

SAFEWAY

Ingredients for life.

Earn GAS REWARDS

Each time you spend* \$50 or more in a single transaction.

Only with your 

Stock Up

169 lb

MEAT SALE!

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

Assorted Pork Loin Chops
Bone-In, Or Center Cut Chops, \$2.99/lb. Extreme Value Pack.

80% Lean Ground Beef
Or 85% Lean, \$2.49/lb. Extreme Value Pack.

HoneySuckle Boneless White Turkey Breast
Sold at \$5.07 ea. Or Safeway Hickory Smoked Shank Ham, Or Butt, \$1.89/lb.

waterfront BISTRO® Cooked or Raw Shrimp
51 to 60-ct. Cooked or 31 to 40-ct. Raw. Frozen/thawed. SAVE up to \$5.00/lb.

Sweet Blueberries
18-oz. container. SAVE up to 5.00 ea.

129 Safeway Butter Top Breads
22-oz. White or Wheat.

10 \$10 Red, Yellow or Orange Bell Peppers
Great with dips or salads! Club Price \$1.00 ea. SAVE up to \$9.30 on 10.

2 \$5 Fresh Express or Eating Right® Complete Salads
12.5 to 14-oz. Selected varieties. Club Price \$2.50 ea. SAVE up to \$2.38 on 2.

2 \$6 Simply OJ, Apple, Grapefruit or Minute Maid Pom/Blue Juice
59-oz. Chilled. Selected varieties. Club Price \$3.00 ea. SAVE up to \$1.98 on 2.

5 49 24-Pack Pepsi
12-oz. cans. Selected varieties. Plus deposit in Oregon. Limit 2.

4 \$5 Ragu Pasta Sauce
16 to 26-oz. Selected varieties. Club Price \$1.25 ea. SAVE up to \$2.96 on 4.

3 99 DiGiorno Pizza
14 to 32.7-oz. Selected varieties. SAVE up to \$2.00.

1 88 Lean Cuisine or Stouffer's Meals
5 to 12.625-oz. Selected varieties.

2 \$5 Nabisco Oreo Cookies or Honey Maid
9.4 to 15-oz. Selected varieties. Club Price \$2.50 ea. SAVE up to \$2.58 on 2.

BUY 4 SAVE \$4 juice savings jamboree!

1 49 **1 99**

Thousands of EVERYDAY LOW PRICES PLUS Always great Club Card Specials

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

Prices on this page are effective **Wednesday, January 12 thru Tuesday, January 18, 2011.**
ALL LIMITS ARE PER HOUSEHOLD, PER DAY.
Selection varies by store.

ALL LIMITS ARE PER HOUSEHOLD, PER DAY.
Prices in this ad are effective 8 AM Wednesday, January 12 thru Tuesday, January 18, 2011 in all Safeway stores in Oregon (except Milton-Freewater) and in W. Washington stores serving Multnomah County, Clark, Thurman and Washington Counties. Some offers may not be available in all states or affiliates. Sales of products containing reproductive, pregnancy-related or phthalate-related chemicals limited by law. Quantity rights reserved. SOME ADVERTISING OFFERS MAY NOT BE AVAILABLE IN ALL STORES. Some advertised prices may be even lower in some stores. On the Club Card, Get the Free 1000001 Offer, customer must purchase the first item to receive the second item free. 1000001 offers are not 100% 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 102 gallons. No liquor sales for resale. Liquor sales at licensed Safeway stores only. © 2011 Safeway Inc. Availability of items may vary by store.

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

FREE Delivery On First Order!

Go to **SAFEWAY.com**

THE JOY OF FOOTBALL

4 DAY SALE

FRIDAY THRU MONDAY ONLY!

\$2 49 Club Price

Foster Farms Lean Ground Turkey
20-oz. SAVE up to \$2.50 ea.

68¢ Hass Avocados
High in Omega 3!

16 88 24-Pack Coors, Bud or Miller
12-oz cans. Selected varieties. Plus deposit in Oregon.

5 99 Signature Soft® 5-Piece Fruit, All Natural or Dark Meat Chicken
12 Pack Bread, Thighs, Drumsticks and Wings, Dark Meat 4 each. Thighs and Drumsticks.

11 49 Quilted Northern Bath Towels or Brawny Paper Towels
24 Roll Towels or 12 Roll Towels. Selected varieties.

Food



Slimming Secrets

Go Bananas 2-A-Day Challenge participants begin each day with two bananas and at least eight ounces of water, a combination that specifically aids in weight loss.

Banana fiber creates extra bulk in the stomach, allowing participants to feel full longer — and less hungry overall. He says the fiber acts like an internal accelerator that pulls some of the fat in the stomach through the digestive system before it can be absorbed.

You can choose among fresh fruit, vegetables and nuts for their daily afternoon snack, sugar-based desserts and alcohol are strictly off-limits.

Black Bean and Fruit Salad

- 1 can (15 ounces) black beans, drained
 - 2 tablespoons prepared salsa
 - 1 tablespoon chopped fresh cilantro
 - 1 tablespoon finely chopped red onion
 - 1/2 teaspoon grated orange peel
 - 1 tablespoon lime juice
 - 1/4 teaspoon ground cumin
 - 1 ounce feta cheese, crumbled (optional)
 - 1 large Banana, sliced
 - 1 Orange, peeled and sliced
- Combine beans, salsa, cilantro, onion, orange peel, lime juice and cumin in large bowl. Spoon onto lettuce-lined platter. Sprinkle cheese on top of salad, if desired. Arrange banana and orange slices alongside of salad. Squeeze additional lime juice over bananas.

Pineapple Salsa Chicken

- 6 boneless, skinless chicken breasts
- 2 cups chunked, fresh Pineapple*
- 1/4 cup Pineapple juice
- 1/2 cup finely chopped Red Bell Peppers
- 1/4 cup finely chopped Green Bell Pepper
- 1 tablespoon chopped Green Onion
- 2 teaspoons chopped fresh cilantro or parsley
- 2 tablespoons chopped jalapeño chilies

Grill or broil chicken 5 to 10 minutes on each side or until chicken is no longer pink in the center. Combine pineapple chunks, juice, bell pepper, onions, cilantro and chilies in bowl. Serve salsa with grilled or broiled chicken.

*May substitute 1 can (20 ounces) Pineapple, chunked, drained.

GATEWAY WOMEN'S CLINIC

For all your obstetric and gynecology needs

177 N.E. 102nd Avenue
Portland, Oregon 97220
Office 503-254-1399
Toll Free 800-652-1399
Fax 503-256-1340

www.gatewaywomensclinic.com

Robert D. Dyson, M.D., Ph.D., FACOG
Dina J. Levin, M.D., FACOG
Anna S. Ahmad, M.D., MPH, FACOG
Kimberlynn M. Helles, D.O., FACOG
Clea Caldwell, D.O., FACOG
Jennine M. Varholo, DO, FACOG
Natalie Korneeva, MD, FACOG
Karna M. Rash-Gimer, C.N.M.

You Belong on Our Team!

MULTNOMAH COUNTY

Job Hotline: 503-988-5035
TTY: 503-988-5170
an equal opportunity employer

www.multcojobs.org