

# Olerud's

GROCERY • OUTDOOR GEAR • APPAREL

## market center

Store Hours: Monday - Saturday 8 am to 7 pm • Sunday 10 am to 6 pm

Prices Effective:  
July 8 - 14, 2026

St. Helens  
BEEF

St. Helens  
Premium  
Boneless Beef  
Top Round  
Steaks  
Value Pack

**6<sup>89</sup>**  
lb.



USDA  
CHOICE

local  
THINK • BUY • BE

Fresh!

Boneless  
Skinless  
Chicken  
Thighs  
Value Pack

**4<sup>19</sup>**  
lb.

PRAIRIE  
FRESH  
NATURAL

Prairie Fresh  
Premium  
All Natural  
Medium Pork  
Spareribs  
Single Pack

**3<sup>79</sup>**  
lb.



SELECT  
Guaranteed  
FRESH



Fresh!  
Blueberries  
6 oz.

local  
THINK • BUY • BE

**2\$5**  
for

CALIFORNIA  
AVOCADOS



Jumbo  
Avocados  
**3<sup>19</sup>**  
ea.

local  
THINK • BUY • BE



Iceberg  
Lettuce  
**3<sup>49</sup>**  
ea.



Blue  
Bunny  
Ice  
Cream  
Selected  
Varieties  
48 oz.

**6<sup>99</sup>**



Culinary  
Circle  
Pizza  
Selected  
Varieties  
13.95 to  
28.9 oz.

**6<sup>99</sup>**



Essential Everyday  
Cheese  
Selected Varieties  
6 to 8 oz.

**6<sup>99</sup>**



Oroweat  
Bread  
Selected  
Varieties  
24 oz.

**4<sup>99</sup>**

Olerud's Market Center & Alaska Sport Shop

# QUALITY MEATS

**St. Helens**  
BEEF



St. Helens  
Premium  
Boneless Beef  
Petite Sirloin  
Steaks  
Value Pack

**8.89**  
lb.

USDA  
CHOICE **local**  
THINK-BUY-BE



St. Helens  
Premium  
Boneless  
Beef  
London  
Broil

**6.29**  
lb.

USDA  
CHOICE **local**  
THINK-BUY-BE



Boneless  
Skinless  
Chicken  
Breast  
No  
Antibiotics  
Ever  
Value Pack

**4.59**  
lb.

**PRAIRIE  
FRESH**  
NATURAL



Prairie Fresh  
Premium  
All Natural  
Boneless Pork  
Sirloin Chops  
Value Pack

**2.99**  
lb.



Prairie Fresh  
Premium  
All Natural  
Boneless  
Pork  
Country  
Style Ribs  
Value Pack

**2.99**  
lb.



Prairie Fresh  
Premium  
All Natural  
Boneless  
Pork  
Sirloin  
Roast

**2.59**  
lb.



local  
THINK-BUY-BE  
Willamette Valley Meat Co.  
Pepper Bacon Wrapped  
Pork Fillet

**5.99**  
lb.



local  
THINK-BUY-BE  
Hill's Premium Meats  
Tender Bite Pork Sausages  
Original or Maple

**4.69**  
ea.



local  
THINK-BUY-BE  
Hill's Premium Meats  
Ground Original or  
Italian Pork Sausage

**5.19**  
ea.



Land O' Frost  
Bistro Favorites  
Lunch Meat  
Selected Varieties

**5.19**  
ea.



Land O' Frost  
Deli Shaved Lunch Meat  
Selected Varieties

**3.49**  
ea.



Land O' Frost  
Mega Pack  
Lunch Meat  
Selected Varieties

**8.19**  
ea.



Bar S  
Bologna  
or Cotto  
Salami

**3.79**  
ea.



local  
THINK-BUY-BE  
Reser's  
Main Street Bistro  
Macaroni & Cheese Sides  
Selected Varieties

**2.57**  
for



Land O' Frost  
Turkey/Ham or Italian Sub Kit

**8.19**  
ea.



Bar S  
Beef Bologna

**7.19**  
ea.

## SERVICE BAKERY & SERVICE DELI

SOME ITEMS NOT AVAILABLE  
IN ALL STORES.



**b**  
LA BREA  
BREADS

Rustic  
8 Grain Loaf  
8 oz.

**6.99**  
ea.



**café**  
valley

Apple or Cherry  
Turnovers  
4 Count

**5.99**  
ea.



**Stonefire**

Original or  
Carmelized Onion  
Naan Bread

**3.99**  
ea.



**RICH'S**

8" 2-Layer  
Chocolate  
Variety Cake

**20.99**  
ea.



**Kretschmar**

Smoked or Honey  
Ham Off the Bone

**7.99**  
lb.

**Kretschmar**  
All Natural Pepper Jack Cheese

**7.99**  
lb.



**COLUMBUS**

Charcuterie  
Trio

**12.99**  
ea.



**Ellsworth**  
COOPERATIVE CREAMERY

Fresh  
Cheese  
Curds  
Selected  
Varieties

**5.99**  
ea.



**SNACK FACTORY**

Pretzel Crisps

Pretzel  
Crisps  
Selected  
Varieties

**3.99**  
ea.



**AmeriChicken**

Chicken  
Tenders

**7.99**  
lb.

# Sizzling Stock-Up Savings!

<p>S&amp;W Beans Selected Varieties 15 to 15.5 oz.</p> <p><b>2\$4</b> for</p>	<p>Essential Everyday Tomatoes Selected Varieties 14.5 to 15 oz.</p> <p><b>2\$4</b> for</p>	<p>Essential Everyday Taco or Fajita Seasoning Mix Selected Varieties 1.25 oz.</p> <p><b>1<sup>29</sup></b></p>	<p>Nalley Chili Selected Varieties 14 oz.</p> <p><b>4<sup>49</sup></b></p>	<p>American Beauty Pasta Selected Varieties 12 to 16 oz.</p> <p><b>2\$4</b> for</p>
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<p>Prego Pasta Sauce Selected Varieties 14.5 to 24 oz.</p> <p><b>4<sup>99</sup></b></p>	<p>Post Honey Bunches of Oats Cereal 11 to 12 oz.</p> <p><b>4<sup>99</sup></b></p>	<p>Nabisco Snack Crackers 11.5 to 14 oz. or Chips Ahoy! Cookies 14.25 to 19.5 oz. Selected Varieties</p> <p><b>7<sup>49</sup></b></p>	<p>Otter Pops Original Ice Pops 80 Count</p> <p><b>10<sup>49</sup></b></p>	<p>Joy Cone Ice Cream Cups or Sugar Cones Selected Varieties 12 to 24 Count</p> <p><b>2<sup>99</sup></b></p>
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<p>Fritos 9.25 to 10 oz. or Cheetos 8 to 8.5 oz. Snacks Selected Varieties</p> <p><b>5<sup>99</sup></b></p>	<p>Capri Sun 100% Juice Drinks Selected Varieties 10 Pack, 6 oz. Pouches</p> <p><b>8<sup>99</sup></b></p>	<p>Essential Everyday Dressing Selected Varieties 16 oz.</p> <p><b>3<sup>99</sup></b></p>	<p>Campbell's Spaghetti or Spaghettios Selected Varieties 15.8 oz.</p> <p><b>2\$4</b> for</p>	<p>Ball Park Hamburger or Hot Dog Buns Selected Varieties 8 Count</p> <p><b>3<sup>99</sup></b></p>
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<p>Dole Pineapple Selected Varieties 15.25 to 20 oz.</p> <p><b>2<sup>99</sup></b></p>	<p>Starbucks Coffee Selected Varieties 10 Count Pods</p> <p><b>14<sup>99</sup></b></p> <p>Starbucks Ground Coffee Selected Varieties, 12 oz.</p> <p><b>17<sup>99</sup></b> e.t.</p>	<p>Essential Everyday Peanuts Selected Varieties 12 oz.</p> <p><b>3<sup>79</sup></b></p>	<p>Welch's Family Size Fruit Snacks Mixed Fruit or Berries 'N' Cherries 40 Count</p> <p><b>12<sup>49</sup></b></p>	<p>Essential Everyday Rice Selected Varieties 14 oz.</p> <p><b>3<sup>49</sup></b></p>
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## Pet & Home Savings

<p>Essential Everyday Dog Food Selected Varieties 13.2 oz.</p> <p><b>2<sup>39</sup></b></p>	<p>Essential Everyday Cat Food Selected Varieties 3 lbs.</p> <p><b>7<sup>99</sup></b></p>	<p>Essential Everyday Bleach 43 oz.</p> <p><b>5<sup>49</sup></b></p>	<p>Hippo Sak Tall Kitchen Bags with Handles 15 Count</p> <p><b>3<sup>49</sup></b></p>	<p>Pine-Sol Multisurface Cleaner Selected Varieties 20 to 24 oz.</p> <p><b>5<sup>99</sup></b></p>
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## Refrigerated Foods

<p>Tillamook Yogurt Selected Varieties 6 oz.</p> <p><b>4\$5</b> for</p>	<p>Essential Everyday Singles American or Swiss 16 Count</p> <p><b>5<sup>99</sup></b></p>	<p>Jell-O Gelatin or Pudding Selected Varieties 4 Pack</p> <p><b>4<sup>99</sup></b></p>	<p>Essential Everyday Cream Cheese Spread Selected Varieties 8 oz.</p> <p><b>3<sup>99</sup></b></p>	<p>Essential Everyday Biscuits Selected Varieties 16 oz.</p> <p><b>2<sup>99</sup></b></p>
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## Frozen Foods

<p>Essential Everyday Vegetables Selected Varieties 12 oz.</p> <p><b>1<sup>99</sup></b></p>	<p>Tai Pei Entrée Bowl Selected Varieties 9 to 11 oz.</p> <p><b>4<sup>49</sup></b></p>	<p>Van De Kamp's Fish Selected Varieties 18 to 24.6 oz.</p> <p><b>8<sup>79</sup></b></p>	<p>Pepperidge Farm Garlic Bread Selected Varieties 11.25 to 11.75 oz.</p> <p><b>4<sup>49</sup></b></p>	<p>Nestle Ice Cream Treats Selected Varieties 6 to 20 Count</p> <p><b>10<sup>99</sup></b></p>
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Prices do not include local taxes where applicable.

*Feature  
of the Week!*



Fresh Express  
Family Size  
Caesar  
Salad Kit  
19.4 oz.

**4<sup>99</sup>**  
ea.



*National  
Cherry Day  
is July 16th!*



**Rainier  
Cherries**

Natural Anti-Inflammatory,  
Source of Melatonin and Potassium,  
Fat Free

**9<sup>99</sup>**  
lb.



**Whole Carrots**  
2 lb. Bag

**2<sup>99</sup>**  
ea.



**White Mushrooms**  
Sliced or Whole  
8 oz.

**2\$5**  
for



**Fresh Express  
Salad Blends**  
Selected Varieties  
6 to 11 oz.

**3<sup>99</sup>**  
ea.



**Little Potato Co.  
Fresh Potatoes**  
Selected Varieties  
1 lb.

**5<sup>49</sup>**  
ea.



**Litehouse  
Yogurt  
Dressing**  
Selected  
Varieties  
12 oz.

**5<sup>49</sup>**  
ea.

*It's Organic*



**Organic  
Celery**  
Bunch

**2<sup>99</sup>**  
ea.



**Organic  
English Cucumbers**

**2\$6**  
for



**Organic  
Fuji  
Apples**  
2 lb. Bag

**4<sup>99</sup>**  
ea.

**Olerud's**  
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market center

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