

SAFEWAY

Ingredients for life.

Breakfast Cereal
Low Price!

Simple Nutrition
Gluten Free
Good Source of Fiber

simple nutrition
Find affordable and nutritious choices
Just look for the green tags!

Rancher's Reserve
BONELESS BEEF

3.29 Rancher's Reserve® Boneless Beef Petite Sirloin Steak Extreme Value Pack.
Club Price

3.99 Rancher's Reserve® Boneless Beef Top Sirloin Steak Extreme Value Pack.
Club Price

4.99 Rancher's Reserve® Boneless Beef Loin Tri-Tip Steak Extreme Value Pack.
Club Price

EXTREME VALUE PACK **100% REAL BEEF**

Foster Farms

89¢ Foster Farms Fresh Whole Fryer
Locally grown. Or Safeway Thighs, Drumsticks or Leg Quarters, \$1.29/lb. SAVE up to 80¢/lb.
Club Price

1.99 Pork Shoulder Blade Steak
Bone-in. Extreme Value Pack. SAVE up to \$2.00/lb.
Club Price

Try It Stuffed

5.99 Wild Alaskan Cod Fillets
Previously frozen. SAVE up to \$2.00/lb.
Club Price

Mix & Match

1 BUY 1 GET 1 FREE
EQUAL OR LESSER VALUE.
Club Price

Blueberries, Blackberries or Raspberries
5.6 to 6-oz. containers. SAVE up to \$4.99 on 2.

In the Deli

7.99 Signature Cafe® Roasted Turkey Breast
24-oz. SAVE up to \$2.00 ea.
Club Price

3 \$1 Large Cucumbers
Club Price: 34¢ ea. SAVE up to \$1.97 on 3.
Club Price

99¢ Fresh Express Salads
9 to 12-oz. packages. Selected varieties. SAVE up to \$1.50 ea.
Club Price

2.49 Dairy Glen Milk
Gallon, Whole, 2%, 1% or Fat Free.
Club Price

2 \$6 Simply 0!, Apple, Grapefruit or Blood Orange Pomegranate Blueberry
59-oz. Chilled. Selected varieties. Club Price: \$3.00 ea.
Club Price

1 BUY 1 GET 1 FREE
EQUAL OR LESSER VALUE.
Club Price

Ruffles Potato Chips
8.5 to 10-oz. Selected varieties. SAVE up to \$3.99 on 2.

1.99 Kellogg's Frosted Flakes
14-oz. Or Quaker Life 15-oz. Cereal. SAVE up to \$2.00.
Club Price

5 \$11 Marie Callender's or Healthy Choice Meals
10 to 19-oz. Selected varieties. Club Price: \$2.20 ea. SAVE up to \$4.00 on 5.
Club Price

16.99 Tide Laundry Detergent
150-oz. Liquid. Up to 96 Loads. Selected varieties. SAVE up to \$3.00.
Club Price

Buy 2 Get 2 FREE!
EQUAL OR LESSER VALUE
12-Pack Coca-Cola Fridge Packs
10-oz. cans. Selected varieties. Plus stored in display. SAVE up to \$15.98 on 4.

Plus Get 2 FREE!
Boxes of Nabisco Snack Crackers
5.5 to 10-oz. Selected varieties.

Thousands of EVERYDAY LOW PRICES PLUS Always great Club Card Specials

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

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Prices on this page are effective **Wednesday, May 18 thru Tuesday, May 24, 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, May 18 thru Tuesday, May 24, 2011 in all Safeway stores in Oregon (except Milwau-Freshwater) and 5 WA Washington stores serving Wishikamun, Conville, Clark, Skamania and Klickitat Counties. Items offered for sale are not available to other dealers or wholesalers. Sales of products containing sulfites, preservatives or phthalates are limited by law. Quantity rights reserved. SCORE 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 sold in excess of 52 gallons. No liquor sales for resale. Liquor sales at Safeway stores only. © 2011 Safeway Inc. Availability of items may vary by store.

Food

Simple Snacking

Snacking is something just about everyone indulges in. Whether it's to calm cravings between meals or for a quick boost of afternoon energy, it's easy to reach for whatever's handy. That can lead to some less than ideal choices, but it doesn't have to be that way.

"It's all about being a good food shopper and keeping the pantry stocked so that I'm armed and ready to whip up a quick meal or snack on-the-fly, for either myself or the kids,"

The key to her smart snacking success is starting with plenty of almonds.

Whole natural almonds. Nothing beats a handful of crunchy whole natural almonds. Keep some on hand for a quick snack or a flavorful add-in for meals like salads, stir-fries or pasta dishes.

Dried fruit. Stock up on chopped apricots, cranberries, and raisins to make your own trail mix. With almonds as a base, your ready-made trail mix is perfect for stroller walks, car rides or office snacks. If you haven't prepared the mix ahead of time, simply grab a few handfuls of each ingredient and pop them into a resealable bag or container.

For a quick bite of heat, enjoy some spicy nuts: whole almonds sprinkled with chili flakes and sautéed garlic. They are the perfect computer-side nosh (and they also double as a quick and simple host gift).

For a sweet fix, use chopped almonds with melted chocolate as a fun fondue dip for fruits like pineapples, pears, apples, oranges and bananas.



Garlic and Hot Pepper Toasted Almonds

- Makes 8 servings
- 1 tablespoon olive oil
 - 1 tablespoon unsalted butter
 - 2 teaspoons minced garlic
 - 1/4 teaspoon dried red pepper flakes
 - 2 cups whole almonds
 - Salt to taste

In a large fry pan, heat oil and butter together over medium heat until foamy.

Add garlic and red pepper flakes and heat for 30 seconds.

Add almonds, stirring constantly until coated and lightly toasted, about 5 minutes.

Season with salt. Cool and store in an airtight container.

Nutritional analysis per 1/4 cup (28 g) serving: Calories: 257 cal; Fiber: 4.5 g; Total Fat: 23 g; Cholesterol: 4 mg; Saturated Fat: 3 g; Sodium: 1 mg; Monounsaturated Fat: 14 g; Calcium: 104 mg; Polyunsaturated Fat: 5.5 g; Magnesium: 110 mg; Protein: 8.5 g; Potassium: 288 mg; Carbohydrates: 8 g; Vitamin E: 10 mg (Total alpha tocopherol equivalents)

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