

Shop Your Commissary!

SALES FLYER

Maximizing Your Benefit!

2022

commissaries.com

CONUS



New Recipe Inside!
Cajun Shrimp with Fettuccine



DELIVERING A
BETTER BENEFIT
TO YOU



VOL. 8 NO. 22

DISPLAY PERIOD: OCT 24 - NOV 6, 2022



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MEAT AND PRODUCE



**MORE SAVINGS
IN YOUR POCKET.**

Exclusively for You!

FRESH produce



PRICE SAVINGS

ONLY **44¢**
/LB

FRESH BANANAS

While Supplies Last. Price may vary by location.

FRESH meat



PRICE SAVINGS

ONLY **\$4²⁹**
/LB

CHUCK ROAST

While Supplies Last. Price may vary by location.

in-store only

ALWAYS FRESH AT YOUR COMMISSARY!



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SAVINGS BEYOND THE NORM.

Look for these super savings in-store and online!



Chex Mix or Muddy Buddies, 10.5-15 oz., Select Varieties

\$2²⁹



Gardetto's Family Size Original Recipe Snack Mix, 14.5 oz.

\$2¹⁹



Kashi GO Cinnamon Vanilla or Dark Cocoa Crispy Cereal, 7 oz.

\$3¹⁹



Mario Sliced Black Olives, 2.25 oz., Select Varieties

59¢



Amy's Organic Low Fat Light in Sodium Split Pea Soup, 14.1 oz.

\$2⁴⁹



Campbell's Chunky Soup, 15.25-19 oz., Select Varieties

\$1⁴⁹



Dunkin' Ground or Whole Bean Coffee, 11-12 oz., Select Varieties

\$5⁸⁹



General Mills Muddy Buddies Pretzel Snack Mix, 9 oz., Select Varieties

\$2¹⁹



Nabisco Oreo Cookie Sticks and Creme Dip, 1 oz., 12 ct., Package

\$4⁰⁹



General Mills Trix or Cocoa Puffs Treats Bars, 0.85 oz., 8 ct.

\$2⁷⁹



General Mills Fiber One Chewy Bars or Brownies, 5.34-7 oz., 5-6 ct.

\$2⁵⁰



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COME HOME TO SAVINGS!

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For Your Cupboard



Kashi
GoLean Multigrain
Cereal, 12-16.3 oz.,
Select Varieties

\$3¹⁹



Bob's Red Mill
Extra Thick Rolled
Oats, 32 oz.

\$3⁷⁹



Bob's Red Mill
Old Fashioned or Quick
Cooking Rolled Oats,
28-32 oz.

\$4⁸⁹



Quaker
Old Fashioned or
Quick 1-Minute Oats,
18 oz.

\$3⁰⁹



Sue Bee
Premium Clover Honey
Bear, 24 oz.

\$5⁸⁹



Smucker's
Concord Grape Jelly,
32 oz.

\$1⁸⁹



Smucker's
Strawberry Jam,
32 oz.

\$2⁹⁹



Smucker's
Natural Strawberry Fruit
Spread, 25 oz.

\$3⁰⁹



Polaner All Fruit
Spreadable Fruit,
10 oz.,
Select Varieties

\$1⁹⁹



Polaner
Strawberry Preserves,
32, oz.

\$3¹⁹



Campbell's
Soup,
10.5-11.5 oz.,
Select Varieties

\$1¹⁹



Amy's
Organic Non-GMO
Soup, 14.1-14.5 oz.,
Select Varieties

\$2⁴⁹



Amy's
Organic Non-GMO
Medium Chili,
14.7 oz.

\$2⁷⁹



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COME HOME TO SAVINGS!



Bush's Best
Chili Magic Homestyle
Mild or Texas Medium,
15.5 oz.

\$1¹⁷



Bush's Best
Chili with Kidney or
Pinto Beans (Low
Sodium), 15-16 oz.,

\$1³⁹



Bush's Best
Chili Beans with Mild
Chili Sauce, 15.5-16 oz.,
Select Varieties

\$1²⁹



Mario
Minced Pimiento
Stuffed Manzanilla
Olives, 7 oz.

\$1⁶⁹



Mario
Pimiento Stuffed
Spanish Queen Olives,
7 oz.

\$2²⁹



Bertolli
Olive Oil,
50.72 oz.,
Select Varieties

\$9⁹⁹



Pompeian
Balsamic Vinegar,
16 oz.

\$2²⁹



Snacks



Nabisco
Ritz Original or Fresh
Stacks Crackers,
23.75-27.4 oz.

\$3⁹⁹



Nabisco
Family Size Chicken or
Wheat Thins Crackers,
12-14 oz.

\$3¹⁹



Triscuit
Original Whole Grain
Family Size Wheat
Crackers, 12.5 oz.

\$3¹⁹



Nabisco
Ginger Snaps Cookies
with Real Ginger and
Molasses, 16 oz.

\$4¹⁹



Nabisco
Graham Crackers,
12.2-14 oz.,
Select Varieties

\$3²⁹



Nabisco
Fun Shapes Cookies
and Mini Crackers,
20 oz., Package, 20 ct.

\$6⁴⁹



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If you have to listen to Uncle Gus' stories, why not do it over good food?

{ Plan a meal so good,
it's all they talk about. }



68¢ /LB

Quantities and brands will vary by location.

We can help you with that!

COME HOME TO SAVINGS!



Nabisco
Party Size Chips Ahoy
or Oreo Cookies,
25.5-26.7 oz.

\$4²⁹

Chilled



Sargento
Shredded Cheese,
5-8 oz.,
Select Varieties

\$2⁴⁹



Kerrygold
Naturally Softer Pure
Irish Butter, 8 oz.

\$3⁴⁹



Jimmy Dean
Premium Sausage,
16 oz.,
Select Varieties

\$3⁰⁹



Oscar Mayer
Natural Turkey Breast or
Roast Beef Slices,
8 oz.,

\$4⁰⁹



Oscar Mayer
Carving Board Flame
Grilled Chicken Breast
Strips, 7 oz.

\$2⁷⁹



Hillshire Farm
Lit'l Smokies Sausage,
12-14 oz.,
Select Varieties

\$3¹⁹



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IT'S A
BIG
DEAL!

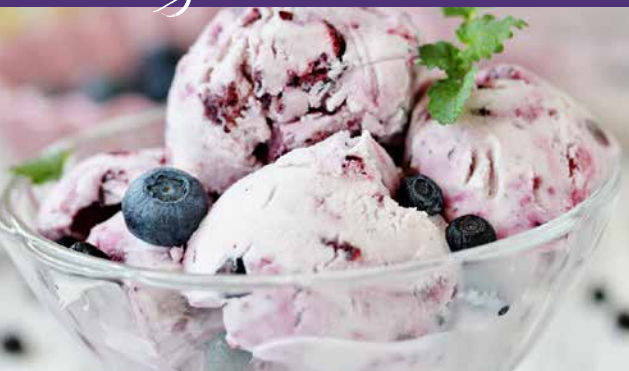


DELIVERING A
BETTER BENEFIT
TO YOU

LEARN MORE

COME HOME TO SAVINGS!

Frozen



Freedom's Choice
Buttermilk Waffles,
10 ct.

\$2⁰⁴



Freedom's Choice
Pure Orange Juice,
12 oz.,
Select Varieties

\$1⁷⁰



Freedom's Choice
Fresh Frozen Dark
Sweet Cherries,
12 oz.

\$2⁵⁴



Freedom's Choice
Sauce Shrimp Ring
with Cocktail Sauce,
61-70 ct.

\$6²²



Freedom's Choice
Extra Large Raw Peeled
and Deveined Tail-On
Shrimp, 41-50 ct.

\$6⁶⁷



Freedom's Choice
Raw Jumbo Easy Peel
Shrimp, 31-40 ct.

\$13⁴⁹



Crown Flavor
Party or Family Size
Pizza Bites, 90-120 ct.,
Select Varieties

\$7⁶⁸



Red Baron
Frozen Pizza,
15.77-23.45 oz.,
Select Varieties

\$3³⁹



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COME HOME TO SAVINGS!

Health & Beauty Care



Screamin' Sicilian
Frozen Pizza,
20.85-25 oz.,
Select Varieties

\$5⁴⁹



Dial
Antibacterial Deodorant
Soap Bar, 4 oz. Bar, 8 ct.,
Select Varieties

\$3²⁹



Dial
Liquid Hand Soap,
32-52 oz.,
Select Varieties

\$3⁵⁹

Household Essentials



Larabar
Gluten-Free Vegan
Nutrition Bars, 1.6-1.7 oz.,
Select Varieties

99¢



Pine-Sol
Multi-Surface Cleaner,
40-48 oz.,
Select Varieties

\$2⁷⁹



Arm & Hammer
Laundry Detergent,
118.1 -144.5 oz. or 42 ct.,
Select Varieties

\$6⁷⁹



Arm & Hammer
Fresh and Soft Clean
Mountain Fabric
Softener, 100 ct.

\$1⁷⁹



Arm & Hammer
Clean Burst
Detergent, 189, oz.

\$8⁹⁹



HomeBase
Soup & Salad
Containers, 5 ct.

\$2³³



HomeBase
Plastic Bowls,
20 oz.

\$2⁶²



HomeBase
Plastic Party Cups,
50 ct., 18 oz.

\$3⁶⁸



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YOU'VE EARNED IT!

TAKE ADVANTAGE OF YOUR COMMISSARY BENEFIT
THE COMMISSARY BENEFIT HAS BEEN EXPANDED TO INCLUDE:

INDIVIDUALS WITH SERVICE-CONNECTED DISABILITIES (0% OR HIGHER) | PURPLE HEART RECIPIENTS | FORMER PRISONERS OF WAR | FAMILY CAREGIVERS OF ELIGIBLE VETERANS

[CLICK HERE LEARN MORE!](#)



COME HOME TO SAVINGS!



HomeBase
Clear Tumbler Cups,
9 oz., 30 ct.

\$2⁵⁷



HomeBase
Party Cups,
100 ct., 16 oz.

\$5⁵⁸

Pet Essentials



Flock's Finest
Sunflower Seed Wild
Bird Food, 5 lb.

\$5⁹⁸



Pure Harmony
Pure Harmony Salmon
& Brown Rice Recipe
Cat Food, 3 lb.

\$6²⁹



Pure Harmony
Salmon Pea &
Chickpea Recipe Dog
Food, 12 lb.

\$25⁹⁸



Pure Harmony
Chicken Barley & Pea
Recipe Dog Food,
14 lb.

\$22⁹⁹



Pure Harmony
Beef & Brown Rice
Recipe Dog Food,
16 lb.

\$23⁹⁸



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WE'RE FIGHTING THE GOOD FIGHT AGAINST RISING PRICES!

Equal quality, better value.



COMPARE & save!

COME HOME TO SAVINGS!

YOUR BENEFITS DON'T STOP WITH JUST US. Visit our partners for even greater savings on the items you love.

12 WEEKS OF BLACK FRIDAY DEALS CHECK BACK EVERY FRIDAY FOR NEW DEALS HURRY LIMITED QUANTITIES IN STORE AND ONLINE

ShopMyExchange.com

YES! Your Everyday Savings New Lower Prices! Delivering a Better Benefit to You

WE'VE LOWERED OUR PRICES ON ITEMS YOU BUY MOST



LOOK FOR THE YES! ORANGE SHELF TAG AND SCORE MUST-HAVES FOR LESS.

Guaranteed Savings, Low Prices You Can Count On

GREAT PRICES DAILY TRUSTED BRANDS YEAR-ROUND SAVINGS



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SALES FLYER MP22249

ACTIVATE YOUR REWARDS CARD FOR GREATER SAVINGS WITH DIGITAL COUPONS

COME HOME TO SAVINGS!

GREATER SAVINGS WITH DIGITAL COUPONS

Visit shop.commissaries.com for more great Rewards Card Coupons!



ASK A CASHIER FOR YOUR REWARDS CARD TODAY!

NOTE: Digital coupons pictured are examples only and are not coupons for redemption.

DIGITAL COUPON **REWARDS**

SAVE \$2.00



Save \$2.00 on any ONE (1) Dove Men+Care® Body Wash (13.5 oz. or larger) product (excludes trial and travel sizes)

EXPIRES: 11/06/2022

DIGITAL COUPON **REWARDS**

SAVE \$5.00



Save \$5.00 on any TWO (2) TRESemmé® Pro Style Shampoo or Conditioner products (excludes twin packs, trial and travel sizes)

EXPIRES: 11/06/2022

DIGITAL COUPON **REWARDS**

SAVE \$5.00



Save \$5.00 on any ONE (1) Philips Sonicare 4100 Series

EXPIRES: 11/05/2022

DIGITAL COUPON **REWARDS**

SAVE \$10.00



Save \$10.00 off THREE (3) Similac Advance Small Size Powders

EXPIRES: 11/19/2022

DIGITAL COUPON **REWARDS**

SAVE \$3.00



Save \$3.00 on any ONE (1) Children's Advil

EXPIRES: 11/05/2022

DIGITAL COUPON **REWARDS**

SAVE \$2.00



Save \$2.00 on any ONE (1) One A Day® multi 60ct or larger, One A Day Fruit Bites, or Prenatal

EXPIRES: 11/19/2022

DIGITAL COUPON **REWARDS**

SAVE \$3.00



SAVE \$3.00 on any ONE (1) Centrum® product (60ct or larger)

EXPIRES: 11/20/2022

DIGITAL COUPON **REWARDS**

SAVE \$3.00



Save \$3.00 on any ONE (1) Garnier® Green Labs Serum Cream or SkinActive Moisturizer Product

EXPIRES: 11/05/2022



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COME HOME TO SAVINGS!

Over \$55 in savings
with the purchase of Pathway to Savings Items

INSTANT REWARDS CARD SAVINGS (VALID 10/24/2022 - 11/06/2022)



No Rewards Card? No problem. You can start saving now!



Look for the Pathway to Savings labels in store for immediate savings - even WITHOUT a Rewards Card!



Campbell's
Chunky Chicken Tortilla with Grilled White Meat Chicken Soup, 18.6 oz., Can

INSTANT SAVINGS
REWARDS CARD PRICE
\$1⁴⁹
YOU SAVE \$1.00



Giovanni
Rana Basil Sauce, 7 oz., Tub

INSTANT SAVINGS
REWARDS CARD PRICE
\$3⁴⁹
YOU SAVE \$0.38



Dunkin'
Original Blend Whole Bean Coffee, 12 oz., Pouch

INSTANT SAVINGS
REWARDS CARD PRICE
\$5⁸⁹
YOU SAVE \$2.62



General Mills
Fiber One Oats & Chocolate Chewy Bar, 7 oz., Box

INSTANT SAVINGS
REWARDS CARD PRICE
\$2⁵⁰
YOU SAVE \$1.31



Nabisco
Honey Maid Fresh Stacks Honey Graham Crackers, 6 ct. 12.2 oz., Box

INSTANT SAVINGS
REWARDS CARD PRICE
\$3¹⁷
YOU SAVE \$0.59



Oreo
Oreo Cookie Sticks and Creme Dip, 1 oz., 12 ct., Package

INSTANT SAVINGS
REWARDS CARD PRICE
\$4⁰⁹
YOU SAVE \$2.10



Amy's
Gluten-free Non-GMO Cheese Enchilada, 9 oz., Box

INSTANT SAVINGS
REWARDS CARD PRICE
\$4²⁹
YOU SAVE \$0.61



Dial
Gold Antibacterial Deodorant Soap Bar, 4 oz., Bar, 8 ct.

INSTANT SAVINGS
REWARDS CARD PRICE
\$3²⁹
YOU SAVE \$1.54



Clorox
Lemon Verbena Multi-Purpose Paper Towel Wipes, 75 ct., 4.5 oz., Container

INSTANT SAVINGS
REWARDS CARD PRICE
\$4¹⁹
YOU SAVE \$0.44

Our OCONUS customers can also enjoy instant savings by visiting their stores for selection and pricing.

BUY ONE, GET ONE FREE (VALID 10/24/2022 - 11/06/2022 / STATESIDE ONLY)



Hillshire Farm
Summer Sausage, 9 oz., Package

BUY ONE, GET ONE FREE
REWARDS CARD PRICE
\$2⁶⁹
YOU SAVE \$2.69
WHEN YOU BUY TWO



Violife
Shredded Mozzarella or Cheddar Vegan, 8 oz.

BUY ONE, GET ONE FREE
REWARDS CARD PRICE
\$3⁸⁹
YOU SAVE \$3.89
WHEN YOU BUY TWO



Knorr
Garlic and Herb Sauce Mix or Leek Soup Recipe Mix, 1.6-1.8 oz., Package

BUY ONE, GET ONE FREE
REWARDS CARD PRICE
\$1⁴⁹
YOU SAVE \$1.49
WHEN YOU BUY TWO



Hellmann's or Best Foods
Roasted Garlic or Cilantro Lime Sauce, 9 oz., Squeeze Bottle

BUY ONE, GET ONE FREE
REWARDS CARD PRICE
\$3⁶⁹
YOU SAVE \$3.69
WHEN YOU BUY TWO



Sir Kensington's
Non-GMO Dressing or Chipotle Mayonnaise, 12 oz., Bottle, Select Varieties

BUY ONE, GET ONE FREE
REWARDS CARD PRICE
\$6⁹⁹
YOU SAVE \$6.99
WHEN YOU BUY TWO



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CAJUN SHRIMP WITH FETTUCCHINE

MACROS / SERVING SIZE:

Protein 43 g | Fat 20 g | Carbs 75 g

% CALORIES OF MACROS / SERVING SIZE:

Calories 625 | Protein 26 % | Fat 27 % | Carbs 46 %

NUTRIENT / SERVING SIZE:

Fiber 10 g | Sodium 342 mg | Sat. Fat 6 g

INGREDIENTS (Serves 4)

- 1 small onion (diced)
- 2 garlic cloves (minced)
- 1 medium zucchini
- 12 oz. whole wheat fettuccine pasta
- Shelled shrimp
- 1 tbsp. Cajun seasoning
- 3 tbsp. olive oil
- 15 oz. can of diced tomatoes
- 3/4 cup evaporated milk
- 3 oz. grated Parmesan
- Fresh basil (optional)

DIETITIAN TIP: Vary the color of your fruits and vegetables to assist with consuming the many nutrients your body needs. Assess your current intake, of fruits and vegetables and assess how many different colors you regularly consume in a week. Aim to have all the colors of the rainbow represented.

DIRECTIONS:

1. Dice a small onion, mince 2 garlic cloves and slice 1 medium zucchini. Set aside.
2. Begin cooking 12 oz. of whole wheat fettuccine pasta according to package directions. Drain and set aside.
3. While the pasta is cooking, add 12 oz. of uncooked, shelled shrimp to a bowl along with 1 tbsp. of Cajun seasoning. Toss gently to evenly coat the shrimp.
4. In a large skillet, heat 1 tbsp. of olive oil over medium-high heat. Add the shrimp and cook on both sides until pink. Remove the shrimp from the skillet and set aside.
5. Heat 2 tbsp. of olive oil in the skillet over medium heat. Add the onion, garlic and zucchini. Cook for about 5 minutes, stirring occasionally.
6. Using a blender, pulse 1- 15 oz. can of tomatoes until smooth and then add them to the skillet. Bring to a boil and then turn down the heat to simmer for about 15 minutes.
7. Pour 3/4 cup of evaporated milk into skillet and stir gently. Add 3 oz. of freshly grated Parmesan cheese and cook for about 5 more minutes.
8. Add the cooked pasta and shrimp to the skillet and toss until everything is mixed together.
9. Serve by placing 1/4 of the shrimp pasta on a plate and top with fresh basil (optional).



COME HOME TO SAVINGS!



Freedom's Choice
Grated Parmesan
Cheese, 8 oz.

\$2⁹⁵



McCormick
Non-GMO Gourmet
Cajun Seasoning,
2.25 oz.

\$2⁴⁹



Mueller's
100% Whole Grain
Spaghetti Pasta,
13.25 oz.

\$1²⁹



New Orleans Fish House
Wild American Raw
Peeled Shrimp, 26-35 ct.

\$12⁵⁹



A list of recipes on commissaries.com/healthy_living also has nutrition education.

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CONUS



New Recipe Inside!
Cajun Shrimp with Fettuccine

A large white dollar sign graphic on a dark blue background. A red circle with the word "NEW!" in white is positioned to the left of the dollar sign. A yellow banner with the words "LOWER PRICES" in blue, bold, sans-serif font is draped across the middle of the dollar sign. A large white arrow points downwards from the bottom of the dollar sign.

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