rich & Hearty Soup. 18.5 to 19-oz. Selected varieties. Club Price: \$1.25 ea. SAVE up to \$4.16 on 4.

**2\$6** Club Price  
Nabisco Oreo Cookies or Honey Maid Graham's. 7.04 to 15.9-oz. Selected varieties. Club Price: \$3.00 ea. SAVE up to \$3.58 on 2.

**2.99** Club Price  
12-Pack Pepsi or 7-UP. 12-oz. cans. Selected varieties. Plus deposit in Oregon.

**2\$5** Club Price  
Post Honey Bunches of Oats. 14.5-oz. or Kellogg's Frosted Mini Wheats 15 to 18-oz. Cereal. Selected varieties. Club Price: \$2.50 ea.

**7.99** Club Price  
Starbucks Coffee or K-Cups. 11 to 12-oz. or 10-ct. Selected varieties. SAVE up to \$2.00.

**5.99** Club Price  
Tide Pods or Tide or Gain Detergent. 18-ct. Pods or 50-oz. Liquid or 34 to 40-oz. Powder. Selected varieties.

## STOCK UP SALE!

**BUY 1 GET 1 FREE**  
EQUAL OR LESSER VALUE Club Price!  
Foster Farms Ground Turkey. 20-oz. SAVE up to \$5.99 on 2.

**BUY 1 GET 1 FREE**  
EQUAL OR LESSER VALUE Club Price!  
Oscar Mayer Meat Franks or Meat Bologna. 16-oz. Selected varieties. SAVE up to \$5.49 on 2.

**BUY 1 GET 1 FREE**  
EQUAL OR LESSER VALUE Club Price!  
Oscar Mayer Deli Fresh Lunchmeat or Hebrew National Beef Franks. 7 to 9-oz. Lunchmeat or 11 to 12-oz. Franks. Selected varieties. SAVE up to \$5.49 on 2.

**BUY 1 GET 1 FREE**  
EQUAL OR LESSER VALUE Club Price!  
Tyson Breaded Chicken Selections. 22 to 32-oz. Frozen. Selected varieties. SAVE up to \$7.99 on 2.

**BUY 1 GET 1 FREE**  
EQUAL OR LESSER VALUE Club Price!  
Tony Roma's Baby Back Ribs or Farmland Sliced Bacon. 24 to 28-oz. Ribs or 12-oz. Bacon. Selected varieties. SAVE up to \$16.99 on 2.

**2.29** lb Club Price  
80% Lean 20% Fat Ground Beef. Extreme Value Pack. SAVE up to \$1.40 ea.

**5\$5** Club Price  
Barilla Pasta. 12 to 16-oz. Selected varieties. Club Price: \$1.00 ea. SAVE up to \$2.95 on 5.

**1.99** Club Price  
Classico Pasta Sauce. 15 to 24-oz. Selected varieties.

# FOOD



## Kombucha Brewing

Brewing kombucha tea, or Manchurian tea, is an easy process which only requires a minimal amount of time, some common kitchen utensils, and some basic knowledge about cultures and good hygiene. If you look after your mushroom culture and care for it properly it should last you a lifetime!

### Ingredients:

- A fresh kombucha culture starter ("kombucha mother"/"SCOBY"). You can search the web for a starter or go here for a good organic source <http://store.anahatabalance.com>. Or you can get one from a friend already brewing.
- One cup of kombucha tea from a previous batch or purchased from a grocer, but make sure it is an active culture.
- A pot to heat the water/sugar solution. This can be metal for this step.
- Distilled water (avoid city water).
- Cane sugar or other natural sugar.
- 8 tea bags of green, black or white caffeinated tea.
- A glass container for fermenting the tea solution (a gallon-sized glass pickle jar works great). If use plastic, make sure it has #2 symbol on the bottom. Never use lead crystal, ceramic, or metal containers to ferment kombucha cultures.
- Clean cotton cloth (not cheese cloth), cut to double size needed to cover brewing container, a piece of t-shirt will work.
- rubber band



### Directions:

1. Bring one 1 gallon of filtered water to boil.
2. Pour hot water into glass jar.
3. Add 1 1/4 to 1 1/2 cups of granulated sugar, stirring in until totally dissolved.
4. Add tea bags and let steep until it cools to room temperature (this will take up to 6 hours), covering to keep out dust.



**OCTOBER** 10 11 12 13 14 15 16  
WED THUR FRI SAT SUN MON TUES  
Prices on this page are effective Wednesday, October 10 thru Tuesday, October 16, 2012. (unless otherwise noted). ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

Prices in this ad are effective 6 AM Wednesday, October 10 thru Tuesday, October 16, 2012 (unless otherwise noted) in all Safeway stores in Oregon (except Milton-Freewater) and S.W. Washington stores serving Wahkiakum, Cowlitz, Clark, Skamania and Klickitat Counties. Items offered for sale are not available to other dealers or wholesalers. Sales of products containing aphedrine, 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.

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