SAFEWAY
Ingredients for life.

Attention!
We welcome Walgreens
Express Scripts Plan Members
GET A $25 REWARD COUPON when you transfer your prescriptions.
* Restrictions and exclusions apply. See Pharmacist for details.

MEAT STOCK UP SALE!

Rancher's Reserve® Boneless Beef Top Sirloin Steak
Or Petite Sirloin Steak, Extreme Value Pack.

MIX & MATCH BUY 1 GET 1 FREE EQUAL OR LESSER VALUE Club Price
MEAT SALE!

Foster Farms Fresh Whole Fryer
Locally grown. Or Whole Split Chicken.

80% Lean Ground Beef 2.29 lb Club Price

Pork Shoulder Blade Steak
Bone-In. Extreme Value Pack.

Rancher's Reserve® Boneless Beef Chuck Pot Roast

Oscar Mayer Deli Fresh Lunchmeat or Fun Pack Lunchables 6.7 to 11.7-oz. Selected varieties. SAVE up to $4.00 on 2 BUY 1 GET 1 FREE Club Price

4.88 lb Club Price
Alaskan Cod Fillets
Previously frozen.

1.28 lb Club Price
Red or Green Seedless Grapes
SAVE up to $1.71 lb.

Safeway Chicken Thighs, Drumsticks or Leg Quarters 99¢ lb Club Price
Extreme Value Pack. SAVE up to 50¢ lb.

99¢ Club Price
OvenJoy Sandwich Breads
22-oz. White or Wheat. Or 8-ct. Safeway Kitchens Hot Dog or Hamburger Buns. SAVE up to 50¢

4.99 ea Club Price
5-lb. Box Clementines
SAVE up to $4.00 ea.

1.99 ea Club Price
Safeway Farms Salads
4.75 to 12-oz. package. Selected varieties. SAVE up to 50¢ ea.

10 for $6 Club Price
Yoplait Yogurt
4 to 6-oz. Selected varieties. Club Price: 60¢ ea. SAVE up to $1.00 on 10

BUY 1 GET 1 FREE Club Price
Fritos or Cheetos
9 to 10.5-oz. Selected varieties. SAVE up to $3.49 on 2

1.99 ea Club Price
Lean Cuisine Meals
6 to 11.5-oz. Selected varieties.

Buddig Deli Thin Sliced Lunchmeat 2 to 12-oz. Selected varieties. SAVE up to $4.00 on 2 BUY 1 GET 1 FREE Club Price

1.99 Club Price
Safeway Apple Juice
64-oz. Selected varieties. SAVE up to 75¢

BUY 1 GET 1 FREE Club Price
Nabisco Chips Ahoy! or Premium Saltines
8.5 to 16.5-oz. Selected varieties. SAVE up to $4.19 on 2

Cupcake, Columbia-Crest Estate or Eola Hills 750-ml. Selected varietals. Single Bottle Price: $7.99 ea
MIX & MATCH 7.20 ea Club Price
WHEN YOU BUY 6 OR MORE

Lloyd's BBQ Rib, Shredded Meat Tubs or Hormel Bacon 12 to 37.4-oz. Selected varieties. SAVE up to $10.00 on 2 BUY 1 GET 1 FREE Club Price

BUY 4 SAVE $2 Mix & Match
All participating items must be scanned and purchased in a single transaction with your Club Card. Valid 1/25/12 thru 1/31/12. Items may not be available in all stores.
Participating Items: Progresso Ready-to-Serve Soup 18.5 to 19-oz., Progresso Healthy Soup 18.5 to 19-oz., Amy's Organic Soups 14.1 to 14.5-oz., Campbell's Soup at Hand 10.75-oz., Campbell's Red and White Beans 15.4-oz., Healthy Choice Microbowls 14-oz., O Organics Soup 11.5-oz. Selected varieties.

GET ALL THIS
Two (2) 1.25-Liter Bottles of Coca-Cola + One (1) 6-pk. Nabisco Snack-Cakes + One (1) bag The Snack Artist Chips
when you buy the Blu-ray Combo Pack or DVD
REAL STEEL with Curl

REWARD POINTS
Earn Reward Points just by shopping at Safeway with your Club Card!
Up to $1 off Per gallon

JANUARY 25 WED 26 THUR 27 FRI 28 SAT 29 SUN 30 MON 31 TUES
Prices on this page are effective Wednesday, January 25 thru Tuesday, January 31, 2012.
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, January 25 thru Tuesday, January 31, 2012 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 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 12 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.
PO-SK

Food

Kids Daily Food Plans

Do not be concerned if your kid does not eat the exact amounts suggested. Each child's needs may differ from the average, and appetites can vary from day to day. Try to balance the amounts over a few days or a week. Your child's doctor can track his or her height and weight over time to identify specific needs.

Food plans are based on average needs by age and activity level. Your kid's food needs also depend on how fast he or she is growing and other factors.

Offer different foods from day to day. Encourage your child to choose from a variety of foods. Beverages count, too, make smart choices. Limit the amount of empty calories (solid fats & added sugars), and to keep sodium low choose and prepare foods with little or no salt.

Breakfast
M Omelet with corn, red peppers, and onions
T Banana Nut Waffles
W Toasted whole wheat bagel with banana
H Oatmeal with peaches and pecans
F Greek Yogurt with berries and granola

Lunch
M Cold pasta and veggie salad with strawberries
T Pita sandwiches with turkey and sprouts
W Peanut butter on whole wheat with strawberries
H Sub sandwiches with baby carrot sticks
F Chicken salad wraps

Snack
M Cucumbers and ranch dip
T Crackers and Cheese
W Melon balls on skewers
H Apples with peanut butter
F Carrots and Almonds

Dinner
M Burritos with refried beans
T Corn Quesadillas
W Burgers with roasted broccoli
H Fried Rice with spinach salad
F Grilled Chicken with Pasta

Make physical activity a regular part of the day

Fitting activity into a daily routine can be easy. Keep it interesting by trying something different on alternate days. Every little bit adds up and doing something is better than doing nothing. Make sure your kids do at least 10 minutes of activity at a time, shorter bursts of activity will not have the same health benefits. For example, walking the dog for 10 minutes before and after school can add to the weekly goal. Keep them ready anytime in comfortable clothes and running shoes.

Walk, jog, skate, or cycle.
Swim, take a class in martial arts or dance.
Play racket ball, tennis, or squash.
Play basketball, softball, or soccer.
Take a nature walk.
Most important — have fun while being active!