

# SAFEWAY

Together

we're creating  
a brighter tomorrow.

Join us in the fight against breast cancer.



**5.99**  
lb

Club Price!

**Rancher's Reserve® Beef Ribeye Steak or Beef Loin T-Bone Steak**  
Bone-in. Extreme Value Pack. SAVE up to \$4.00 lb.



**2.49**  
lb

Club Price!

**Eating Right® Boneless Skinless Chicken Breasts with Rib Meat or Thighs or Combo**  
Or Tenderloin or Thin Sliced. \$2.99 lb. Extreme Value Pack. SAVE up to \$1.50 lb.



**2.99**  
lb

Club Price!

**93% Lean, 7% Fat Ground Beef**  
Or 90% Lean, 10% Fat Ground Sirloin. Extreme Value Pack. SAVE up to \$2.00 lb.



**6.99**  
lb

Club Price!

**Extra Jumbo Raw Shrimp**  
16 to 20-ct. Preciously Frozen. SAVE up to \$3.00 lb.



**1.28**  
lb

Club Price!

**Pristine Seedless Grapes**  
SAVE up to \$1.21 lb.



**1.99**

Club Price!

**Safeway Kitchens Variety Breads**  
24-oz. Selected varieties. SAVE up to \$1.79.



**2 \$1**

Club Price!

**Green Bell Peppers**  
Club Price: 50¢ ea. SAVE up to \$1.00 on 2.



**2 \$4**

Club Price!

**Red Raspberries**  
8-oz. container. Club Price: \$2.00 ea. SAVE up to \$2.98 on 2.



**2.79**

Club Price!

**Pantry Essentials™ Milk**  
Gallon, 2%, 1% or Fat Free.



**1.99**

Club Price!

**Kellogg's Frosted Flakes**  
10.5-oz. or Froot Loops 12.2-oz. Cereal.



**10 \$5**

Club Price!

**Yoplait Yogurt**  
4 to 6-oz. Selected varieties. Club Price: 50¢ ea.



**3.39**

Club Price!

**Coca-Cola**  
12-pack, 12-oz. cans or 6-pack, 12-oz. bottles. Selected varieties. Plus deposit on 24-pack. SAVE up to \$2.60 ea.



**2 FREE**

Club Price!

**Lay's or Doritos**  
10 to 10.5-oz. Lay's or 10.5 to 11.5-oz. Doritos. Selected varieties. SAVE up to \$5.50 on 4.



**9.99**

Club Price!

**Safeway Softly Bath Tissue or Thirsty Paper Towels**  
24 Double Roll Tissue or 12 Big Roll Towels. Selected varieties. SAVE up to \$1.30.

**BUY 10 GET 5 FREE\***  
Club Price: \$1.00 ea.  
MIX & MATCH



**THE BIG CHEESE EVENT!**  
Mix & Match



**BUY 1 GET 1 FREE**  
EQUAL OR LESSER VALUE  
Club Price!

**PARTICIPATING ITEMS INCLUDE:**  
Kraft Singles, 10.7 to 12-oz., Tillamook Natural Slices, 7 to 8-oz., Tillamook Shredded Cheese, 7 to 8-oz., Philadelphia Cream Cheese, 8-oz., Precious String Cheese, 12-oz., Crystal Farms Cheese Wedges, 4-oz., Frigo String Cheese, 13.3 to 16-oz. Selected varieties. Look for many participating items in store.

valid 10/3 - 10/9

**OCTOBER 3 4 5 6 7 8 9**  
WED THUR FRI SAT SUN MON TUE  
(UNLESS OTHERWISE NOTED)

Prices on this page are effective **Wednesday, October 3 thru Tuesday, October 9, 2012.**  
(UNLESS OTHERWISE NOTED). 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, October 3 thru Tuesday, October 9, 2012 unless otherwise noted. In all Safeway stores in Oregon except Milton-Freewater and 11 W. Washington stores serving Multnomah, Clatsop, Clark, Skamania and Klamath Counties. Items offered for sale are not available to other dealers or wholesalers. Sales of products containing caffeine, alcohol, tobacco or other restricted items are 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. 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 states of 21 years. No liquor sales for resale. 1 gallon sales at Safeway Safeway stores only. © 2012 Safeway Inc. Availability of items may vary by store. Online and in store prices, discounts and offers may differ.

## Food

### Vegetables

Eat more, and eat a variety of vegetables. You can't go wrong with vegetables! Our "best" picks are good to start with, but try other produce, too. These vegetables pack the most nutrition for the lowest cost:

**Dark Green:**

broccoli, collards, kale, lettuce romaine, mustard greens, parsley, spinach, turnip greens.

**Orange/Red:**

pumpkin, calabaza, spanish pumpkin, carrots, sweet potato, tomatoes.

Sweet red and green peppers are also nutritious, but may have more pesticides than other vegetables. Check prices for organic.

**Starchy:**

Corn, lima beans, potatoes.

Potatoes and green beans may have more pesticides than other vegetables. Check prices for organic.

**The Rest:**

alfalfa sprouts, brussels sprouts, cabbage, eggplant, green onions, okra, frozen onions, snow peas, zucchini, summer squash.

**Top Tips:**

1. Vegetables about to go bad? Freeze them or make soup.
2. Stock up on long-lasting vegetables and store them in a cool, dry place. Potatoes, carrots, pumpkin, calabaza, and sweet potatoes taste great for several weeks after you buy them.
3. Frozen vegetables and cabbage keep well, too.



### KID-APPROVED ROAST VEG

Choose any vegetables:

- 15 Brussels sprouts
- 1 calabaza
- 4 carrots
- 3 chayotes
- 1 eggplant
- 1 pound okra
- 1/2 pumpkin
- 3 summer squash
- 2 sweet potatoes or yams

### PLUS either Savory Mix:

- 1 medium onion chopped
- 2 garlic cloves, chopped
- 2-3 tablespoons olive oil
- 1 teaspoon rosemary or thyme or fennel seeds
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

### OR Sweet Mix:

- (best with calabaza, sweet potatoes, yams or pumpkin)
- 2-3 tablespoons oil
- 1 teaspoon brown sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt

### Preparation:

1. Preheat oven to 425°F.
2. Rinse and chop your choice of vegetables into bite-size chunks of equal size.
3. Make the sweet or savory seasoning.
4. Coat veggies with either sweet or savory mix.
5. Spread veggies on baking sheet in a single layer.
6. Bake until veggies are browned at the edges and tender inside, checking and tossing every 15 minutes.

### Tip:

The browner they get, the sweeter and more kid-pleasing the caramelized vegetables will be.