SHOP YOUR COMMISSARY!

SALES FLYER
Maximizing Your Benefit!

GREAT RECIPES
Check Out Our Easy Peach Cobbler Recipe.
Inside This Edition.

GAME ON!
Preseason Football
Ends August 28

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DISCLAIMER: EFFECTIVE FOR STORES IN THE CONTIGUOUS 48 STATES. PRICES, SPECIFICATIONS, AND AVAILABILITY OF PRODUCTS ARE SUBJECT TO CHANGE. PICTURES ARE FOR ILLUSTRATION ONLY AND PRODUCTS INCLUDED MAY BE DIFFERENT FROM THOSE PICTURED.
MORE SAVINGS
IN YOUR POCKET.
Exclusively for You!

**FRESH meat**

**PRICE SAVINGS**

ONLY **$11.15** /LB

**SELECT TENDERLOIN STEAK**
While Supplies Last. Price may vary by location.
in-store only

**FRESH produce**

**PRICE SAVINGS**

ONLY **$1.98** /LB

**YELLOW PEACHES**
While Supplies Last. Price may vary by location.

**ALWAYS FRESH AT YOUR COMMISSARY!**

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**For Your Cupboard**

**COMMITTED TO SAVINGS!**

**DISPLAY PERIOD:** AUG 15 - AUG 28

**Maximizing Your Benefit!**

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Mills Cereal, 10.5-12 oz., Select Varieties</td>
<td>$2.39</td>
</tr>
<tr>
<td>General Mills Trix Natural Classic Sweetened Corn Puffs Cereal, 10.7 oz.</td>
<td>$2.69</td>
</tr>
<tr>
<td>Kellogg's Raisin Bran Cereal, 15.9-16.6 oz., Select Varieties</td>
<td>$2.75</td>
</tr>
<tr>
<td>Quaker Rice Crisps, 3.03-3.5 oz., Select Varieties</td>
<td>$1.49</td>
</tr>
<tr>
<td>Quaker Old Fashioned or 1-Minute Oats, 18 oz.</td>
<td>$2.49</td>
</tr>
<tr>
<td>Quaker Old Fashioned or 1-Minute Oats, 42 oz.</td>
<td>$3.39</td>
</tr>
<tr>
<td>Betty Crocker Pancake Mix, 20 oz., Select Varieties</td>
<td>$1.29</td>
</tr>
<tr>
<td>Betty Crocker Bisquick Heart Smart Pancake &amp; Baking Mix, 40 oz.</td>
<td>$2.09</td>
</tr>
<tr>
<td>Pearl Milling Company Pancake and Waffle Mix, 32 oz., Select Varieties</td>
<td>$1.99</td>
</tr>
<tr>
<td>Pearl Milling Company Syrup, 24 oz., Select Varieties</td>
<td>$2.49</td>
</tr>
<tr>
<td>Freedoms Choice Syrup, 24 oz. Select Varieties</td>
<td>$1.93</td>
</tr>
<tr>
<td>Freedom's Choice Applesauce Cup, 4 oz., Cup, 6 ct., Select Varieties</td>
<td>$1.96</td>
</tr>
</tbody>
</table>

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COMMISSARY

VOL. 8 NO. 17  Maximizing Your Benefit!
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Bertolli
Classico Pure or Extra Light Taste Olive Oil, 51 oz.

Pompeian
Organic Red Wine Vinegar, 16 oz.

Pompeian
100% Grapeseed High Heat Cooking Oil, 24 oz.

Freedom's Choice
Non-Dairy Coffee Creamer, 15 oz., Select Varieties

Freedom's Choice
Coffee K-Cup Pods, 12 ct., Select Varieties

Pompeian
Organic Red Wine Vinegar, 16 oz.

Bertolli
Classico Pure or Extra Light Taste Olive Oil, 51 oz.

Tasty Dinners
Tuscan or Salsa Verde Chicken, 8.2-10 oz.

Muscle Mac
Macaroni and White Cheddar Cheese Single Serve Pasta, 3.6 oz.

Freedom's Choice
Can Vegetables, 14.5-15.25 oz., Select Varieties

Mario
Minced Pimiento Stuffed Spanish Manzanilla Olives, 7 oz.

Freedom's Choice
Non-Dairy Coffee Creamer, 15 oz., Select Varieties

Kc Masterpiece
Kettle Cooked the American Original BBQ Sauce, 18 oz.

Crystal Light
Drink Mix, 1.4-3.2 oz., 6 ct., Select Varieties

Mario
Pitted Jumbo Black Olives, 6 oz.

Freedom's Choice
Coffee K-Cup Pods, 12 ct., Select Varieties

Snacks

Crystal Light
Drink Mix, 1.4-3.2 oz., 6 ct., Select Varieties

Kc Masterpiece
Kettle Cooked the American Original BBQ Sauce, 18 oz.

Freedom's Choice
Non-Dairy Coffee Creamer, 15 oz., Select Varieties

COMMISSARY

commissaries.com

2022

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Crystal Light
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Mario
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Freedom's Choice
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Snacks

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Drink Mix, 1.4-3.2 oz., 6 ct., Select Varieties

Kc Masterpiece
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Freedom's Choice
Non-Dairy Coffee Creamer, 15 oz., Select Varieties

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2022
COMMIT TO SAVINGS!
COMMIT TO SAVINGS!
COMMIT TO SAVINGS!

SALES FLYER
MP22196

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<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nabisco Ritz Cheddar or Peanut Butter Sandwich Crackers, 1.35 oz. 16 ct.</td>
<td>$3.99</td>
</tr>
<tr>
<td>Nabisco Ritz Original or Baked Whole Wheat Crackers, 12.9-13.7 oz.</td>
<td>$1.89</td>
</tr>
<tr>
<td>Nabisco Ritz Original Crackers Fresh Stacks, 11.8 oz.</td>
<td>$2.29</td>
</tr>
<tr>
<td>Pepperidge Farm Goldfish Baked Snack Crackers, 6.6-72 oz., Select Varieties</td>
<td>$1.09</td>
</tr>
<tr>
<td>Nabisco Cookies, 18.6-28.8 oz., 12 ct., Select Varieties</td>
<td>$3.09</td>
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<tr>
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<td>$3.09</td>
</tr>
<tr>
<td>Betty Crocker Fruit Flavored Snacks, 8 oz., 10 ct.</td>
<td>$1.59</td>
</tr>
<tr>
<td>Betty Croker Space Jam Assorted Fruit Flavored Snacks, 0.8 oz. Bag, 10 ct.</td>
<td>$1.79</td>
</tr>
<tr>
<td>Mott's Fruit Flavored Snacks, 0.8 oz. Bag 10 ct., Select Varieties</td>
<td>$1.79</td>
</tr>
<tr>
<td>Land O Lakes Snack Cheese Bars, 0.75 oz., 10 ct., Select Varieties</td>
<td>$2.49</td>
</tr>
<tr>
<td>Lunchables Lunch Combinations, 3.2-4.2 oz., Select Varieties</td>
<td>$1.09</td>
</tr>
<tr>
<td>Lunchables Lunch Combinations, 3.5-4.4 oz., Select Varieties</td>
<td>$1.29</td>
</tr>
<tr>
<td>Lunchables Uploaded Lunch Combinations, 141-15 oz., Select Varieties</td>
<td>$2.79</td>
</tr>
<tr>
<td>Oscar Mayer Deli Fresh or Carving Board Lunch Meat, 7-9 oz., Select Varieties</td>
<td>$3.49</td>
</tr>
</tbody>
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**COMMISSARY**

**SALES FLYER**

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**COMMISSARY**

**SALES FLYER**

**MP22196**

**VOL. 8 NO. 17** Maximizing Your Benefit!

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**Shop Your Commissary!**

**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!]

---

**COMMITTEES**

**Click here to learn more!**

---

**Eckrich**

Smoked Sausage or Kielbasa, 10-14 oz., Select Varieties

**$2.59**

**Oscar Mayer**

Natural Bun-Length Uncured Angus Beef Franks, 14 oz

**$3.99**

**Hebrew National**

Beef Franks, 10.3 oz.

**$3.09**

**Hebrew National**

Quarter Pound Beef Franks, 16 oz.

**$3.99**

**Hebrew National**

Family Pack Beef Franks, 20 ct., 34.1 oz.

**$7.99**

**Smithfield**

Pork Riblets or Pork Loin, 27.2 oz., Select Varieties

**$4.99**

**Minute Maid**

Fruit Punch, 59 oz., Select Varieties

**$1.09**

**Frozen**

**Eggo**

Waffles, 10 ct., 12.3 oz., Select Varieties

**$2.09**

---

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THE THRILL OF THE GRILL

Go ahead. Get fired up.
WE’VE GOT YOU COVERED.
SUMMER SIZZLES WITH YOUR COMMISSARY!

COME HOME TO SAVINGS!

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COMMITTEE TO SAVINGS!

COME HOME TO SAVINGS! COME HOME TO SAVINGS!

SALES FLYER MP22196

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Maximizing Your Benefit!

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Freedoms Choice
Red, White, Blue
Waffles
10 ct., 12.3 oz.

Farm Rich
Cinnamon French
Toast Sticks, 12 oz.

Freedom's Choice
Frozen Chicken
Wings, 5 lb.

Green Giant
Nibblers Mini
Corn-on-the-Cob, 6 ct.

Green Giant
Nibblers Mini-Ears
Corn-On-The-Cob, 12 ct., Select Varieties

Colesons Catch
Whole Tilapia,
16 oz.

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

Health & Beauty Care

Sensodyne Toothpaste,
3.4-4 oz., Select Varieties

Listerine Antiseptic Mouthwash,
33.8 oz., Select Varieties

Listerine Freshburst Antiseptic
Mouthwash, 50.7 oz.

Arrid Extra Extra Dry
Deodorant Stick, 2.6 oz.,
Select Varieties

Arm & Hammer Natural Fresh Scent
Deodorant, 2.5 oz.

Freedoms Choice
3.4-4 oz., Select Varieties

Listerine Antiseptic Mouthwash,
33.8 oz., Select Varieties

Listerine Freshburst Antiseptic
Mouthwash, 50.7 oz.

Arrid Extra Extra Dry
Deodorant Stick, 2.6 oz.,
Select Varieties

Arm & Hammer Natural Fresh Scent
Deodorant, 2.5 oz.

Freedoms Choice
3.4-4 oz., Select Varieties

Listerine Antiseptic Mouthwash,
33.8 oz., Select Varieties

Listerine Freshburst Antiseptic
Mouthwash, 50.7 oz.

Arrid Extra Extra Dry
Deodorant Stick, 2.6 oz.,
Select Varieties

Arm & Hammer Natural Fresh Scent
Deodorant, 2.5 oz.
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COMING HOME TO SAVINGS!

SALES FLYER

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MORE SAVINGS IN YOUR POCKET.

Exclusively for You!

Only at your Commissary

<table>
<thead>
<tr>
<th>Product Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nair Hair Remover Lotion, 9 oz., Select Varieties</td>
<td>$4.39</td>
</tr>
<tr>
<td>Gillette Twin Pack 3x Action Sensitive Aloe Shave Gel, 14 oz.</td>
<td>$3.39</td>
</tr>
<tr>
<td>Gillette Mach 3 Razor, 1 ct.</td>
<td>$5.29</td>
</tr>
<tr>
<td>Gillette Venus Smooth Three Blades Cartridges, 4 ct.</td>
<td>$7.99</td>
</tr>
<tr>
<td>Gillette Venus Platinum Extra Smooth Women Razor Blade Refills, 2 ct.</td>
<td>$11.19</td>
</tr>
<tr>
<td>Gillette Mach 3 Men's Razor Blade Refills, 8 ct.</td>
<td>$13.79</td>
</tr>
<tr>
<td>Gillette Fusion 5 Razor Blade Cartridges, 8 ct.</td>
<td>$21.49</td>
</tr>
<tr>
<td>Church and Dwight Flawless Brows Remover Package</td>
<td>$13.59</td>
</tr>
<tr>
<td>Ricola Cough Drops, 19-21 ct., Select Varieties</td>
<td>$1.59</td>
</tr>
</tbody>
</table>

See our instant savings and buy one get one free items on page 14.

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<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
<th>Price</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Charmin</strong></td>
<td>Bath Tissue, 18 ct., Select Varieties</td>
<td>$14.99</td>
<td></td>
</tr>
<tr>
<td><strong>HomeBase</strong></td>
<td>2-ply Soft &amp; Strong Bath Tissue, 12 ct.</td>
<td>$5.57</td>
<td></td>
</tr>
<tr>
<td><strong>HomeBase</strong></td>
<td>2-ply Huge Roll Paper Towels, 6 ct.</td>
<td>$11.51</td>
<td></td>
</tr>
<tr>
<td><strong>Charmin</strong></td>
<td>Bath Tissue, 18 ct., Select Varieties</td>
<td>$18.99</td>
<td></td>
</tr>
<tr>
<td><strong>HomeBase</strong></td>
<td>2-ply Soft &amp; Strong Bath Tissue, 12 ct.</td>
<td>$4.91</td>
<td></td>
</tr>
<tr>
<td><strong>HomeBase</strong></td>
<td>2-ply Huge Roll Paper Towels, 6 ct.</td>
<td>$11.51</td>
<td></td>
</tr>
<tr>
<td><strong>Bounty</strong></td>
<td>White Paper Towels, Double Rolls, 12 ct.</td>
<td>$4.19</td>
<td>180 Tissues</td>
</tr>
<tr>
<td><strong>Puffs</strong></td>
<td>Non Lotion White Facial Tissues 180 Tissues Per Box, 3 ct.</td>
<td>$4.59</td>
<td></td>
</tr>
<tr>
<td><strong>Puffs</strong></td>
<td>Facial Tissues 124 Tissues Per Box, 3 ct., Select Varieties</td>
<td>$1.49</td>
<td></td>
</tr>
<tr>
<td><strong>Clorox</strong></td>
<td>Toilet Bowl Cleaner, 24 oz., Select Varieties</td>
<td>$2.99</td>
<td></td>
</tr>
<tr>
<td><strong>Clorox</strong></td>
<td>Clean-Up Cleaner, 32 oz., Select Varieties</td>
<td>$1.49</td>
<td></td>
</tr>
<tr>
<td><strong>Pine Sol</strong></td>
<td>Multi-Surface Cleaner, 48 oz., Select Varieties</td>
<td>$3.59</td>
<td></td>
</tr>
<tr>
<td><strong>Bounce</strong></td>
<td>Outdoor Fresh Fabric Softener Dryer Sheets, 120 ct.</td>
<td>$7.99</td>
<td></td>
</tr>
<tr>
<td><strong>Tide</strong></td>
<td>Original Liquid Laundry Detergent, 107 Loads, 154 oz.</td>
<td>$17.99</td>
<td></td>
</tr>
<tr>
<td><strong>Clorox</strong></td>
<td>Disinfecting Bleach, 81 oz.</td>
<td>$4.19</td>
<td></td>
</tr>
</tbody>
</table>

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**Over $50 in savings**

with the purchase of Pathway to Savings Items

**INSTANT REWARDS CARD SAVINGS**  (VALID 8/15/2022 - 8/28/2022)

<table>
<thead>
<tr>
<th>Brand</th>
<th>Product Description</th>
<th>Rewards Card Price</th>
<th>You Save</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Mills</td>
<td>Cinnamon Toast Crunch Cereal, 12 oz.</td>
<td>$2.39</td>
<td>$2.14</td>
</tr>
<tr>
<td>Kellogg's</td>
<td>Rice Krispies Toasted Rice Cereal, 12 oz.</td>
<td>$1.59</td>
<td>$2.75</td>
</tr>
<tr>
<td>Nabisco</td>
<td>Wheat Thins Original 100% Whole Grain Crackers, 4.5 oz.</td>
<td>$1.99</td>
<td>$1.33</td>
</tr>
<tr>
<td>Las Palmas</td>
<td>Medium Green Chile Enchilada Sauce, 28 oz.</td>
<td>$1.99</td>
<td>$0.53</td>
</tr>
<tr>
<td>Betty Crocker</td>
<td>Fruit Roll-Ups Variety Pack, 5 oz.</td>
<td>$1.99</td>
<td>$1.74</td>
</tr>
<tr>
<td>Minis</td>
<td>Original Flavor Cinnamon Toast Crunch Corn Snacks, 14.5 oz.</td>
<td>$1.99</td>
<td>$0.80</td>
</tr>
<tr>
<td>Oscar Mayer</td>
<td>Selects Natural Uncured Turkey Franks, 16 oz.</td>
<td>$3.49</td>
<td>$0.49</td>
</tr>
<tr>
<td>Kozy Shack</td>
<td>Gluten-Free Original Recipe Rice Pudding Snack Cups, 4 oz.</td>
<td>$2.19</td>
<td>$0.96</td>
</tr>
<tr>
<td>Freedom's Choice</td>
<td>Buttermilk Waffles, 24 ct.</td>
<td>$3.99</td>
<td>$0.54</td>
</tr>
<tr>
<td>Birds Eye</td>
<td>Veal Chicken Stir Fry, 21 oz.</td>
<td>$3.99</td>
<td>$0.49</td>
</tr>
<tr>
<td>Wholesale</td>
<td>Flounder Fillets Flounder, 32 oz.</td>
<td>$7.99</td>
<td>$0.91</td>
</tr>
</tbody>
</table>

**Instant Commissary Rewards Card Savings for EVERYONE**

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

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

**BUY ONE, GET ONE FREE**  (VALID 8/15/2022 - 8/28/2022 / STATESIDE ONLY)

- **Blue Diamond**
  - Almonds, 6 oz., Select Varieties
  - **BUY ONE, GET ONE FREE**  
    - **REWARDS CARD PRICE**  $2.99
    - **YOU SAVE**  $2.99

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EASY PEACH COBBLER

**MACROS / SERVING SIZE:**
Protein 3 g | Fat 3 g | Carbs 23 g

**% CALORIES OF MACROS / SERVING SIZE:**
Calories 125 | Protein 9 % | Fat 22 % | Carbs 69 %

**NUTRIENT / SERVING SIZE:**
Fiber 3 g | Sodium 28 mg | Sat. Fat 1 g

**INGREDIENTS** (Serves 8)
- 2/3 cup ripe avocado, mashed
- 1/4 cup unsweetened applesauce
- 1/4 cup granulated sugar
- 1 cup whole wheat or oat flour
- 1/2 cup nonfat milk
- 1/2 tsp. vanilla extract (optional)
- 1 tbsp. and 1 tsp. baking powder
- 1/4 tsp. nutmeg
- 1/2 tsp. cinnamon
- 3 cups canned sliced peaches, in their own juice and no sugar added
- 1/2 cup of the canned peach juice, reserved and divided

**DIRECTIONS:**
1. Preheat oven to 350 degrees F.
2. In a medium-sized mixing bowl, combine the first 8 ingredients and use a fork to stir just until they are combined. Do not over mix.
3. Pour 1/4 cup of the reserved juice in a 9 inch baking pan. Add the peaches and sprinkle the cinnamon on top of the peaches.
4. Top the peaches with the flour mixture and gently spread to evenly distribute. Pour the remaining reserved juice on top of the flour mixture. Do not mix the juice into the topping.
5. Place the cobbler pan in the oven and bake for 40-45 minutes.

**Dietitian Tip:** Naturally occurring sugars in fruits and dairy products are not “added sugars”. Carbohydrates are not “added sugars”. Look at the Nutrition Facts Panel on the packaging, and look for the term “added sugars” and pay attention to the ingredients list for all the different names, “added sugars” are called.

- **Mott’s Original Applesauce, 46 oz.** $2.14
- **Realemon 100% Lemon Juice, 15 oz.** $1.89
- **Dole Sliced Peaches in 100% Fruit Juice, 23.5 oz.** $2.99
- **Kerry Gold Unsalted Butter Sticks, 8 oz.** $3.49

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

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GREAT RECIPES
Check Out Our Easy Peach Cobbler Recipe.
Inside This Edition.

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Preseason Football
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