Shop Your Commissary!
SALES FLYER
Maximizing Your Benefit!

2023
commissaries.com
CONUS

Ring in the New Year with New Savings

VOL. 9 NO. 01
DISPLAY PERIOD: JAN 2-15, 2023

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Look for the Savvy Shopper and YES tabs for even more savings.
MORE SAVINGS IN YOUR POCKET.
Exclusively for You!

ALWAYS FRESH AT YOUR COMMISSARY!

PRICE SAVINGS
ONLY $7.99/LB
SHORT RIBS
While Supplies Last. Price may vary by location.
In-store only

PRICE SAVINGS
ONLY 44¢/LB
BANANAS
While Supplies Last. Valid JAN 2-15, 2023

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USA

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Shop Your Commissary!

For Your Cupboard

Kellogg's Cereal, 101-18 oz., Select Varieties

General Mill's Gluten-free Whole Grain Oats Cereal, 8.9 oz.

McCann's Non-GMO Irish Oatmeal, 24 oz.

Campbell's Condensed Cream of Chicken Soup, 10.5 oz.

Ragu Old World Style Traditional Sauce, 45 oz.

Smucker's Fruit Spread or Jam, 17.25-32 oz., Select Varieties

Badia Gluten-free Onion Powder, Paprika or Red Pepper, 2-4.5 oz.

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USA

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MP23062

Savings beyond the norm.
Look for the Savvy Shopper Super Saver logo for the highest percent savings in-store and online!

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2023

VOL. 9 NO. 01
Maximizing Your Benefit!
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Shop Your Commissary!

**Guaranteed Savings**
Low prices you can count on

We've lowered prices on the items you buy the most, delivering a better benefit to you!

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### Chilled

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daisy Brand Natural Sour Cream, 16 oz.</td>
<td>$2.14</td>
</tr>
<tr>
<td>Hillshire Farm Deli Meat, 16 oz., Select Varieties</td>
<td>$5.39</td>
</tr>
<tr>
<td>Hillshire Farm Deli Meat, 7-9 oz., Select Varieties</td>
<td>$3.19</td>
</tr>
<tr>
<td>Hillshire Farm Lit'l Smokies Sausage, 12-14 oz., Select Varieties</td>
<td>$2.79</td>
</tr>
<tr>
<td>Eckrich Smoked Sausage, 10-14 oz., Select Varieties</td>
<td>$2.49</td>
</tr>
</tbody>
</table>

### Frozen

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggo Waffles, 10 ct. 10.75-12.3 oz., Select Varieties</td>
<td>$2.09</td>
</tr>
<tr>
<td>Atkins Chicken Pot Pie Bowl or Beef Merlot Meal, 9 oz.</td>
<td>$2.39</td>
</tr>
<tr>
<td>Jimmy Dean Biscuit Sandwiches or Burrito Breakfast, 14-17 oz., Select Varieties</td>
<td>$4.09</td>
</tr>
</tbody>
</table>

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COME HOME TO SAVINGS!

Lean Cuisine
Shrimp Alfredo with Linguine Broccoli & Red Peppers Meal, 10.87 oz.
$2.89

Lean Cuisine
Features Pizza or Meals, 6-10.87 oz., Select Varieties
$2.39

Lean Cuisine
Favorites Spaghetti or Swedish Meatballs, 9.25-11.5 oz.
$2.09

Lean Cuisine
Favorites Pasta, 9.25-10 oz., Select Varieties
$1.69

Morning Star
Taquito or Nacho Bites, 8.8-9.1 oz.
$2.89

Morning Star
Veggie Burgers, Chik’n or Bacon, 8-10.5 oz., Select Varieties
$2.59

Freedom’s Choice
Fresh Frozen Cut Green Beans, 28 oz.
$2.39

Freedom’s Choice
Fresh Frozen Brussel Sprouts, 16 oz.
$2.06

Freedom’s Choice
Fresh Frozen Vegetable Mix Pepper Strips, 14 oz.
$1.77

Freedom’s Choice
Fresh Frozen Broccoli Cuts, 16 oz.
$1.35

Freedom’s Choice
Fresh Frozen Chopped Spinach, 10 oz.
98¢

Freedom’s Choice
Favorites Spaghetti or Swedish Meatballs, 9.25-11.5 oz.
$2.09

Freedom’s Choice
Favorites Pasta, 9.25-10 oz., Select Varieties
$1.69

Freedom’s Choice
Broccoli Cuts, 16 oz.
$1.35

Freedom’s Choice
Shrimp Alfredo with Linguine Broccoli & Red Peppers Meal, 10.87 oz.
$2.89

Freedom’s Choice
Favorites Spaghetti or Swedish Meatballs, 9.25-11.5 oz.
$2.09

Freedom’s Choice
Favorites Pasta, 9.25-10 oz., Select Varieties
$1.69

Health & Beauty Care

Oral-B
Cross Action All in One Soft or Medium Toothbrush, 2 ct.
$5.70

Oral-B
Battery Toothbrush Battery or Replacement Heads, 2 ct.
$3.89

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TAKE ADVANTAGE OF YOUR COMMISSARY BENEFIT

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

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IT PAYS TO BE A STAR!

10% OFF YOUR FIRST-DAY’S PURCHASES*
SAVE 5¢ ON EVERY GALLON OF FUEL*
10% OFF AT PARTICIPATING EXCHANGE RESTAURANTS
2% REWARDS ON ALL PURCHASES* (EXCHANGES & COMMISSARIES)

VISIT MYECP.COM TO LEARN MORE & START EARNING REWARDS TODAY!

Old Spice Antiperspirant & Deodorant 3-3.25 oz., Select Varieties
Secret Outlast Clear Gel Antiperspirant Deodorant, 2.6 oz.
Gillette Clear Cool Wave Deodorant Gel, 3.8 oz.
Olay Regenerist Whip Original Face Moisturizer, 1.7 oz.
Olay Regenerist Micro-Sculpting Cream Moisturizer, 1.7 oz.

$2.38  $4.09  $3.81  $19.24  $14.13

Olay Retinol 24 Fragrance-Free Face Moisturizer, 1.7 oz.
Olay Cream Cleanser, Body Wash or Dry Cloths, 5-22 oz., or 33 ct.
Fusion Fusion5 or Proglide Handle, 4-5 ct.
Gillette Proglide Razor Blades, 4 ct., Select Varieties
Mach3 Mach3 Base Razor, 5 ct.
Gillette Fusion or Skinguard Razors, 2-4 ct.

$17.72  $4.96  $15.43  $14.19  $11.81  $10.09

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Gillette
Fusion Ultra Sensitive Hydra Gel, 7 oz.
$1.73

Puffs
Non Lotion White Facial Tissues 180 tissues, 3 ct.
$3.97

Tampax
Pearl Tampons, 34-36 ct., Select Varieties
$5.55

Always
Size 4 Ultra Thin Overnight Wing Pads, 50 ct.
$6.91

Always
Ultra Thin or Xtra Protection Pads, 42-92 ct., Select Varieties
$4.99

Pampers
Baby Wipes, 168 ct. 3 pack, Select Varieties
$4.02

Nature Made
Dietary Supplement Tablets, Softgels, Gummies or Capsules, 25-300 ct.
$7.09 or less

Nature Made
Dietary Supplement Tablets, Softgels, Gummies or Capsules, 25-300 ct.
$7.09 or less

Palmolive
Ultra Dish Liquid, 20 oz., Select Varieties
DI SP

Dawn
Ultra Dishwashing Liquid Hand Soap, 19.4-28 oz., Select Varieties
DI SP

Kaboom
Bathroom Cleaner or Mold & Mildew Spray, 30-32 oz.
DI SP

Mr. Clean
Cleaning Mist or Multi-Purpose Cleaner, 14-45 oz., Select Varieties
DI SS or less

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Page 9
**Microban**
Citrus or Fresh
24 Hour Sanitizing Spray, 15 oz.

**Microban**
Citrus or Fresh 24
Bathroom Cleaner, 32 oz.

**Clean Shower**
Shower Daily Shower Cleaner, 32 oz.

**Seventh Generation**
Lemongrass Citrus Multi-Surface, Cleaner 26 oz.

**Downy**
Ultra April Fresh Liquid Fabric Conditioner, 129 oz.

**Downy**
Fresh Protect or Infusions In-wash Scent Booster, 14.8 oz.

**Suavitel**
Liquid Fabric Softener, 46 oz., Select Varieties

**Tide**
Laundry Detergent, 92 oz., Select Varieties

**Bounce**
Outdoor Fresh Fabric Softener Dryer Sheets, 120 ct.

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**Shop Your Commissary!**

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**Home Base**
Quart Snap N Seal Food Bag, 24 ct.

**Display:** SP

**Home Base**
Snap N Seal 1 Gallon Freezer Bag, 14 ct.

**Display:** SP

**Home Base**
Snap N Seal Snack or Sandwich Bag, 40-50 ct.

**Display:** SP

**Ziploc**
Easy Open Tab Sandwich Bags, 90 ct.

**Display:** SP

**Home Base**
Twist Ties Storage Bag, 75 ct.

**Display:** SS

**Home Base**
Fold & Close Sandwich Bags, 150 ct.

**Display:** SP

**Home Base**
Big Bowl or Entree Storage Container, 25-48 oz., 3-10 ct.

**Display:** SS

**Home Base**
200 Square Foot Multi-Purpose Aluminum Foil

**Display:** SP

**Home Base**
50 Square Foot Heavy Duty Aluminum Foil

**Display:** SP

---

**Pet Essentials**

**Bounty**
Select-a-Size 2-Ply Sheets Double Paper Towels, 12 ct.

**Display:** PP

**Energizer**
AA Max Alkaline Battery, 8 ct.

**Display:** SP

**Purina**
Instant Action Multi Cat Litter, 35 lb.

**Price:** $12.79

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ACTIVATE YOUR REWARDS CARD FOR GREATER SAVINGS WITH DIGITAL COUPONS

GREATER SAVINGS WITH DIGITAL COUPONS
Visit shop.commissaries.com for more great Rewards Card Coupons!

Save $3.00
Expires: 1/28/2023
Save $3.00 on ONE BOX of Luvs Diapers.
(excludes trial or travel size)

Save $3.00
Expires: 1/28/2023
Save $3.00 on ONE Bounty Paper Towel Product $25.00 retail value or greater.
(excludes trial or travel size)

Save $3.00
Expires: 1/28/2023
Save $10.00 on ONE Swiffer WetJet Starter Kit AND ONE Swiffer WetJet Refill.
(excludes trial/travel size)

Save $3.30
Expires: 1/28/2023
Save $3.30 on TWO Febreze Products
(excludes trial/travel size)

Save $3.00
Expires: 1/28/2023
Save $3.00 on ONE BOX Pampers Swaddlers, Cruisers, Pure OR Baby Dry Diapers.
(excludes Cruisers 360 FIT, Swaddlers Overnights, and trial/travel size)

Save $6.50
Expires: 1/28/2023
Save $6.50 on TWO Microban 15 oz. Sanitizing Sprays.
(excludes trial/travel size)

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

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Over $45 in savings
with the purchase of Pathway to Savings Items

**_pathway to savings_**

**instant rewards card savings** (valid from January 2-15, 2023)

Chi-Chi’s
Flour Taco orillas, 6-12 ct, 17 oz.

**instant savings**

REWARDS CARD PRICE

$1.99

YOU SAVE $2.73

Hillshire Farm
Beef Lil’ Smokies Sausage, 12 oz.

**instant savings**

REWARDS CARD PRICE

$2.75

YOU SAVE $1.91

Morning Star Farms
Veggie Original Chik Patties, 4 ct, 10 oz.

**instant savings**

REWARDS CARD PRICE

$2.59

YOU SAVE $1.17

Nature Made
Time Release Dietary Supplement Tablets, 1000 mcg. Vitamin B12, 75 ct.

**instant savings**

REWARDS CARD PRICE

$2.59

YOU SAVE $2.13

Nature Made
100% Drug-Free Dietary Supplement Gummies, 10 mg. Melatonin, 70 ct.

**instant savings**

REWARDS CARD PRICE

$4.29

YOU SAVE $3.80

Nature Made
Time Release Dietary Supplement Tablets, 1000 mcg. Vitamin B12, 75 ct.

**instant savings**

REWARDS CARD PRICE

$3.69

YOU SAVE $3.79

Nature Made
Dietary Supplement Softgels, 600 mg. Calcium 100 ct.

**instant savings**

REWARDS CARD PRICE

$3.69

YOU SAVE $3.39

Purina
Tidy Cats Four Seven Performance Multi Cat Litter, 35 lb.

**instant savings**

REWARDS CARD PRICE

$13.19

YOU SAVE $5.25

Pringles
Cheddar & Sour Cream Flavored Potato Crisps, 5.2 oz.

**instant savings**

REWARDS CARD PRICE

$1.39

YOU SAVE $0.60

Keebler
Fudge Stripes 12 Packs, Minis Original Cookies, 12 ea.

**instant savings**

REWARDS CARD PRICE

$4.49

YOU SAVE $1.62

Morning Star Farms
Veggie Original Chik Patties, 4 ct, 10 oz.

**instant savings**

REWARDS CARD PRICE

$2.59

YOU SAVE $2.59

When you buy two

Lipton
Herbal Supplement Tea Bags, 6 ct, Select Varieties

**buy one, get one free**

REWARDS CARD PRICE

$2.59

YOU SAVE $2.59

When you buy two

Unilever Knorr
Aqua Fresca Hibiscus Lime or Mango Pineapple Tea Mix, 16.9-17.1 oz.

**buy one, get one free**

REWARDS CARD PRICE

$4.49

YOU SAVE $3.99

When you buy two

Lipton
Aqua Fresca Hibiscus Lime or Mango Pineapple Tea Mix, 16.9-17.1 oz.

**buy one, get one free**

REWARDS CARD PRICE

$3.39

YOU SAVE $3.39

When you buy two

Pringles
Cheddar & Sour Cream Flavored Potato Crisps, 5.2 oz.

**buy one, get one free**

REWARDS CARD PRICE

59¢

YOU SAVE 59¢

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!

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

**buy one, get one free** (valid from January 2-15, 2023 / stateside only)

Chi-Chi’s
Flour Taco orillas, 6-12 ct, 17 oz.

**buy one, get one free**

REWARDS CARD PRICE

$2.59

YOU SAVE $2.59

When you buy two

Hillshire Farm
Beef Lil’ Smokies Sausage, 12 oz.

**buy one, get one free**

REWARDS CARD PRICE

$2.59

YOU SAVE $2.59

When you buy two

Morning Star Farms
Veggie Original Chik Patties, 4 ct, 10 oz.

**buy one, get one free**

REWARDS CARD PRICE

$2.59

YOU SAVE $2.59

When you buy two

Nature Made
Time Release Dietary Supplement Tablets, 1000 mcg. Vitamin B12, 75 ct.

**buy one, get one free**

REWARDS CARD PRICE

$2.59

YOU SAVE $2.13

When you buy two

Nature Made
100% Drug-Free Dietary Supplement Gummies, 10 mg. Melatonin, 70 ct.

**buy one, get one free**

REWARDS CARD PRICE

$4.29

YOU SAVE $3.80

When you buy two

Nature Made
Time Release Dietary Supplement Tablets, 1000 mcg. Vitamin B12, 75 ct.

**buy one, get one free**

REWARDS CARD PRICE

$3.69

YOU SAVE $3.39

When you buy two

Nature Made
Dietary Supplement Softgels, 600 mg. Calcium 100 ct.

**buy one, get one free**

REWARDS CARD PRICE

$3.69

YOU SAVE $3.39

When you buy two

Purina
Tidy Cats Four Seven Performance Multi Cat Litter, 35 lb.

**buy one, get one free**

REWARDS CARD PRICE

$13.19

YOU SAVE $5.25

When you buy two

Pringles
Cheddar & Sour Cream Flavored Potato Crisps, 5.2 oz.

**buy one, get one free**

REWARDS CARD PRICE

59¢

YOU SAVE 59¢

When you buy two

Lipton
Herbal Supplement Tea Bags, 6 ct, Select Varieties

**buy one, get one free**

REWARDS CARD PRICE

$2.59

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When you buy two

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REWARDS CARD PRICE

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When you buy two

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**buy one, get one free**

REWARDS CARD PRICE

$3.39

YOU SAVE $3.39

When you buy two

Pringles
Cheddar & Sour Cream Flavored Potato Crisps, 5.2 oz.

**buy one, get one free**

REWARDS CARD PRICE

59¢

YOU SAVE 59¢

When you buy two

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SPINACH AND PROSCIUTTO CREPE POCKETS

MACROS / SERVING SIZE
Protein 27 g | Fat 17 g | Carbs 28 g

% CALORIES OF MACROS / SERVING SIZE
Calories 370 | Protein 29% | Fat 40% | Carbs 30%

NUTRIENTS / SERVING SIZE
Fiber 4 g | Sodium 689 mg | Sat. Fat 7 g

INGREDIENTS (SERVES 4)
• 1 cup whole wheat flour (do not pack)
• 7 eggs
• 1 ½ cup skim milk
• 1 tbsp. butter
• 1 tsp. hot sauce
• ½ tsp. onion powder
• Pinch of salt
• ½ cup frozen chopped spinach
• ½ cup shredded mozzarella cheese
• 4 oz. prosciutto

DIRECTIONS
1. Preheat oven to 350 degrees F.
2. Spoon flour into a measuring cup and gently level (do not pack). In a separate bowl, whisk four eggs with milk until well blended. Slowly add the flour and whisk until smooth. Add the onion powder and pinch of salt.
3. Heat a nonstick skillet to medium heat. Add ¼ of the butter and swirl around to melt with the of the pan being coated. Gently add ¼ cup of the crepe batter to the center of the pan and swirl to coat pan. Cook the batter until the outward sides begin to start to lift up from the pan. Flip and cook for an additional 2 minutes or until cooked through.
4. Place the crepe on a non-stick cooking sheet.
5. Repeat step 3, but when placing the remaining crepes on sheet, have them all in a single layer.
6. Place the spinach and hot sauce in microwave safe dish and cook for 45 seconds, covered.
7. Gently spread on ¼ of the spinach on each crepe, leaving about ¼ inch edge free (like a pizza crust)
8. Top the spinach with 1 oz of prosciutto and 1/4th of the cheese.
9. Place the sheet in the oven to let the cheese melt.
10. Meanwhile lightly spray the skillet with cooking spray and cook 4 fried eggs.
11. Watch the crepes closely while doing step 9 and remove once the cheese is melted (5-7 minutes) to prevent burning.
12. Place one egg in the center of the crepe and fold the sides over to form a square. Consider serving alongside a dish of Greek vanilla yogurt topped with fresh strawberries.

TIPS
• The crepe batter is the starter. Experiment with other high nutrient quality ingredients to use as a filling.
• Consider caramelized onions, shredded beef and Swiss cheese.
• To reduce the bubbles in your batter, refrigerate the crepe mix for 1 hour.
WE'RE FIGHTING THE GOOD FIGHT AGAINST RISING PRICES!

Equal quality, better value.

COMPARE & save!