



SAVE IN 2009!

The New Year is here, and we want to help you keep your resolutions in 2009 - look inside for money savers, products to help you go green, and foods to help you eat right and stay fit!

The lowest prices of any conventional grocery store in our area — Since 1926!

EAT LIGHT AND STAY FIT IN THE NEW YEAR!



Nugget Markets Recipe

Lemon Herb Chicken

Ingredients:

- 4 boneless skinless chicken breasts
- 1 lemon, zested and juiced
- 2 tablespoons fresh thyme, rough chopped
- 2 cloves garlic, minced
- 2 tablespoons extra virgin olive oil
- salt and pepper to taste

Preparation:

Preheat the oven to 425 degrees F.

Combine the thyme, garlic, lemon zest and juice, olive oil, and salt and pepper on a cookie sheet. Mix into a light paste. Roll each chicken breast in the mixture and leave on the sheet pan. Refrigerate and allow to marinate for twenty minutes.

Place in the oven for 10 to 12 minutes or until the internal temperature reaches 165 degrees F. Allow to rest for five minutes before serving.

Recipe by Jeff Clark, chef de cuisine, Nugget Markets

Chateau Souverain Chardonnay

750 ml. Bottle

Stop Sign Savings...\$7

9.99

Better Than BOGO

Tender and Juicy

Boneless Skinless Chicken Breasts

It's easy to eat healthy with this naturally tender Chicken Breast. This quick and easy to cook, versatile cut of chicken is excellent on a salad or in a stir fry.

Stop Sign Savings...\$2.62/lb.

1.97/lb.



Sweet & Juicy Strawberries

Grown in California.
1Lb. Package.

Stop Sign Savings...\$2.52 ea.

3.47 ea.



Foster Farms

Ground Turkey, Breasts, Strips, Cutlets or Tenderloins

14.4-20 oz. Pkg.

Stop Sign Savings... \$1/lb.

4.99/lb.

Keep Your New Year's Resolution - Eat Light!



Dannon Light & Fit Yogurt

Selected Varieties. 6 oz. Cup.

Save \$4.90 on 10

10/\$5

50¢ each



Zola Organic Acai

Regular. 12 oz. Bottle

Stop Sign Savings...\$1

1.49



General Mills Fiber One Cereal

Selected Varieties. 14.25-15.6 oz. Pkg.

Save \$5.38 on 2

2/\$5

\$2.50 each



Quaker Instant Oatmeal

Selected Varieties. 10.9-16 oz. Pkg.

Save up to \$4.98 on 2

2/\$5

\$2.50 each



Kellogg's Special K or Kashi Crackers

Selected Varieties. 6 Count Pkg. Special K or 8-9 oz. Kashi

Save up to \$2.98 on 2

2/\$5

\$2.50 each



Right Bites Snacks

Selected Varieties. 4.24-4.4 oz. Pkg.

Stop Sign Savings...80¢

2.49



Sara Lee Bagels

Selected Varieties. 6 Count Pkg.

Save \$3.58 on 2

2/\$5

\$2.50 each



Briannas Salad Dressing

Selected Varieties. 12 oz. Bottle

Stop Sign Savings...\$1.40

2.99

Marie Callender's
Crotons
Selected Varieties.
5 oz. Bag
Save up to
\$1.78 on 2
2/\$3



Smart Ones Entrees

Selected Varieties. 8-11.5 oz. Pkg.

Stop Sign Savings...90¢

1.99



Alhambra Water

2.5 Gallon Jug

Stop Sign Savings...\$1.10

1.99

+c/v

Keep your resolutions in 2009 - Eat light, save money, and go green!

Keep Your New Year's Resolution - Save Money!

Star Olive Oil
Selected Varieties.
17 oz. Bottle
Save up to \$3.59
5.99

Sun-Maid or Our Pantry Organic Raisins
15-24 oz. Canister
Save up to \$1.80
2.99

Clif Kid ZBars
Selected Varieties.
1.27 oz. Package
Save 97¢ on 3
3/\$2
\$1.50 each

Best Yet Solid White Albacore Tuna
6 oz. Can
Stop Sign Savings...90¢
99¢

Bear Naked Cereal
Selected Varieties.
12 oz. Pkg.
Stop Sign Savings...\$1.50
3.99

Carnation Instant Breakfast
Chocolate. 17.7 oz. Can
Stop Sign Savings...\$2
5.99

Mission Calidad Chips
Selected Varieties. 14 oz. Bag
Stop Sign Savings...50¢
1.29

Oroweat Bread
Selected Varieties.
24 oz. Loaf
Save \$3.38 on 2
2/\$6
\$3 each

Blue Diamond Almonds
Selected Varieties.
8 oz. Bottle
Stop Sign Savings...\$1
2.99

Betty Crocker Specialty Potatoes
Selected Varieties.
4.5-7.2 oz. Package
Stop Sign Savings...\$1.30
1.49

Del Monte Pickles or Pickle Relish
Selected Varieties. 22 oz. Jar
Stop Sign Savings...\$1
2.99

Keebler Sandies or Murray Sugar Free Cookies
Selected Varieties.
5.5-16 oz. Package
Save up to \$2.98 on 2
2/\$5
\$2.50 each

Doritos Tortilla Chips
Selected Varieties.
11.75-13 oz. Bag
Save \$1.58 on 2
2/\$6
\$3 each

Garden of Eatin' Snacks
Original. 8.6 oz. Package
Save \$1.78 on 2
2/\$5
\$2.50 each

Kellogg's Fruit Snacks
Selected Varieties. 9 oz. Pkg.
Stop Sign Savings...99¢
1.99

Hostess Snacks or Wonder Bread
Selected Varieties.
10.5-20 oz. Package
Save up to \$3.98 on 2
2/\$5
\$2.50 each

Kikkoman Soy Sauce
10 oz. Bottle
Save \$1.78 on 2
2/\$3
\$1.50 each

Simply Asia Noodle Bowls
Selected Varieties.
8.5-8.8 oz. Package
Stop Sign Savings...\$1.60
1.99

No Yolks or Wacky Mac Pasta
Selected Varieties. 8-12 oz. Pkg.
Save up to \$2.96 on 4
4/\$5
\$1.25 each

Maruchan Ramen
Selected Varieties. 3 oz. Pkg.
Save 45¢ on 5
5/\$1
20¢ each

Crisco Spray
Selected Varieties.
6 oz. Bottle
Save \$3.58 on 2
2/\$5
\$2.50 each

Chef Boyardee Pasta
Selected Varieties.
14.5-15 oz. Can
Save \$3.76 on 4
4/\$5
\$1.25 each

Hunt's Manwich Sloppy Joe Sauce
15.5 oz. Can
Save \$1.78 on 2
2/\$3
\$1.50 each

Best of the West Mesquite Charcoal
6.6 Lb. Bag
Stop Sign Savings...\$3.30
2.99

Cuddle Soft 3X Fabric Softener
Selected Varieties.
64 oz. Liquid
Stop Sign Savings...80¢
2.99

Pine Sol or Clorox Cleaners
Selected Varieties.
30-48 oz. or 35 Count.
Save up to \$2.39
2.99

Friskies Cat Treats or Beneful Dog Treats
Selected Varieties. 2.1-11 oz. Pkg.
Save up to \$9.78 on 2
2/\$3
\$1.50 each

Campbell's Tomato or Chicken Noodle Soup
10.75 oz. Can
Save up to 97¢ on 3
3/\$2
67¢ each

Dole Orange Juice or Juice Blends
Selected Varieties.
64 oz. Carton
Save up to \$1.96 on 2
2/\$6
\$3 each

Roman Meal Whole Grain Wheat Bread
20 oz. Loaf
Stop Sign Savings...\$1.60
1.99

Gatorade Thirst Quenchers
Selected Varieties.
32 oz. Bottle
Save \$7.90 on 10
10/\$10
\$1 each

Wasa Crackers
Selected Varieties.
8.8 oz. Package
Stop Sign Savings...\$1.50
1.99

Martinelli's Apple Cider
50.7 oz. Bottle
Stop Sign Savings...\$1.20
2.99

Welch's Strawberry Spread
32 oz. Jar
Save \$4.78 on 2
2/\$5
\$2.50 each

Hi-C Blast Beverages
Selected Varieties.
10 Count Package
Save \$3.78 on 2
2/\$3
\$1.50 each

Dennison's Chili
Selected Varieties.
15 oz. Can
Stop Sign Savings...\$1.30
89¢

Kraft Easy Mac
2.05 oz. Cup
Save \$1.36 on 4
4/\$3
75¢ each

MJB Ground Premium Coffee
39 oz. Canister
Stop Sign Savings...\$5
5.99
Carnation Coffee-mate 35.3 oz. Canister **Stop Sign Savings... 98¢** **4.99**

Sparkle Paper Towels
6 Roll Package
Save \$4.98 on 2
2/\$10
\$5 each

Blue Moon, Primo Island or Widmer
Selected Varieties.
6 Pack/12 oz. Bottles
Stop Sign Savings...\$2
6.99 +CRV

Coppola Cabernet Sauvignon
750 ml. Bottle
Stop Sign Savings...\$10
9.99

Picket Fence Chardonnay
This richly textured wine has the backbone and balance one associates with Russian River Valley Chardonnays. Beautiful Meyer lemon notes and crisp fruit, with hints of bright apple, mingle with the toasted oak components of caramelized brown spices, resulting in a rich, sensuous wine that coats the mouth with a long, silky finish. - Don Van Staaveren, Winemaker. 750 ml. Bottle
Stop Sign Savings...\$8
9.99

Michelob, Rolling Rock or Tecate
Selected Varieties.
12/12 oz. Cans or Bottles
Save up to \$5
8.99 +CRV

Alaskan Ales
Selected Varieties.
12 Pack/12 oz. Bottles
Stop Sign Savings...\$5.50
11.99 +CRV

Ravenswood Vintners Blend Wine
Selected Varieties.
750 ml. Bottle
Stop Sign Savings...\$6
5.99

Jose Cuervo Tequila or Gordon's Vodka
Jose Cuervo Gold, Silver or Citrico 750 ml. Bottles, or Gordon's Vodka, 1.75 Liter Bottle
save up to \$4
13.99

Pepsi Cola
Selected Varieties.
12 Pack/12 oz. Bottles
Stop Sign Savings...\$1
4.99 +CRV

Pepsi Cola
Selected Varieties.
8 Pack/12 oz. Can
Stop Sign Savings...50¢
2.99 +CRV

Pepsi Cola
Selected Varieties.
2 Liter Bottle
Save 78¢ on 2
2/\$3
\$1.50 each +CRV

Lipton Iced Tea
Selected Varieties.
12 Pack/16.9 oz. Bottles
Stop Sign Savings...\$1.30
5.99 +CRV

Sport O Water
20 oz. Bottle
Save \$2.45 on 5
5/\$5
\$1 each +CRV

Snapple Beverages
Selected Varieties.
32 oz. Bottle
Stop Sign Savings...40¢
1.79 +CRV

Arizona Green Tea
Selected Varieties.
12 Pack/12 oz. Cans
Stop Sign Savings...\$1.10
4.69 +CRV

Honest Kids Drinks
Selected Varieties.
8 Pack/6.75 oz. Pouches
Save \$2.98 on 2
2/\$7
\$3.50 each

O.N.E. Coconut Water
11 oz. Carton
Save \$4.96 on 4
4/\$3
75¢ each

8th Continent Soy Milk
Selected Varieties.
64 oz. Carton
Stop Sign Savings...80¢
2.99

Minute Maid Orange Juice
6 Pack/8 oz. Bottles
Stop Sign Savings...\$1
2.99

Imperial Margarine
16 oz. Cubed
Stop Sign Savings...60¢
89¢

Ore-Ida Potatoes
Selected Varieties.
20-32 oz. Package
Save up to \$2.76 on 2
2/\$5
\$2.50 each

Pepperidge Farm Texas Toast
Selected Varieties.
9.5-11.25 oz. Package
Save up to \$1.50
2.49

Marie Callender's Pot Pies or Meals
Selected Varieties.
13-21 oz. Package
Save \$3.38 on 2
2/\$5
\$2.50 each

Oscar Mayer Turkey Bacon
12 oz. Package
Save \$1.58 on 2
2/\$5
\$2.50 each

Armour Sizzle & Serve Sausage Links
18.5 oz. Package
Stop Sign Savings...70¢
2.99

Land O'Frost Shaved Lunchmeat
Selected Varieties. 12 oz. Pkg.
Stop Sign Savings...\$1
2.99

Kraft American Cheese Singles
16 oz. Package
Stop Sign Savings...\$1.40
4.99

Keep your New Year's Resolution - Go Green for the Environment!

Ecover Dishwasher Tabs
25 Count Package
Stop Sign Savings...\$2
3.99

Green Forest Bathroom Tissue
12 Double Roll Package
Stop Sign Savings...\$1.30
6.99

Full Circle Trash Bags
Selected Varieties.
15-30 Count Package
Save \$1.58 on 2
2/\$5
\$2.50 each

Vendange Wines
Selected Varieties.
500 ml. Carton
Stop Sign Savings...\$2.00
1.99

Fresh from the Oven
Available in 14-oz. hand-shaped loaves and boulets, our whole-grain breads are baked to perfection in our stone-deck ovens — no additives, preservatives or trans fats. Delectable on their own, they also make great sandwiches and toast.

- Multi-Grain:** Wheat flour, organic whole wheat flour and whole grains, including wheat, barley, corn, millet, oats, rice, flaxseed and rye.
- Honey Wheat:** Wheat flour, organic whole wheat flour, natural honey, and rolled oats.
- Whole Wheat:** Wheat flour, organic whole wheat flour, dark molasses and eggs.

Stop Sign Savings...\$50¢
3.49

Bar S Jumbo Meat Franks
16 oz. Package
Stop Sign Savings...70¢
1.19

Tillamook Cheese
Selected Varieties.
16 oz. Package
Save up to \$2
4.99

El Monterey Cruncheros
Selected Varieties.
11.2 oz. Package
Save \$3.78 on 2
2/\$7
\$3.50 each

Foster Farms Corn Dogs
Selected Varieties.
29 oz.-2.67 Lb. Package
Stop Sign Savings...\$50¢
5.99

Harris Ranch USDA Choice
100% Natural

Flank Steaks

Our USDA Choice Beef is hand-selected for superior marbling, which provides exceptional tenderness, juiciness and flavor. Just slice against the grain for flavorful fajitas.

Stop Sign Savings...\$1.50/lb.

5.99/lb.



Penfolds Koonunga Hill Shiraz Cabernet
750 ml. Bottle
Stop Sign Savings...\$3
7.99



Harris Ranch 100% Natural Black Angus Premium Natural Ground Beef
No antibiotics, no added hormones and an all vegetarian diet. 90% Lean. 1 Lb. Chub.
Stop Sign Savings...\$1 ea.
3.99 ea.



Nugget's Ready-to-Cook Chicken Cordon Bleu
Stop Sign Savings...\$1/lb.
5.99/lb.



Nugget's Sausage of the Week: Chicken Apple Sausage
Great for any meal!
Stop Sign Savings...\$1
3.99/lb.



Foster Farms California Grown Fresh Whole Young Chickens
Moist and meaty!
Stop Sign Savings...32¢/lb.
1.37/lb.



PrairieFresh 100% Natural Fresh Boneless Leg of Pork
A very versatile cut.
Stop Sign Savings...80¢/lb.
2.19/lb.



From our Specialty Cheese department...
PIAVÉ VECCHIO
A unique Italian cheese with the texture of a young Parmigiano-Reggiano, the aroma of bright tropical fruits, and a toasted walnut finish. Shred over polenta or enjoy chunked with a full-bodied Italian Red Wine.
Save **2.00/lb.**

Fine Quality Seafood



Better Than BOGO
21-25 Count Raw E-Z Peel Prawns
Previously frozen.
Stop Sign Savings...\$7/lb.
6.99/lb.

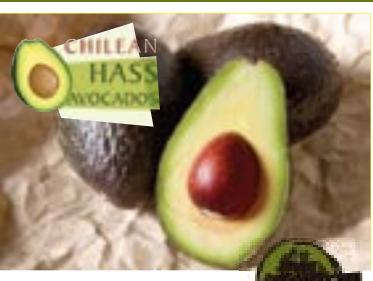


Light and Flaky Fresh Catfish Fillets
Pan or deep fry.
Stop Sign Savings...\$1/lb.
5.99/lb.



Fresh and Flavorful Boned & Butterflied Whole Trout
Just season & cook.
Stop Sign Savings...\$1/lb.
5.99/lb.

fresh produce



Chilean Organic Ripe Avocados
Grown in Chile
Smooth and creamy.
Save 82¢ ea.
1.18 ea.



Organically Grown Blueberries
Grown in Chile
Very healthy for you! 6 oz. Package.
Save 92¢ ea.
2.97 ea.



Better Than BOGO
A New Crop from Chile
Fresh Apricots
Enjoy Apricots out of hand as a healthy snack or for dessert. Explore the possibilities and diversity of fresh Apricots - add to waffles, create a chutney or salsa, dice and top a salad or make a cobbler or pie.
Stop Sign Savings...\$2.02/lb.
1.97/lb.



Delicious Gold Pineapples
Grown in Hawaii
Enjoy the tropical fresh flavor.
Save 92¢ ea.
2.77 ea.



Washington Organic Granny Smith Apples
Crisp & flavorful, excellent for baking.
Save 72¢/lb.
1.27/lb.



Fresh Sliced Mushrooms
Grown in California
Enjoy on salads or in a stir-fry! 8 oz. Pkg.
Save \$1.58 on 2
2/\$4



Fresh Brussels Sprouts
Grown in California
Steam slightly and enjoy!
Save 42¢/lb.
1.77/lb.



Fresh Express Salad Mix
9 oz. Spinach, Green & Crisp, Premium Romaine, Double Carrots or Lettuce Trio.
Save \$1.98 on 2
2/\$4