

Food

Good Food on a Tight Budget

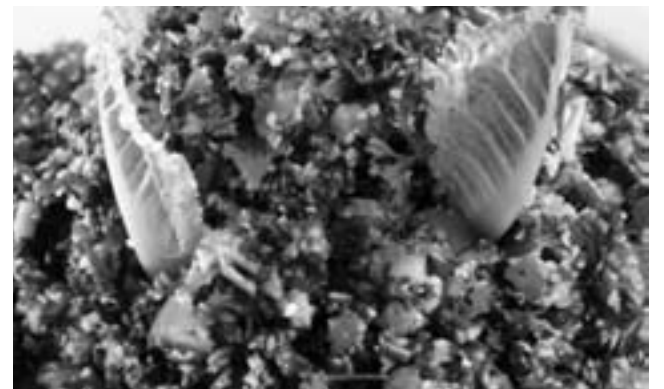
Health experts* have chosen these ingredients based on an in-depth review of government surveys and tests for nearly 1,200 foods.

Grains

Don't be fooled. Read the label. Make sure the word "whole" is the very first ingredient listed. "Multi-grain" isn't enough. Just because it looks brown, doesn't mean it's whole grain.

Start kids off right with whole grains, not white bread and white pasta. If they're not used to whole grains, mix them in gradually.

Buy in bulk and stock up during sales. Packets cost more and are often loaded with salt and sugar. Buy brown rice in bulk and mix with white rice if needed to lower cost. Buy whole grain bread on sale and save in the freezer.



Middle Eastern salad

Bulgur and parsley are nutrition superstars and great buys. This delicious salad made with both makes a fantastic lunch and a yummy leftover.

Basic ingredients

- 1 1/2 cups boiled water
- 1 cup bulgur wheat
- 2 cups fresh parsley, chopped
- 1 large tomato, diced

Seasoning

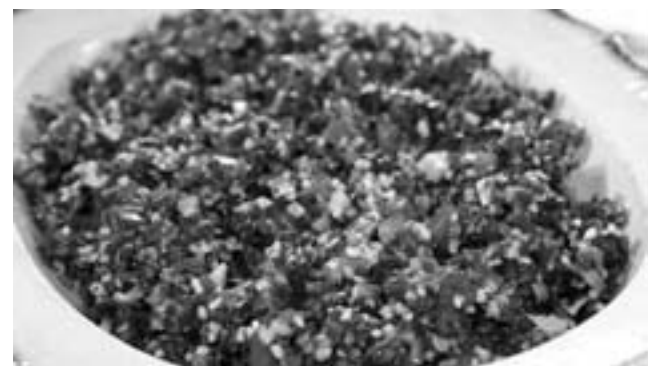
- juice from 2 lemons
- 2 tablespoons oil
- 1/4 teaspoon salt and pepper
- pinch of cayenne
- pepper or paprika

Tasty toppings

- 1/4 cup cooked garbanzo beans
- 1/4 cup sliced almonds
- 3 green onions, chopped
- 1/4 cup mint leaves

Preparation:

1. Boil 1 1/2 cups of water. Pour boiled water over bulgur in a large bowl. Cover and set aside until soft and chewy, about 30 minutes.
2. In a colander, drain excess liquid from bulgur mixture.
3. Add parsley, tomato and seasoning to bulgur and your choice of toppings.



* recipe by EWG (www.ewg.org) 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®* teaches families at risk of hunger how to get more food for their money and better nourishment from those foods, as part of the *No Kid Hungry®* campaign.

SAFEWAY

Real Big Deals

for Happier Holidays

4.99 lb
Club Price!

Rancher's Reserve® Boneless Beef Loin New York Strip Roast Or Boneless Beef Loin New York Strip Steak, \$5.99 lb. Extreme Value Pack. SAVE up to \$5.00 lb.

5.99 lb
Club Price!

Rancher's Reserve® Beef Loin T-Bone Steak Extreme Value Pack. Or T-Bone Steak Small Pack, \$6.49 lb. Bone-In. SAVE up to \$3.50 lb.

6.99 lb
Club Price!

Rancher's Reserve® Beef Ribeye Steak Extreme Value Pack. Or Ribeye Steak Small Pack, \$7.99 lb. Bone-In. SAVE up to \$3.00 lb.

2.99 Club Price!

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

Must Buy 4

1.69 ea
Club Price!

General Mills Honey Nut Cheerios 12.25-oz. or Lucky Charms, 11.5-oz. Cereal. Or 8-oz. Ocean Spray Fruit Snacks. Regular Club Price: \$2.49 ea.

Must Buy 4 or More

1.69 ea
Club Price!

Nature Valley Crunchy Granola Bars 8.9-oz. or 5.4-oz. Ocean Spray Cranberry Cocktail Drink. Regular Club Price: \$2.49 ea.

1.29 lb
Club Price!

Tomatoes on the Vine SAVE up to 20¢ lb.

1.99 lb
Club Price!

Whole Boneless Pork Loin SOLO Whole in the bag. Or Boneless Pork Loin Chops, \$2.99 lb. Extreme Value Pack. SAVE up to \$3.00 lb.

99¢ lb
Club Price!

Safeway Fresh Chicken Drumsticks, Thighs or Leg Quarters Extreme Value Pack. Or Foster Farms Drumsticks and Wings, \$1.99 lb. Locally Grown. SAVE up to 50¢ lb.

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

Fresh Express or Safeway Farms Salad Blends 4.75 to 12-oz. Selected varieties. Or Safeway Farms White Whole or Sliced Mushrooms, \$1.99 lb.

4.88 ea
Club Price!

5-lb. Box Satsuma Mandarins SAVE up to \$1.11 ea.

2 for \$5
Club Price!

Hostess Multi Packs or Donettes Selected sizes and varieties. Club Price: \$2.50 ea.

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

Gorton's Seafood Selections 3.75 to 24.5-oz. Frozen. SAVE up to \$9.00 on 2.

5 for \$10
Club Price!

Smart Ones Meals 3.95 to 11.5-oz. or 7.65 to 12.4-oz. Safeway SELECT™ Meals. Selected varieties. Club Price: \$2.00 ea.

11.99 Club Price!

Charmin Bath Tissue or Bounty Paper Towels 24 or 30-Roll Toilet or 12-Roll Towels. Selected varieties. SAVE up to \$4.00.

5.99 Club Price!

Lucerne® or Open Nature™ Cheese 24 to 32-oz. Cheddar or Shredded. Selected varieties.

BUY 2 GET 1 FREE
EQUAL OR LESSER VALUE
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 \$4.38 on 4.

10.99 Club Price!

Tide Detergent, Pods or Stain Release 10-oz. Liquid, 8.5 to 10-oz. Powder, 41-oz. Pak, or 24 to 27-oz. Sani-Flour. Selected varieties.

FREE SAFEWAY DRY PASTA

when you buy any 2 Ragù Pasta Sauce (16 to 24-oz. Ragù). Selected varieties. Club Price: \$1.50 ea.

2 for \$3
Club Price!

4.79 Club Price!

Jimmy Dean Frozen Breakfast 13.6 to 16.4-oz. Selected varieties.

NOVEMBER 1 2 3 4 5 6 THUR FRI SAT SUN MON TUE
(UNLESS OTHERWISE NOTED)

Prices on this page are effective Thursday, November 1 thru Tuesday, November 6, 2012. (UNLESS OTHERWISE NOTED). ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

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Prices in this ad are effective 6 AM Thursday, November 1 thru Tuesday, November 6, 2012 (unless otherwise noted) at all Safeway stores in Oregon (except Milton-Freewater) and in Washington stores serving Walkersville, Coville, Clark, Skamania and Klickitat Counties. Items offered for sale are not available to other dealers or wholesalers. Sales of products containing aphidicide, pyrethroids or phenylpyrazoles are limited by law. Quantity rights reserved. SOME ADVERTISEMENTS 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. 1 and 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 for resale. Liquor sales at licensed Safeway stores only. © 2012 Safeway Inc. Availability of items may vary by store. Combine and in-store prices, discounts and offers may differ.

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