

REAL BIG DEALS EVERY WEEK WITH YOUR CARD

RANCHER'S Reserve
TENDER BEEF

3.97 lb. Club Price \$5.00
Rancher's Reserve® Boneless Beef Petite Sirloin Steak
Extreme Value Pack. SAVE up to \$2.52 lb.

4.47 lb. Club Price \$5.00
Rancher's Reserve® Beef Top Sirloin Steak
Extreme Value Pack. SAVE up to \$2.52 lb.

4.97 lb. Club Price \$5.00
Rancher's Reserve® Boneless Beef Tri-Tip Roast
SAVE up to \$1.52 lb.

1.69 lb. Club Price \$3.00
Pork Shoulder Blade Whole Roast
Sold in the bag. Or Pork Shoulder Blade Steak, \$2.49 lb. Extreme Value Pack. SAVE up to \$1.30 lb.

88¢ lb. Club Price \$1.00
Foster Farms Fresh Whole Fryer
Or Foster Farms Fresh and Easy Chicken Breasts, \$3.99 lb. Locally Grown. SAVE up to 80¢ lb.

3.99 lb. Club Price \$5.00
Whole King Salmon
Head-On, Or King Salmon Roast, \$5.99 lb. Farm raised. Previously frozen. SAVE up to \$2.00 lb.

2 \$1 for Club Price \$2.00
Tropical Mangos
Red or Ataulfo. Club Price: 50¢ ea. SAVE up to \$2.50 on 2

99¢ Club Price \$1.00
Safeway Kitchen Butter Top Bread
or Hot Dog or Hamburger Buns
Selected sizes and varieties. SAVE up to \$1.00

99¢ Club Price \$1.00
Broccoli Crowns
SAVE up to 50¢ lb.

2 \$5 for Club Price \$5.00
Fresh Express or Safeway Farms Salad Kits
8 to 13.9-oz. Club Price: \$2.50 ea. SAVE up to 50¢ on 2

10 \$6 for Club Price \$6.00
Yoplait Yogurt
4 to 8-oz. Selected varieties. Club Price: \$0.4 ea.

2.00 Club Price \$2.00
Marie Callender's Meals
10.25 to 19-oz. Selected varieties. Excludes Steamers. SAVE up to 99¢

10.99 Club Price \$12.00
Tide Detergent or Stain Release
100-oz. Liquid, 95 to 98-oz. Powder or 34-oz. Spray Release. Selected varieties. SAVE up to \$4.00

2.59 Club Price \$3.00
Pantry Essentials™ Milk
Gallon, 2%, 1% or Fat Free.

2 \$5 for Club Price \$5.00
Nabisco Snack Crackers or Toasted Chips
1.1 to 1.6-oz. Bags. Selected 6.7-oz. Toasted Chip Steaks variety. Club Price: \$2.5 ea.

3.49 Club Price \$4.00
Nestlé Pure Life Water
14-pack, 16.9-oz. Plus, 9-pack in Oregon. SAVE up to \$1.00

RISE & SHINE SAVINGS
BUY 4 SAVE \$4
*Must Buy 4 or more with Club Card

1.49 Club Price \$2.00
Assorted with Cheesecake, New York Fudge, or Raspberry Cheesecake. 12.3-oz. 10-pack, Safeway® Fruit Snacks 3.1-oz. 10-pack.

1.79 Club Price \$2.00
Garden of Eatin' 100% Certified Organic Apple 64-oz. or Capri Sun 10-pack, 6-oz.

1.99 Club Price \$2.00
Garden of Eatin' 100% Certified Organic Apple 64-oz. or Capri Sun 10-pack, 6-oz.

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

Up to \$1 off per gallon

4 Day Cinco de Mayo Sale!
Prices valid Wednesday 5/2 thru Saturday 5/5

BUY 2 GET 3 FREE
TOTAL 12 12.3-oz. BOTTLES
Club Price \$3.00
12-Pack Pepsi
12-oz. cans
Selected varieties
Plus deposit in Oregon. SAVE up to \$20.97 on 5

2.99 lb. Club Price \$3.00
Rancher's Reserve® Boneless Beef Chuck Cross Rib Roast
13 Boneless Beef Chuck Roast, 16.7-oz. Caribou, 22.9-oz. Caribou. See label for details.

3 \$1 for Club Price \$3.00
Sweet Corn
Club Price: 34¢ ea.

12.97 Club Price \$15.00
12-Pack Corona, Pacifico or Modelo
12-oz. bottles. Selected varieties. Plus deposit in Oregon.

the Big Cheese Event! Mix & Match

BUY 1 GET 1 FREE
Club Price \$2.00

Participating items include: Sargento Natural Slices 6.7 to 8-oz., Kraft 8-oz. Cream Cheese, Sargento 8-oz. Shredded Cheese, Precious 16-oz. String Cheese. Look for many more participating items in store.
Offer valid 5/2/12 thru 5/8/12

Health

Seattle Kidney Health Fest for African American families

On Saturday, June 2, Northwest Kidney Centers holds its 10th annual Kidney Health Fest for African American Families, featuring free health screenings, entertainment and healthy food samples made by local celebrity chefs.

The free event runs from 9 a.m. to 2 p.m. at Van Asselt Elementary (formerly the African American Academy), 8311 Beacon Ave. S., in Seattle. This year's theme is "Celebrating 10 years toward kidney wellness: Mind, body and soul."

Participants can receive a free kidney health screening and private consultation with a doctor about the results. Diabetes, high blood pressure and obesity all contribute to the current epidemic of kidney disease, which can affect African Americans and other minority groups more than Caucasians.

The morning includes a health education program hosted

Disease prevention and treatment are the goals



by Ron Sims, former King County executive and former deputy secretary, U.S. Department of Housing and Urban Development.

Seattle celebrity chefs will serve a free tasting menu at lunch time, and the day also includes entertainment, music, exhibits, fitness demonstrations, an obstacle course and a chance to win prizes.

As the mission of Northwest Kidney Centers includes community outreach, co-host churches include Damascus Baptist, First AME, Freedom Church of Seattle, Goodwill Missionary Baptist, Immaculate Conception, Liberation Ministries, Mt. Zion Baptist, New Beginnings Christian Fellowship, New Hope Missionary Baptist, Pentecostal Covenant Church, Southside Church of Christ, St. Mary's, Tabernacle Missionary Baptist and Walker Chapel AME.

Everyone is welcome to attend the Fest, which is completely free!

In the health screenings, Northwest Kidney Centers will provide three simple tests to assess a participant's risk of kidney disease:

- Blood pressure check
- Test for protein in a urine sample
- Test for creatinine in a blood sample

Washington Oral Health Foundation and Medical Teams International will do free dental screening and treatment for adults at the Fest. (Children will be referred to the free dental program that is operated out of the Boys & Girls Club.)

Free mammograms and women's health exams will be provided by African Americans Reach and Teach Health Ministry, the YWCA and Swedish Mobile Mammography.

"Do your friends and family a favor, and bring them with you to the Fest," said Dr. Bessie Young, a Seattle kidney specialist who has chaired the community organizing committee since the Fest began. "We'll have opportunities to learn and have fun for people of all ages. Kidney disease runs in families, but you can take action to make sure your family stays healthy."

One in seven American adults has kidney disease. In the African American community, the number increases four-fold. Although African Americans make up 12 percent of the U.S. population, 35 percent of individuals with kidney failure are African American. In addition, African American men are 10 to 14 times more likely to develop kidney failure due to high blood pressure than Caucasian men in the same age group.

Participants in the Kidney Health Fest will learn how to improve their lives to avoid kidney disease. This includes:

- Treating high blood pressure and diabetes, two of the leading causes of kidney failure.
- Reducing added salt and processed, packaged and fast food.
- Eating healthy to avoid obesity.
- Exercising at least 30 minutes a day, five days a week.
- Naproxen, which can damage kidneys.

For more information about the event, visit www.nwkidney.org/fest

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Prices on this page are effective Wednesday, May 2 thru Tuesday, May 8, 2012. ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

Prices in this ad are effective 8 AM Wednesday, May 2 thru Tuesday, May 8, 2012 in all Safeway stores in Oregon (except Milton-Freewater) and in Washington stores serving Wenatchee, Clewiston, Clark, Skamania and Klickitat Counties. Items offered for sale are not available to other dealers or wholesalers. Sales of products containing caffeine, pseudoephedrine or phenylephrine are limited by law. Quantity rights reserved. SOME ADVERTISING ITEMS MAY NOT BE AVAILABLE. IN-STORE, Selected advertised prices may be even lower at some stores. On May 2nd, 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. Manufacturer's 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 1/2 gallon. No liquor sales for resale. Liquor sales at Safeway stores only. © 2012 Safeway Inc. Availability of items may vary by store. Online and in-store prices, discounts and offers may differ.