

**Stock Up**  
**2.49**  
lb  
Club Price

**MEAT SALE!**

**Rancher's Reserve® Beef 7-Bone Pot Roast**  
Bone-in. SAVE up to \$1.30 lb.

**93% Lean Ground Beef**  
Not to exceed 7% fat. Extreme Value Pack. SAVE up to \$2.50 lb.

**Boneless Pork Top Loin Chops**  
Center Cut. Extreme Value Pack. SAVE up to \$3.50 lb.

**Rancher's Reserve® Boneless Beef Petite Sirloin Steak**  
Extreme Value Pack. SAVE up to \$4.50 lb.

**9.99**  
lb  
Club Price

**Royal Red Crab Clusters**  
Cooked. Previously Frozen. SAVE up to \$8.00 lb.

**68¢**  
ea  
Club Price

**Hass Avocados**  
Limit 6. SAVE up to 57¢ ea.

**6.49**  
lb  
Club Price

**Primo Taglio® Black Forest Ham or Medium Cheddar Cheese**  
SAVE up to \$2.50 lb.

**1.28**  
lb  
Club Price

**Large Hot House Tomatoes**  
Bulk. SAVE up to 71¢ lb.

**1.99**  
ea  
Club Price

**Fresh Express or Safeway Farms Salads**  
4.75 to 12-oz. package. Selected varieties. SAVE up to 50¢ ea.

**4.99**  
Club Price

**Lucerne® Shredded or Chunk Cheese**  
32-oz. Selected varieties.

**3 \$11**  
Club Price

**12-Pack Pepsi or Tostitos**  
12-oz. cans or 14.5 to 16-oz. bottles. Selected varieties. Club Price \$3.87 ea. Plus deposit in Oregon.

**1.99**  
ea  
Club Price

**Marie Callender's or Healthy Choice Meals**  
6 to 9-oz. Selected varieties. SAVE up to \$7.50 on 5.

**4 for \$5**  
Club Price

**Ragu or Francesco Rinaldi Pasta Sauce**  
14 to 24-oz. Selected varieties. Club Price \$1.25 ea. SAVE up to \$4 ea on 4.

**2 for \$6**  
Club Price

**Nabisco Oreo or Honey Maid Grahams**  
11.3 to 16.4-oz. Selected varieties. Club Price \$3.00 ea. SAVE up to \$1.50 on 2.

**2 for \$10**  
Club Price

**DiGiorno Original Pizza**  
14.8 to 34.2-oz. Selected varieties. Club Price \$5.00 ea. SAVE up to \$1.49.

**juice jamboree! must buy 3**

**1.99**  
ea  
Club Price

**2.49**  
ea  
Club Price

**2.99**  
ea  
Club Price

**REWARD POINTS**  
Earn Reward Points just by shopping at Safeway with your Club Card!

**Up to \$1 off**  
per gallon

**First Meal Great Deal!**  
Save Big on Breakfast Favorites

**BUY 1 GET 1 FREE**  
EQUAL OR LESSER VALUE

**2 for \$5**  
Club Price

**Kellogg's Frosted Flakes**  
14-oz. or Froot Loops 12.2-oz. Cereal. Club Price \$2.50 ea. SAVE up to \$3.58 on 2.

**4.99**  
ea  
Club Price

**18-oz. Blueberries or Blackberries**  
SAVE up to \$2.00 ea.

**2.99**  
Club Price

**Thomas' Bagels or English Muffins**  
6-ct. Selected varieties. SAVE up to \$1.00.

**10 for \$10**  
Club Price

**Fage Greek Yogurt**  
5.3 to 7-oz. Selected varieties. Club Price \$1.00 ea.

**7.99**  
Club Price

**Gevalia Coffee**  
12-oz. Selected varieties. SAVE up to \$2.00.

# Food

## Foods That Fight Cancer

From American Institute for Cancer Research

### Brown Rice Pilaf with Sage, Walnuts and Dried Fruit

- 1 medium onion, chopped
  - 1 medium stalk celery, ends trimmed and chopped
  - 2 cups uncooked brown rice
  - 2 1/2 cups water
  - 2 cups fat-free, reduced-sodium chicken or vegetable broth
  - 1/4 cup dark raisins
  - 1/4 cup chopped dried apricots
  - 1/4 cup chopped walnuts (optional)
  - 1 tsp. dried sage
  - 2 Tbsp. chopped fresh sage
- Spray large skillet with canola oil cooking spray. Heat skillet over medium heat. Sauté onion and celery until tender, about 5 minutes. Add brown rice, and sauté for 5 minutes. Add water, broth, raisins and apricots; heat to boiling. Reduce heat to low, cover and simmer until rice is tender and liquid is absorbed, about 50 minutes. Stir in walnuts if desired, sage, salt and pepper. Transfer to serving dish. Garnish with fresh sage and serve immediately.
- Makes 8 servings.
- Per serving: 213 calories, 1 g total fat (<1 g saturated fat), 45 g carbohydrates, 5 g protein, 4 g dietary fiber, 150 mg sodium.*



### Two-Potato Salad

- 1 lb. 3/4-inch diced boiling potatoes, preferably yellow-fleshed (peeled)
  - 1 lb. 3/4-inch diced sweet potatoes (peeled)
  - 1/4 cup Dijon mustard
  - 3 Tbsp. white wine vinegar
  - 1/4 cup extra virgin olive oil
  - 2/3 cup minced shallots
  - 1 Tbsp. minced fresh rosemary leaves
  - 1 Tbsp. minced fresh thyme leaves
  - 4 cups loosely-packed washed spinach leaves torn into bite-size pieces\*
  - Salt and freshly ground black pepper to taste
- Place boiling potatoes and sweet potatoes in separate pots with enough cold water to cover. Cover with tight-fitting lids and bring to boil. Reduce heat to simmer and cook until just barely tender. (Potatoes will continue cooking after removed from pot.)
- Meanwhile, make dressing by mixing mustard and vinegar in bowl, and gradually whisking in oil until smooth and well combined. Mix in shallots and herbs. Season to taste with salt and pepper, as desired.
- When potatoes are not quite completely tender when pierced with a fork, drain and transfer to large bowl. Mix in half the dressing (about 1/4 cup) and set aside to allow potatoes to absorb flavors while cooling.
- When they reach room temperature, lightly mix in spinach and remaining dressing. Adjust seasoning with additional salt and pepper, as desired.
- \*Baby spinach leaves can be used as is.
- Makes 12 1/2-cup servings.
- Per serving: 116 calories, 5 g. total fat (less than 1 g. saturated fat), 16 g. carbohydrate, 2 g. protein, 3 g. dietary fiber, 151 mg. sodium.*

**JANUARY 11 12 13 14 15 16 17** Wednesday, January 11 thru Tuesday, January 17, 2012.  
ALL LIMITS ARE PER HOUSEHOLD, PER DAY.  
Selection varies by store.

Prices on this page are effective 6 AM Wednesday, January 11 thru Tuesday, January 17, 2012 in all Safeway stores in Oregon (except Milton-Freewater) and S.W. Washington stores serving Multnomah, Clatsop, Clark, Skamania and Washington Counties. Items offered for sale are not available to other operators or wholesalers. Sales of products containing alcohol, tobacco, firearms or other restricted items are limited by law. Quantity rights reserved. SCAN, ADVERTISING ITEMS MAY NOT BE AVAILABLE IN ALL STORES. Some advertised prices may be even lower in some stores. On the Club. Get One Free (BOGO) offers, customer must purchase the first item to receive the second item free. BOGO 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 52 gallons. No liquor sales to minors. 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.