

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:
September 30 - October 6, 2026

St. Helens
BEEF

St. Helens
Premium
Boneless Beef
Cross Rib Steaks
Value Pack

6⁶⁹
lb.



USDA
CHOICE

local
THINK • BUY • BE

St. Helens
BEEF

St. Helens
Premium
Lean
Ground Beef
80% lean, 20% Fat,
Value Pack

6⁴⁹
lb.



Fresh!
Chicken
Tenderloins
Value Pack

3⁰⁹
lb.

SELECT
Guaranteed
FRESH



Your Choice!

Extra Extra Large
Red, Orange or Yellow
Bell Peppers

2⁵⁹
lb.



New Crop!

local
THINK • BUY • BE

Bartlett
Pears
2⁰⁹
lb.



Avocados
from
Mexico
ALWAYS GOOD

Medium
Avocados
4 \$⁵
for



local
THINK • BUY • BE

Washington
Natural
Old Fashioned
100% Pure
Apple Cider
89 oz.

8⁹⁹



Folgers
Ground
Coffee
Selected
Varieties
22.6 to
25.9 oz.

19⁹⁹



Culinary
Circle
Pizza
Selected
Varieties
13.95 to
28.9 oz.

6⁹⁹



local
THINK • BUY • BE

Oroweat
Bread
Selected
Varieties
24 oz.

4⁹⁹

Olerud's Market Center & Alaska Sport Shop

QUALITY MEATS

St. Helens
BEEF



St. Helens
Premium
Boneless Beef
Petite Sirloin
Steaks
Value Pack

7.49
lb.

**PRAIRIE
FRESH
NATURAL**



Prairie Fresh
Premium
All Natural
Bone-In
Pork Chops
Center Cut
Value Pack

2.99
lb.

St. Helens
BEEF



Whole
Body
Fryer
No
Antibiotics
Ever

2.29
lb.

Chicken Drumsticks
Value Pack **2.09** lb.

**PRAIRIE
FRESH
NATURAL**



Prairie Fresh Premium
All Natural
Baby Back Pork Ribs
Single Pack

4.99
lb.

St. Helens
BEEF



St. Helens
Premium
Boneless
Beef
Cross Rib
Roast

6.09
lb.

USDA CHOICE **local**
THINK • BUY • BE

St. Helens
BEEF



St. Helens
Premium
Boneless
Beef
Stew
Meat

6.99
lb.

USDA CHOICE **local**
THINK • BUY • BE



Jennie-O
White Turkey
Burger Patties
90% Lean, 10% Fat, 36 oz.

11.29
ea.



St. Helens Premium
Ground Beef Patties
80% Lean, 20% Fat, 16 oz.

7.69
ea.



Hill's Premium Meats
Tender Bite Original or
Maple Breakfast Links
12 oz.

4.69
ea.



Hill's
Premium
Meats
Pork
Sausage
Selected
Varieties
16 oz.

5.19
ea.



Hill's Premium Meats
Hardwood or Applewood
Sliced Bacon, 16 oz.

8.19
ea.



Hill's Premium Meats
Uncured Applewood Bacon
10 oz.

7.19
ea.



Kingsford
Pork Baby
Back Ribs
24 oz.

14.69
ea.



Kingsford
Pork Carnitas
Tub 16 oz.

8.69
ea.



Buddig
Honestly
Good
Lunch
Meat
Selected
Varieties
6 oz.

4.69
ea.



Silva
Linguica or Chorizo
Selected Varieties
11 oz.

5.69
ea.

SERVICE BAKERY & SERVICE DELI

SOME ITEMS NOT AVAILABLE
IN ALL STORES.



The Cheesecake
Factory
Sliced Wheat
Sandwich
Brown
Loaf
17 oz

4.99
ea.



Take & Bake
Garlic
Loaf
12 oz.

4.49
ea.



Clyde's
Fritters
Selected Varieties
18 oz.

6.49
ea.



Rich's
Chocolate
Thumbprint
Cookies
10.5 oz.

6.29
ea.



Café Valley
Muffins
Selected Varieties
4 Count

5.99
ea.



Table Talk Pies
"America's Favorite Pie"
8" Fruit Pie
Selected Varieties
24 oz.

7.99
ea.



Smoked Ham
Off The Bone
Kretschmar
Mild Cheddar Cheese

7.99
lb.

8.99
lb.



Assorted Wedges
Selected Varieties
7.6 oz.

6.49
ea.



Chicken
Tenders
7.99
lb.



Fully Cooked
Chicken Drum Sticks
Selected Varieties

4.99
lb.



Fully Cooked or Ready To
Cook Party Wings
Selected Varieties

6.49
lb.

Feed the Family for Less

American Beauty Pasta
Selected Varieties
12 to 16 oz.

2\$4
for

Classico Pasta Sauce
Selected Varieties
15 to 24 oz.

5⁹⁹

Essential Everyday Dressing
Selected Varieties
16 oz.

3⁹⁹

Pepperidge Farm Texas Toast
Selected Varieties
9.5 to 11.25 oz.

4⁷⁹

McCormick Taco Seasoning
Selected Varieties
1 to 1.12 oz.

1¹⁹

Zatarain's Rice Mix
Selected Varieties
6.9 to 7 oz.

2\$4
for

Starkist Tuna
Selected Varieties
2.6 oz. Pouch

2\$4
for

Campbell's Tomato or Chicken Noodle Condensed Soup
10.75 oz.

2\$5
for

Jif Peanut Butter
Selected Varieties
28 oz.

7⁴⁹

Smucker's Strawberry Jam
30 oz.

5⁹⁹

local THINK-BUY-BE Snoqualmie Falls Lodge Oatmeal
Extra Thick or Quick Cooking
28 oz.

7⁹⁹

Kellogg's Cereal
Selected Varieties
8.9 to 12.1 oz.

6⁹⁹

Doritos Tortilla Chips
Selected Varieties
9 to 10.75 oz.

5⁹⁹

Lay's Party Size Potato Chips
Selected Varieties
12.5 to 13 oz.

6⁹⁹

local THINK-BUY-BE Old Trapper Beef Jerky
Selected Varieties
10 oz.

18⁹⁹

Heinz Tomato Ketchup
20 oz.

4⁹⁹

Pompeian Extra Virgin Olive Oil
Robust or Smooth
16 oz.

9⁹⁹

Pompeian Red Wine Vinegar
16 oz.

2⁹⁹

Hostess Snacks
Selected Varieties
10 to 13.58 oz.

4⁹⁹

Starburst, Skittles or Lifesavers Gummy Candy
Selected Varieties
5 to 7 oz.

2⁴⁹

Home & Pet Savings

Milk Bone Dog Biscuits
Selected Varieties
24 oz.

6⁹⁹

Pup-Peroni Dog Treats
Selected Varieties
5.6 oz.

5⁴⁹

Dawn Powerwash Spray Dish Soap
Selected Varieties
16 oz.

6⁹⁹

Scott 1000 Bath Tissue
12 Rolls

19⁹⁹

Tide Laundry Detergent
Selected Varieties
11 to 14 Count Pods

7⁴⁹

Refrigerated Foods

Essential Everyday Sliced Cheese
Selected Varieties
6 to 8 oz.

3⁴⁹

Essential Everyday Biscuits
Selected Varieties
16 oz.

3⁴⁹

local THINK-BUY-BE Tillamook Cultured Sour Cream
Original or Reduced Fat
16 oz.

2⁹⁹

Challenge Butter
Salted or Unsalted
8 oz.

6⁹⁹

Shamrock Protein Builder
Selected Varieties
12 oz.

2⁹⁹

Frozen Foods

Marie Callender's Entrée
Selected Varieties
10.5 to 13 oz.

4⁷⁹

Morning Star Farms Plant-based Products
Selected Varieties
5.25 to 12 oz.

5⁹⁹

Bird's Eye Vegetables
Selected Varieties
8 to 14 oz.

3⁴⁹

Tai Pei Entrée Bowl
Selected Varieties
0 oz.

4⁴⁹

Gorton's Fish
Selected Varieties
18.2 to 24.5 oz.

10⁴⁹

Prices do not include local taxes where applicable.

400598_P3

Whole
Carrots
2 lb. Bag

3¹⁹
ea.



**Bagged
Red or Yellow
Potatoes**
5 lbs.

6⁴⁹
ea.

local
THINK • BUY • BE



NATURESWEET

Nature Sweet
Cherubs
or Golden
Tomatoes
10 oz.

4⁴⁹
ea.



Jumbo
Red Onions

1⁴⁹
lb.



Fresh
Express
Chopped
Salad Kit
Selected
Varieties
9.4 to
11.75 oz.

4⁹⁹
ea.

**ART
NEEDED**

local
THINK • BUY • BE

NW Delights
In-Shell
Pistachios
Selected
Varieties
8 oz.

7⁹⁹
ea.

It's Organic



Organic
Gala Apples
2 lbs.

4⁹⁹
ea.

local
THINK • BUY • BE
It's Organic!

NATURESWEET



Nature
Sweet
Organic
Baby Cucumbers
12 oz.

4⁹⁹
ea.

It's Organic!



It's Organic!
Organic
Acorn
Squash

2²⁹
lb.

Olerud's
GROCERY • OUTDOOR GEAR • APPAREL
market center

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