

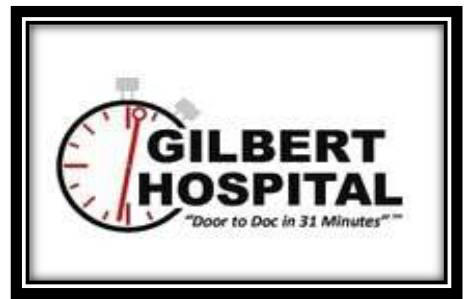


Save Big Money with KQCK Radio Station

GROCERY SAVINGS GUIDE - On the Web @ <http://kqcklive.com>

Prices good February 22-28, 2012

TOTAL SAVINGS \$474



BASHAS

PRODUCT	SIZE	SALE	Limit	Reg.PRICE*	BUY	& SAVE**
<u>Non-Perishables</u>						
Quaker Cereal, Instant Oatmeal,	variety	4 for \$8		\$3.49-5.99	4	\$12
Las Palmas Red Chile or Enchilada Sauce	28 oz.	2 for \$4		\$3.29-3.79	4	\$6
Duncan Hines Brownie or Cake Mix	16.5-19.95 oz	10 for \$10		\$2.49-2.79	5	\$8
Bashas Sandwich Bread	24 oz.	10 for \$10		\$1.89	2	\$2
Old Orchard 100% Juice or	64 oz.	2 for \$5		\$3.59-3.99	3	\$4
<u>Produce</u>						
Fresh Premium Strawberries	16 oz.	97¢	3			
Hass Avocados	small	3 for \$1	6			
Tomatoes on the Vine		97¢ lb.	5 lb			
Fresh Cucumbers		2 for \$1				
Romaine, Green or Red Leaf Lettuce		99¢				
<u>Refrigerated & Frozen</u>						
Sanderson Farms Split Chicken		97¢ lb.	4	2.99 lb.	5 lb.	\$10
Assorted Pork Chops	value pack	\$1.47 lb.	2 pk	\$2.99 lb.	4 lb.	\$6
Fresh Atlantic Salmon Fillets	farm raised	\$4.88 lb.		\$9.99 lb.	2 lb.	\$10
Food Club Cheese	6-8 oz.	\$1.88		\$3.39	4	\$8

Bashas Milk	1/2 gal.	88¢	4	\$2.29	4	\$6
Flav-R-Pac Classic Vegetables	16 oz.	10 for \$10		\$2.19	5	\$6
Michelina's Traditional Entrees or Lean Gourmet Entrees	5-9 oz.	10 for \$10		\$1.79-2.19	5	\$5
Dreyer's Ice Cream, Fruit Bars or	1.5 qt.	\$2.99		\$3.99-5.99	4	\$8
						\$91



FRY'S

Mix & Match any 10 participating items and save \$3 at checkout & receive \$2 coupon for next visit.

PRODUCT	SIZE	SALE	Limit	Reg.PRICE*	BUY	& SAVE**
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Non-Perishables

Kellogg's Cereal	15.5-25.5 oz	50% off		\$3.99-5.99	5	\$12
General Mills Cereal	11.3-17 oz.	\$1.99		\$3.99-5.29	5	\$10
Best Foods Mayonnaise	30 oz.	\$2.99		\$4.49-4.99	3	\$5
Kraft BBQ Sauce	18 oz.	69¢		\$1.79-1.99	4	\$5
Bumble Bee Chunk Light Tuna	5 oz.	69¢		\$1.19	6	\$3
Zatarain's Rice or Pasta	5.7-8 oz.	50% off		\$2.59-2.99	4	\$5
Fry's Sandwich Bread	24 oz.	10 for \$10		\$1.99	2	\$2
Orville Redenbacher's Popcorn	2-4 ct.	50% off		\$3.19-3.49	4	\$7
Pillsbury Brownie Mix	19.5 oz	50% off		\$2.39-2.89	4	\$5
Oreo Cookies	8.5-18 oz.	\$2.69		\$3.99-4.29	2	\$3
Ritz Crackers	7.5-15 oz.	\$2.19		\$3.49-3.99	2	\$3
Fritos or Cheetos or Fritos Dip	8.5-10.5 oz	\$1.99		\$3.49	4	\$6
Capri Sun or Kool-Aid Jammers	10 ct.	\$1.69		\$2.39	3	\$2
Gatorade	32 oz.	69¢		\$1.09	10	\$4
Ocean Spray Juice Cocktail or Light	64 oz.	\$1.99		\$3.59-3.99	3	\$6

Produce

Blueberries	6 oz.	99¢				
Mini Peeled Carrots	16 oz.	99¢				
Red Tomatoes on the Vine		99¢ lb.				
Broccoli or Cauliflower		99¢ lb.				
Romaine, Boston, Red or Green Leaf Lettuce	bunch	99¢				

Refrigerated & Frozen

Atlantic Salmon Fillets	fresh	\$4.99 lb.		\$9.99 lb.	2 lb.	\$10
Kroger Value Boneless Skinless	fresh	\$1.88 lb.	4	\$3.49-3.79 lb	5 lb	\$9

Fry's Large AA Eggs	12 ct.	98¢		\$1.99-2.19	2	\$2
Oscar Mayer Fully Cooked Bacon	2-2.1 oz	\$2.69				
Minute Maid Orange Juice	59 oz.	\$1.99		\$3.99-4.49	2	\$4
Pillsbury Grands Biscuits	8 ct.	99¢		\$2.99-3.69	3	\$6
Dannon Yogurt	4-6 ct.	\$1.69		\$2.99-3.49	2	\$3
Eggo Waffles, Pancakes or French	10.7-14.1 oz	\$1.99		\$2.79-3.49	3	\$4
Dove or Degree Deodorant	2.6-3 oz.	\$1.69		\$2.69-3.69	4	\$6
Brawny Paper Towels	1 reg roll	50% off				
						\$150

RIGGS SERVICES 602-492-6354
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ALBERTSONS

PRODUCT	SIZE	SALE	Limit	Reg.PRICE*	BUY	& SAVE**
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Non-Perishables

Progresso Vegetable Classics Soup	18-19 oz.	\$1		\$2.19	5	\$6
Hunts Ketchup	24 oz.	\$1		\$2.29	3	\$4
Albertsons Sandwich Bread	24 oz.	\$1		\$1.89	2	\$2
Doritos Tortilla Chips	11-11.5 oz	\$2.49		\$4.29	3	\$5
Pepsi	12 pack	4 for \$10	4	\$5.99	4	\$14

Produce

Clementine Tangerines	3 lb. bag	2 for \$5				
Broccoli Crowns or Cauliflower		\$1 lb.				
Mini Carrots	1 lb.	\$1				
Fresh Express Cole Slaw or	8-16 oz.	\$1				

Refrigerated & Frozen

Boneless Skinless Chicken Breast	fresh	\$1.87 lb.		\$3.49-3.79 lb	5 lb.	\$9
Assorted Pork Loin Chops, bone-in	fresh	\$1.88 lb.		\$2.99 lb.	3 lb.	\$3
Farmer John Bacon	12 oz.	2 for \$7		\$5.69	2	\$4
Don Pancho Flour Tortillas	11-16 oz	\$1		\$1.50	2	\$1
Albertsons Milk	64 oz.	\$1		\$1.99	4	\$4
Challenge Tuscan Spreadable	7 oz.	\$1		\$2.49	4	\$6
Pictsweet Deluxe Sides	6-7 oz.	\$1		\$1.49	4	\$2
Gorton's Fish Fillets or Sticks	18.2-24.5 oz	\$5.99		\$7.99	3	\$6
Tombstone Original Pizza	20-5.29.5 oz	\$3.99		\$5.19-7.49	3	\$9
Popsicle Ice Pops	8 ct.	\$1		\$1.59	3	\$2
Dreyer's Ice Cream	1.5 qt.	3 for \$10		\$5.99	3	\$8



SAFeway - All manufacturers coupons worth \$1.

These prices only good Feb. 24-27.

PRODUCT	SIZE	SALE	Limit	Reg.PRICE*	BUY	& SAVE**
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Non-Perishables

Post Honey Bunches of Oats or	13-14.5 oz	\$1.99		\$3.99-4.99	5	\$12
General Mills Honey Nut Cheerios	12.25 oz	2 for \$5		\$4.99-5.49	3	\$8
Kellogg's Rice Krispies or Corn Pops	17.2-18 oz	\$2.99		\$4.49-4.99	4	\$7
Quaker Oats Oatmeal	42 oz.	\$2.99		\$4.99-5.99	2	\$5
Quaker Chewy Granola Bars	6-8 ct.	\$1.88		\$3.29-3.89	3	\$5
Anthony's Pasta	12-16 oz.	10 for \$10		\$1.99	3	\$3
Knorr Lipton Rice or Pasta Sides	4-5.7 oz	89¢		\$1.49-1.69	5	\$3
Pantry Essentials Mayonnaise	30 oz.	\$1.99		\$3.99	2	\$4
Ken's Salad Dressing	16 oz.	2 for \$3		\$3.99	4	\$10
Nabisco Chips Ahoy or Premium	9.5-16.5 oz	\$1.88		\$3.29-3.79	3	\$5
Nabisco Ritz or Newton's	8-16.6 oz	buy 1=1 free		\$3.59-4.59	4	\$8
Open Nature Sandwich Bread	24 oz.	\$1.49		\$2.59-3.49	2	\$3
Pantry Essentials Bread	16 oz.	99¢		\$1.99-2.49	2	\$3
Fritos or Cheetos	9-10.5 oz	buy 2=2 free		\$3.49	4	\$7
7-Up, Pepsi	12 ct.	buy 2=2 free		\$6.49	4	\$13

Produce

Crisp Cucumbers		2 for \$1				
Safeway Farms Russet Potatoes	5 lb. bag	99¢				
Fresh Express Salads	8-12 oz.	99¢				

Refrigerated & Frozen

Ranchers Reserve 7-Bone Chuck	bone-in	\$2.29 lb.		\$5.29 lb.	3 lb.	\$9
Chicken Leg Quarters, frozen	10 lb. bag	59¢ lb.		99¢ lb.	5 lb	\$2
Swai Fillets	prev. frozen	\$3.99 lb.		\$6.49 lb.	2 lb.	\$5
Bar S Sliced Bacon	16 oz.	buy 1=1 free		4.99-5.99	2	\$5
Lucerne Shredded/Chunk Cheese	32 oz.	\$5.99		\$8.99	2	\$6
Dannon Pure or Light & Fit Yogurt	4 pack	\$1.88		\$3.29-3.69	3	\$5
Pillsbury Grands Biscuits	12-16.3 oz	10 for \$10		\$2.99	3	\$6
Gorton's Seafood Sale	variety	buy 1=1 free		\$2.99-4.99	2	\$4

Non-Food

Tide Detergent	50 oz.	\$5.00		\$7.99-8.99	3	\$10
						\$148

SPROUTS prices good February 22-29, 2012

PRODUCT	SIZE	SALE
<u>Non-Perishable</u>		
Raw Almonds	bulk cut	\$3.99 lb.
<u>Produce</u>		
Navel Oranges		3 lb. \$1
Apples		88¢ lb.
Bosc or D'Anjou Pears		88¢ lb.
Celery		88¢
Asparagus		88¢ lb.
Vine-Ripe Tomatoes		88¢ lb.
Red or Green Bell Peppers		3 for \$1
Cucumbers		3 for \$1
Italian, Yellow, or Mexican Squash		88¢ lb.
Cauliflower or Broccoli Crowns		88¢ lb.
Lettuce		88¢
<u>Refrigerated & Frozen</u>		
Pork Sirloin Chops or Roast	boneless	\$1.59 lb.
Black Forest Ham	sliced	\$6.99 lb.
CA Sharp Cheddar	bulk cut	\$3.99 lb.
Kashi Pizza	11.9-12.7 oz	\$4.99

FRESH & EASY prices good February 22-28, 2012

PRODUCT	SIZE	SALE	ust Buy
<u>Non-Perishable</u>			
F&E Crunch Cereal	14-16 oz	2 for \$5	2
Rosarita Refried Beans	16 oz.	89¢	
<u>Produce</u>			
Red Bell Peppers	2 ct.	98¢	
F&E Romaine Lettuce	9 oz.	buy 1=1 free	
Green Cabbage	8 oz.	98¢	

Refrigerated & Frozen

F&E Boneless Pork Loin Roast	fresh	\$1.99 lb.	
Oscar Mayer Lunchables	4.2-4.5 oz	99¢	
F&E String Cheese	12 oz.	2 for \$6	2

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