

SAFEGWAY

REAL BIG DEALS EVERY WEEK
WITH YOUR CARD



MEAT STOCK UP SALE!



Rancher's Reserve® Boneless Beef Chuck Pot Roast
Or Boneless Beef Chuck Thin Cut Steak, \$3.49 lb.
Extreme Value Pack. SAVE up to \$2.50 lb.



Pork Loin Chops
Bone-in. Extreme Value Pack.
SAVE up to \$2.00 lb.

STOCK UP
249
lb
Club Price!
MEAT SALE!



Eating Right® Boneless Skinless Chicken Breast with Rib Meat
Or Combo or Thighs. Extreme Value Pack.
SAVE up to \$1.50 lb.



Rancher's Reserve® Boneless Beef Top Round London Broil Steak
Extreme Value Pack.
SAVE up to \$2.50 lb.



69¢
lb
Club Price!

Extra Large Navel Oranges
SAVE up to 30¢ lb.



188
lb
Club Price!

Red or Green Seedless Grapes
SAVE up to \$1.11 lb.



99¢
Club Price!

OvenJoy Bread
22-oz. White or Wheat.



699
lb
Club Price!

Extra Jumbo Raw Shrimp
16 to 20-oz. Previously frozen.
SAVE up to \$3.00 lb.



2\$3
Club Price!

Fresh Express Salads
9 to 12-oz. Selected varieties.
Club Price: \$1.50 ea.
SAVE up to 70¢ ea.



199
ea
Club Price!

Lean Cuisine Meals
3.25 to 11.5-oz.
Selected varieties.



249
Club Price!

Ruffles or Tostitos Cantina Chips
11 to 13-oz. Ruffles or 11 to 12-oz. Tostitos.
Cantina. Selected varieties. SAVE up to \$1.00.



1FREE
Club Price!

Kraft Cheese
8 to 12-oz.
Selected varieties.



2\$4
Club Price!

Nabisco Chips Ahoy! or Premium Saltines
5.5 to 9.5-oz. Selected varieties.
Club Price: \$2.25 ea. SAVE up to \$4.38 ea.



3\$4
Club Price!

Progresso Light Soups
10.5-oz. Selected varieties.
Club Price: \$1.34 ea.
SAVE up to \$3.47 ea.



720
ea
Club Price!

Columbia Crest Estates, Cupcake or Bogle
750-ml. Selected varieties.
Single Bottle Price: \$7.99 ea.

99¢
Club Price



Participating items include selected varieties of: Colgate®牙膏 (toothpaste), Nivea®润肤霜 (moisturizer), etc. Club Price: \$1.99 ea. SAVE up to \$1.00 ea. Selection varies by store.



80% Lean 20% Fat Ground Beef
Extreme Value Pack.
SAVE up to \$1.70 lb.

229
lb
Club Price!



1FREE
Club Price!

Oscar Mayer Deli Fresh Lunchmeat or Claussen Pickles
7 to 8-oz. Lunchmeat. Or 20 to 32-oz. Pickles.
Selected varieties.



1FREE
Club Price!

Hormel Black Label Bacon or Country Crock Side Dishes
12 to 16-oz. Bacon. Or 20 to 24-oz. Side Dish. Selected varieties.



1FREE
Club Price!

Lloyd's Shredded Meat Tubs or Hormel Entrées
15 to 19.2-oz.
Selected varieties.



1FREE
Club Price!

Buddin' Thin Sliced Lunchmeat
12-oz.
Selected varieties.



1FREE
Club Price!

Rosina Fully Cooked Meatballs
30-oz. Frozen.
Selected varieties.

JANUARY 23 24 25 26 27 28 29
WED THUR FRI SAT SUN MON TUE
(UNLESS OTHERWISE NOTED)

Prices on this page are effective
Wednesday, January 23 thru Tuesday, January 29, 2013.
(UNLESS OTHERWISE NOTED). ALL LIMITS
ARE PER HOUSEHOLD, PER DAY.
Selection varies by store.

ICTC FULL CIRCLE DOULA / BIRTH COMPANION TRAINING

ENTER A GROWING PROFESSION AS A
COMMUNITY HEALTH WORKER!

ATTEND THE ICTC FULL CIRCLE DOULA / BIRTH
COMPANION TRAINING

March 14th-17th, 2013, In Portland, OR

Full Circle Doulas are well-rounded professionals trained to provide Pregnancy, Labor & Postpartum Care for better birth outcomes. ICTC is renowned for its interactive training including infant mortality prevention, nutrition and self care, breastfeeding techniques, lead prevention awareness, cultural awareness & sensitivity, traditional & spiritual birth practices, and more.

Join a culturally diverse community of Doulas in a growing field! Scholarships available.

Online at www.ictcmidwives.org or call
503.460.9324

The International Center for Traditional Childbearing (ICTC) is an infant mortality prevention, breastfeeding promotion, doula and midwifery training non-profit organization.
www.ictcmidwives.org

MY FATHER'S HOUSE MINISTRIES

Come and Experience Faith and Miracles!

Pastors
Jerry & Annie
Gutierrez
Would like to
invite you
for Service



➔ **Every Friday Evening at 7pm** ➔

New Song Community Center

2511 NE MLK Blvd • Portland, OR 97212
Corner of NE MLK Blvd and Russell Street

DOORS OPEN AT 6PM FOR EVERY SERVICE.

For directions or more information, call 503-488-5481
or log on to www.mfhmportland.com

SUB BIDS / SUPPLIER QUOTES REQUESTED

PCC Southeast Campus
Mt. Tabor Remodel
7901 SE Division, Portland, OR

O'Neill, Inc.

is currently bidding the Mt. Tabor Remodel package including concrete, framing, plaster (exterior), masonry, kitchen equip, insulation, drywall, roofing, finishes and MEP

Bids due February 1, 2013 @ 10:00 am

Walkthrough: Wednesday January 23 @ 7:00 am

Trades Excluded: None

Plans are available for review on 1/18/13 at: O'Neill Inc office, DJC Plan Center, MCIP and this link: <http://owcb.com/BidRoom.aspx>

Special Notes: This is a Prevailing Wage project with Workforce Training requirements. Certified payroll reporting is required.



O'NEILL INC

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Contact: Aser Heye or Ali
O'NeillORCCB #129027

O'Neill Inc is an equal opportunity employer and requests sub-bids from Minority, women, disadvantaged and emerging small business enterprises.

1-23-13