SAFEWAY

REAL BIG DEALS ON SUMMER PRODUCE

Hass Avocados
SAVE up to 11¢ ea.
88¢ ea Club Price!

2 for $5 Club Price!
Fresh Express or Safeway Farms Complete Salad Kits
6.4 to 13.8-oz. Selected varieties. Club Price: $2.50 ea.

Wonderful Pistachios
8-oz. packages. SAVE up to $5.99 on 2
BUY 1 GET 1 FREE EQUAL OR LESSER VALUE Club Price!

YOGURT ANYTIME!
There's a yogurt for any meal or snack.
Yoplait Yogurt
10 for $5 Club Price!
Fage or Dannon Greek Yogurt
5.3 to 7-oz. Selected varieties. Club Price: $1.00 ea.
10 for $10 Club Price!
Dannon Activia or Danimals Yogurt
12 pack 3.1 to 4-oz. Selected varieties.
4.99 Club Price!

BUY & SAVE
Betty Crocker Fruit Snacks
4.5 to 8-oz. Selected varieties.
99¢ Club Price!
General Mills Cheerios
14-oz., Kellogg's Frosted Flakes 19-oz., Frosted Mini-Wheats 15-oz. Original Cereal 14.5 to 19-oz. Fiber Selection Cereal 13.7 to 14-oz. Cereal
1.99 Club Price!
Post Honey Bunches of Oats
16-oz., Crunchy Life 18-oz. or Kashi Go Lean 13.7 to 14-oz. Cereal
2.49 Club Price!

Rancher's Reserve® Boneless Beef Top Round London Broil Steak
Extreme Value Pack.
BUY 1 GET 1 FREE EQUAL OR LESSER VALUE Club Price!
Pork Shoulder Blade Steak
Bone-In, Or Boneless Pork Sirloin Chops. Extreme Value Pack.
MEAT SALE!
Foster Farms Fresh Whole Fryer
Locally Grown.
93% Lean, 7% Fat Ground Beef
Or 90% Lean, 10% Fat Ground Sirloin. Extreme Value Pack.

Fritos or Cheetos
9 to 12.5-oz. Selected varieties. Club Price: $3.50 ea. SAVE up to $1.49 on 2
2 for $5 Club Price!
Dreyer's Ice Cream
1.5-qt. Selected varieties. Club Price: $3.34 ea.
3 for $10 Club Price!
DiGiorno Original Pizza
26.2 to 34.2-oz. Selected varieties. Club Price: $5.99 ea.
2 for $10 Club Price!
Pantry Essentials™ Milk
Gallon, 2%, 1%, Creamy Fat Free or Fat Free.
2.69 Club Price!
Arm & Hammer Detergent
123 to 150-oz. Liquid or 66-ct. Pacs. Selected varieties. SAVE up to $2.00
9.99 Club Price!
Columbia Crest Estate or Cupcake
750-ml. Selected varieties. Single Bottle Price: $7.99 ea.
MIX & MATCH
7.20 OR MORE

Jimmy Dean Breakfast Sausage Rolls or Fully Cooked Selections
9.6 to 16-oz. Selected varieties.
BUY 1 GET 1 FREE Club Price!
Hormel Black Label Bacon or Pepperoni
12 to 16-oz. Bacon or 5 to 7-oz. Pepperoni. Selected varieties.
BUY 1 GET 1 FREE Club Price!
Oscar Mayer Meat Franks or Buddig Lunchmeat
16-oz. Franks or 12-oz. Lunchmeat. Selected varieties.
BUY 1 GET 1 FREE Club Price!
Lloyd's Shredded Meat Tubs or Ball Park Angus Beef Franks
15 to 16-oz. Tubs or 14 to 16-oz. Franks. Selected varieties.
BUY 1 GET 1 FREE Club Price!
Tyson Breaded Chicken Selections
22 to 32-oz. Frozen. Selected varieties.
Great for Grilling on Cedar Planks
3.99 ea. Club Price!
Fresh Atlantic Salmon Portions
6-oz. Or Fresh Atlantic Salmon Fillets. $7.99 lb. Farm raised. Color added. SAVE up to $1.00 ea.
2 for $4 Club Price!
Safeway Kitchens or Open Nature™ Variety Breads
24-oz. Selected varieties. Club Price: $2.00 ea. SAVE up to $2.98 on 2

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Club Price 2.49 Digital Coupon -50¢ FINAL PRICE just for U 1.99
Club Price 2.99 Digital Coupon -1.00 FINAL PRICE just for U 1.99
Club Price 1.39 Digital Coupon -50¢ FINAL PRICE just for U 89¢
Club Price 2.99 Digital Coupon -1.10 FINAL PRICE just for U 1.89
Club Price 1.67 Digital Coupon -79¢ FINAL PRICE just for U 88¢
Club Price 3.99 Digital Coupon -1.50 FINAL PRICE just for U 2.49
Club Price 2.99 Digital Coupon -1.00 FINAL PRICE just for U 1.99
Club Price 6.99 Digital Coupon -1.00 FINAL PRICE just for U 5.99
Just add them to your Club Card at Safeway.com
*Digital Coupons are not valid unless you download them to your Club Card. Digital Coupons are good for one-time use only, unless otherwise noted.

SEPTEMBER 5 WED 6 THUR 7 FRI 8 SAT 9 SUN 10 MON 11 TUE
Prices on this page are effective Wednesday, September 5 thru Tuesday, September 11, 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, September 5 thru Tuesday, September 11, 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

Good Food on a Tight Budget

A healthy shopping guide for low-income households: "Good Food on a Tight Budget" has been written by The Environmental Working Group, a not-for-profit organization that marshals the power of information to protect human health and the environment; in collaboration with Share Our Strength's Cooking Matters, an organization that teaches families at risk of hunger how to get more food for their money and better nourishment from those foods.

The guide contains lists of "best buys" that pack the most nutrition for the lowest cost in each food group. These include bananas, watermelons, broccoli, raisins, romaine lettuce, barley, tuna, lentils/beans, eggs, turkey and cottage cheese. Price was the primary concern for the group's choices but experts then screened out foods that contain a lot of chemicals, like pesticides, or whose production creates greenhouse gases. Your food choice is one of the most powerful choices that you make every day that affects your environment. Some of the guide's top tips include buying grains in bulk, cooking dried beans to save money, mixing your own cooking sprays and substituting yogurt for cream in recipes. Researchers based the weekly plan on the government's Supplemental Nutrition Assistance Program budget of $5 to $6 a day. Healthy food is affordable, but it's definitely a different style of eating, It's a back-to-basics style of eating. There's not a lot of room for extras. It's challenging

Barley Stew

Serves 4

1 cup barley or brown rice
2-1/2 cups water
2 bay leaves
1 tablespoon oil
4 oz ground turkey or ground, bone-in, or cubed goat
1 cup cooked or 1 can pinto or black beans, no salt added
3 medium onions
2 cloves garlic
2 medium carrots
2 zucchinis or chayotes
1/2 pound of okra, or other vegetable
4 cups fresh or frozen dark greens
2 cans diced tomatoes, no salt added
1/2 teaspoon cayenne pepper
1-1/2 teaspoons dried oregano
Salt and pepper to taste

Preparation:

1. In a colander, rinse barley under cold water.
2. In a medium pot over high heat, bring barley or rice, water and bay leaves to a boil. Reduce heat to low and cover. Cook until tender and water is absorbed, about 30-40 minutes. Set aside.
3. Peel, rinse and dice onions. Peel and mince garlic.
4. In a large pot over medium-high heat, heat oil. Add chopped onions, garlic, carrots and other veggies to pot. Mix well. Cook until veggies are soft, about 5 minutes.
5. If using turkey, add ground turkey. Cook until turkey is cooked through, about 5 minutes more.
6. Add tomatoes and their juices. Add rinsed and drained beans. Bring to a simmer.
7. Add spices. Stir to combine. Cover and reduce heat. Cook at a low simmer for 15 minutes.
8. Skip this step if you are not using goat. Otherwise, add goat and cook over low heat until goat is tender—at least an hour.
9. Add cooked barley or rice to the mixture. Stir to combine. Add more water, if needed. Cook over low heat to blend flavors, about 5–10 minutes more.
10. Remove bay leaves and serve.

Tip

Make a big pot ahead of time and refrigerate for a quick and sustaining dinner throughout the week. You can double the recipe and freeze half – but don't double the cayenne pepper unless you like it very spicy.

For more healthy and environmental recipes download the free booklet "Good Food on a Tight from http://ewg.org/goodfood/