SAFEWAY

simple nutrition

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your groceries, your choices, your schedule... delivered!
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Truckload MEAT SALE

RANCHER'S Reserve
VALUE PACK
2.29 lb Club Price
Rancher's Reserve® Beef London Broil
Extreme Value Pack. Or Pot Roast, $2.49 lb. Or Bottom Round Roast, $2.69 lb. SAVE up to $2.70 lb.

Lunchables Turkey & Cheddar
Oscar Mayer Basic Lunchables
4 for $5 Club Price

5.99 lb Club Price
watterfront BISTRO® Cooked or Raw Shrimp
51 to 60-ct. Cooked. Or 31 to 40-ct. Raw. Frozen/thawed. SAVE up to $3.00 lb.

2.99 ea Club Price
3-lb. Bag Clementines
SAVE up to $4.00 ea.

1.49 lb Club Price
Tomatoes on the Vine
SAVE up to $1.50 lb.

2 for $6 Club Price
Fresh Express Salads
4 to 12-oz. package. Selected varieties. Club Price: $3.00 ea. SAVE up to 58¢ on 2

Assorted Pork Loin Chops 1.59 lb Club Price

Safeway Chicken Split Breasts 1.69 lb Club Price

In the Deli
5.99 ea Club Price
Signature Cafe® Whole Roasted Chicken
32-oz. SAVE up to $1.50 ea.

Must Buy 3 BUY 2 GET 1 FREE Club Price
12-Pack 7-UP Cool Packs
12-oz. cans. Selected varieties. Plus deposit in Oregon. SAVE up to $20.97 on 5

16.88 Club Price
24-Pack Coors, Bud or Miller
12-oz. cans. Selected varieties. Plus deposit in Oregon. SAVE up to $6.11

Oscar Mayer Deli Creations, Meat Bologna or Franks 1.99 ea Club Price

3 for $10 Club Price
Arrowhead Water
24-pack, 16.9-oz. Club Price: $3.34 ea. Plus deposit in Oregon. SAVE up to $2.67 on 3

2 for $6 Club Price
Tropicana Pure Premium or Trop50 Juice
59-oz. Chilled. Selected varieties. Club Price: $3.00 ea.

2 for $5 Club Price
Nabisco Oreo Cookies or Nilla Wafers
9.4 to 19-oz. Selected varieties. Club Price: $2.50 ea. SAVE up to $2.98 on 2

Oscar Mayer Carving Board or Zip Pack Luncheat 2.99 ea Club Price

3 for $5 Club Price
Prego Pasta Sauce
23.5 to 24-oz. Selected varieties. Club Price: $1.67 ea. SAVE up to $1.67 on 3

5.99 Club Price
Tide Detergent
50-oz. Liquid or 56 to 71-oz. Powder. Selected varieties. SAVE up to $2.00

Chateau St. Jean, Esto Hills or Woodbridge
Single Bottle Sale Price 9.99
Six Pack Carrier Price 9.00
Club Price

Ham
Oscar Mayer Sliced Bacon or Lunchmeat 3.99 ea Club Price

save on sweet treats!
2 for $6 Club Price
Participating items include: Breyers Ice Cream 1.5 qt., Ben & Jerry's Pint, Starbucks Pint, Klondike 4-ct to 6-ct or Magnum Bars 10.14-oz. Club Price: $3.00 ea. Selected varieties.

Thousands of EVERYDAY LOW PRICES PLUS Always great Club Card Specials
That's our promise... that's Ingredients for life.

APRIL 6 WED 7 THUR 8 FRI 9 SAT 10 SUN 11 MON 12 TUES

Prices on this page are effective Wednesday, April 6 thru Tuesday, April 12, 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 6 AM Wednesday, April 6 thru Tuesday, April 12, 2011 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 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 at 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 12 gallons. No liquor sales for resale. Liquor sales at licensed Safeway stores only. © 2011 Safeway Inc. Availability of items may vary by store.
PD-SK

Food

Cook's Peace of Mind

Summer is filled with family picnics and barbecues, but you need to make sure that those burgers and pasta salads aren't served with a side of bacteria.

Working with everyday staples, like chicken, beef, eggs and fresh vegetables, can present cooking challenges. These foods can carry common bacteria, such as E. coli, Salmonella and Staph — all of which can thrive even in a fancy kitchen.

Research shows that bacteria can easily spread to kitchen surfaces while preparing even the most simple of meals. Studies have found that:

—Bacteria on a cutting board can double after ten minutes of use, whether cutting raw meat or vegetables.

—Ten percent of bacteria on a cutting board can transfer to lettuce during chopping.

—E. coli that remains on washed and dried dishes can survive up to three days.

All home cooks want to provide the best for their family while creating memorable meals. Cleaning throughout the cooking process gives peace of mind that they're doing all they can for my family."

Grilled Vegetables & Ginger Citrus Mayonnaise

Serves 6 to 8

2 each crookneck or summer squash, baby zucchini, large whole carrots, large fennel or 3 medium fennel bulbs

5 to 6 shallots

Kosher salt and freshly cracked black pepper

Extra virgin olive oil

Ginger Citrus Mayonnaise

3 juicy oranges, grapefruits, Meyer lemons, mineolas, tangerines, Mandarins, blood oranges, etc., cut in half (6 halves total)

3 tablespoons (or more for desired consistency) store bought preferred mayonnaise

Kosher salt and freshly ground pepper

1/4 teaspoon cayenne pepper

1/2 teaspoon ground ginger

Preheat grill for vegetables.

To make the mayonnaise, squeeze all the juice out from 5 of the 6 citrus halves into a saucepan and bring to a boil over high heat. When juice begins to boil, lower heat to medium-high and reduce juice until thick and syrupy, being careful not to let it burn.

Remove from heat, pour into a bowl, and allow to cool slightly. (At this point you can grill the vegetables). Whisk in mayonnaise, ginger, and cayenne pepper until smooth. Squeeze in juice from last remaining citrus half, and season to taste with salt and pepper.

Cut all veggies in half lengthwise, rub all sides sparingly with olive oil, and sprinkle with salt and black pepper. Grill, cut side down first, for 4 to 6 minutes if small, 5 to 8 minutes if large pieces. Flip so skin side is down, and grill all an additional 1 to 2 minutes, until all veggies are firm but easily sliced with a knife.

Serve on platter alongside bowl of ginger citrus mayonnaise or drizzled on top of vegetables.