



Dreyer's® 48 fl. oz. Rocky Road or Cookie Dough Ice Cream

SAVE 40%



Betty Crocker® Sweet & Fiery Fruit Gushers® 6 ct.

SAVE 44%





Philadelphia® Neufchatel Cheese 8 oz.

SAVE 42%



Mott's®10 ct. Select Varieties Fruit Snacks

SAVE 44%



Betty Crocker® 10 ct. Select Varieties Fruit Roll Ups®

SAVE 44%



Kraft® 30 fl. oz. Select Varieties Miracle Whip®

SAVE 46%



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No more cutting out paper coupons. Save time and money with the Commissary Rewards Card! Simply pick up your Rewards Card at any location worldwide, <u>CLICK HERE</u> to register, and you're ready to start saving. We've specially selected coupons for our customers to help you make the most of your benefit!



Save 75¢ on Any ONE (1) Sargento® Balanced Breaks™ Snack. Expires: 9/8/19



\$AVE \$150

Save \$1.50 on ONE (1) 3.5 lb. or larger bag of Purina® Puppy Chow® Dry Dog Food, any variety. Expires: 9/1/19



save **50**¢

Save \$50¢ on ONE (1) Quilted Northern® Bath Tissue package, any variety (6 Double roll or larger). Expires: 9/18/19



\$AVE \$100

Save \$1⁹⁰ on any ONE (1) Pampers® Aqua Pure® Wipes. Expires: 9/30/19



\$AVE \$200

Save \$2.00 on any ONE (1) Nature's Bounty® Optimal Solutions® vitamin or supplement. Expires: 9/30/19



Save \$150 off any ONE (1) Blue Diamond® Almond product (5 oz. or larger) Expires: 8/31/19



Save \$3.00 on any ONE (1) Pampers® Pure® Diapers Expires: 9/30/19 SAVE \$300 Quantities are limited. Products listed are subject to availability and manufacturers' policies. Read each digital coupon's details carefully for specific limitations and terms when "clipping" your coupons.

Click here to see a full listing of all digital coupons currently available!







4 Days Only Every Thurs - Sun

AUGUST 22 - AUGUST 25









Kellogg's® 10 ct. Select Varieties Eggo® Waffles



follow us on



2fer Xtra Value From Your Commissary!



3 Musketeers® Candy Bars 2 ct.

SAVE 39%



Dove® Vanilla Chocolate Covered Ice Cream Bars 3 ct.

SAVE 27%



Pup- Peroni[®] 25 oz. Prime Rib or Original Flavor Dog Treats

SAVE 25%



2fer Xtra Value From Your Commissary!



Gorton's® Classic Crunchy Fish Sticks 18 ct.

SAVE **28**%



Gorton's® Classic Grilled Salmon Fillets 6.3 oz.

SAVE 30%



Kraft[®] 16 oz. Shredded Colby lack or Mozzarella Cheese

SAVE 37%



Smithfield® 8 oz. Anytime® Smoked or Honey Cured Ham

SAVE 20%



Oscar Mayer® 16 oz. Select Varieties Wieners

SAVE 38%



Heinz® Yellow Mustard 20 oz.

SAVE 15%



Oscar Mayer® 15 oz. Jumbo or Classic Beef Franks

SAVE 32%



A1® 10 oz. Original or Bold & Spicy Steak Sauce

SAVE 18%



Vlasic[®] Kosher Dill Spears 24 fl. oz.

SAVE 24%

Price Good Thru 8/31/19



Quaker® Old Fashioned Oats 42 oz.

SAVE 36%



 $\begin{array}{c} {\sf Pillsbury}^{\tt @} \ {\sf 6} \ {\sf ct.} \ {\sf Apple} \ {\sf or} \ {\sf Cream} \\ {\sf Cheese} \ \& \ {\sf Strawberry} \ {\sf Toaster} \ {\sf Strudel}^{{\sf TM}} \end{array}$

SAVE 19%



Pillsbury® 4 ct. Sausage or Bacon Toaster Scrambles™

SAVE 26%



Nabisco[®] 14.4 oz. Select Varieties Graham Crackers

SAVE 23%



Nabisco[®] 14.3 oz. Original or Golden Oreo[®] Cookies

SAVE 24%



Nabisco[®] Cheese Nips[®] Crackers 10 oz.

SAVE 48%



Nabisco[®] Cheddar Cheese Nips[®] 11 oz.

SAVE 47%





Butterball® 14 oz. Smoked or Kielbasa Turkey Sausage SAVE 18%



Eckrich® 14 oz. Smoked Sausage or Kielbasa SAVE 20%



Hormel[®] 27.2 oz. Original or Honey Mustard Always Tender[®] Pork Loin

SAVE 29%



Butterball® White Meat Turkey Burgers 6 ct.

SAVE 15%



Butterball® Ready to Grill Turkey Burgers 6 ct.

SAVE 15%



Butterball® Bite Sized Turkey Meatballs 50 ct.

SAVE 19%



Lloyd's[®] St. Louis Style Pork Spare Ribs 36 oz.

SAVE 17%



Coleson's Catch® Whole Tilapia 16 oz.

SAVE 43%



Coleson's Catch® Whole Milkfish 22.8 oz.

SAVE 19%



Coleson's Catch® Large Scallops 12 oz.

SAVE 17%



Coleson's Catch® Atlantic Cod Fillets 32 oz.

SAVE 18%



Coleson's Catch® Tilapia Fillets 32 oz. **SAVE 100/**



Coleson's Catch® Wild Pink Salmon Fillets 32 oz.

SAVE 18%



Benihana® 10 oz. Yakisoba Chicken or Steak Dinner

SAVE 15%



Banquet® 10 oz. Pepper Steak or Spaghetti & Meatballs

SAVE 19%



Barber Foods® Chicken Cordon Bleu 10 oz.

SAVE 25%





Tombstone® Pepperoni & Sausage Pizza 19.4 oz.

SAVE 23%



DiGiorno[®] Cheese Stuffed Crust Pizza 22.2 oz.

SAVE 15%



Tastybird® Boneless Skinless Chicken Thighs 48 oz.

SAVE 34%



Tastybird® Boneless Skinless Chicken Breasts 40 oz.

SAVE 16%



Marie Callender's® 14 - 15 oz. Salisbury Steak or Beef Pot Pie

SAVE 24%



Healthy Choice® 9.5 oz. Chicken Marinara or Beef Merlot Meal

SAVE 24%



El Monterey[®] Egg Cheese & Jalapeño Burritos 4.5 oz.

SAVE 20%



El Monterey® 21 ct. Beef or Chicken Cheese Taquitos

SAVE 20%



Hungry Man[®] 16 oz. Fried Chicken or Roast Turkey Meal

SAVE 19%



Van Camp's® Original Baked Beans 15 oz.

SAVE 21%



Chef Boyardee® Overstuffed Beef Ravioli 15 oz.

SAVE 21%



White Castle [®] Original Hamburgers 6 ct.

SAVE 19%



White Castle® Cheeseburger Sliders 6 ct.

SAVE 27%



State Fair® Classic Mini Corn Dogs 46 ct.

SAVE **21**%



Lloyd's® Baby Back Pork Ribs 40 oz.

SAVE 20%



Kraft[®] Original Macaroni & Cheese Dinner 7.25 oz.

SAVE **38**%





Kraft® 5.5 oz. Select Varieties Macaroni & Cheese Dinner

SAVE 37%



Imperial® Vegetable Oil Spread 16 oz.

SAVE 15%



Kraft[®] 22 fl. oz. Select Varieties Miracle Whip[®]

SAVE 46%



Claussen® Premium Crisp Sauerkraut 32 fl. oz.

SAVE 24%



Claussen® 32 fl. oz. Whole or Half Kosher Dills SAVE 15%



Vlasic® Dill Relish 10 fl. oz.

SAVE 27% Price Good Thru 8/31/19



Vlasic[®] Hamburger Dill Chips 16 fl. oz.

SAVE 28%



Vlasic® Sweet Relish 10 fl. oz.

SAVE 25%



Mario® Pitted
Kalamata Olives 6.5 oz. **SAVE 15%**



Mario[®] Sliced Pitted Black Olives with Jalapeño 2.25 oz.

SAVE 28%



Armour® Turkey Pepperoni 4.5 oz.

SAVE 28%



Armour® Original Pepperoni 5 oz.

SAVE 58%



Armour® 2.6 - 2.9 oz. Pizza or Turkey Lunchmakers®

SAVE 21%



Oscar Mayer® 3.2 oz. Ham or Turkey & Cheddar Lunchables®

SAVE 31%



Kraft® American Singles Cheese 12 oz.

SAVE 38%



Velveeta[®] 12 oz. Original or Sharp Cheddar Cheese Slices

SAVE 38%







Quick Tips

Peaches









- Choose peaches with a velvety texture, sweet aroma, and a golden or creamy orange color.
- Adequately ripened peaches should be soft to the touch when held in your hand.
- Avoid squeezing the peach with your fingertips because peaches bruise easily.
- In the produce section, peaches are seasonally fresh from May throughout October and can be found dried, canned, in fruit cups and cocktails, and in juices in the grocery sections.

STORAGE:

- Peaches ripen well at home at room temperature or by placing in a paper bag until softened.
- Rinse peaches with cold water before eating. Peach skins contain high concentrations of vitamins and minerals and the skins can be eaten along with the fruit to gain the maximum nutritional benefits.
- Sliced, fresh peaches brown easily. To avoid browning caused by natural ferric oxidation, rinse fresh-cut peaches with a one-to-one ratio of water and lemon juice.

NUTRITION/HEALTH/WELLNESS:

- High in fiber and low in calories, peaches are nutrient dense in vitamins A and C and are a healthy source of minerals, including potassium, fluoride, and iron.
- Peaches contain only 60 calories per cup.
- Peaches are naturally cholesterol and sodium free.

FUN FACTS:

- The Peach State, the state of Georgia's nickname, annually bakes the largest peach cobbler in the world, measuring 11 feet by 5 feet.
- Botanically, peaches belong to the rose family and were first cultivated in China.
- Peach tree blossoms require honeybees to successfully pollinate and produce fruit.





Kraft[®] 8 oz. Sliced Colby Jack or American Cheese

SAVE 31%



Cracker Barrel® 7 oz. Sharp or Extra Sharp Sliced Cheddar

SAVE 31%



Oscar Mayer® 28 oz. Select Varieties Sub Kit

SAVE 25%



Oscar Mayer[®] 16 oz. Salami or Thick Cut Bologna

SAVE 29%



Oscar Mayer® 9 oz. Delifresh® Smoked Turkey or Ham

SAVE **26%**



Skippy® 16.3 oz. Super Chunk or Creamy Peanut Butter

SAVE 18%



Kraft[®] 16 oz. Colby Jack or Medium Cheddar Cheese

SAVE 35%



Bumble Bee® Snack on the Run! Tuna Salad 3.5 oz.

SAVE 18%



Bumble Bee® Snack on the Run! Chicken Salad 3.5 oz.

SAVE 18%



Bumble Bee® Chunk Light Tuna in Water 5 oz.

SAVE 15%



Bumble Bee® Solid White Tuna in Water 5 oz.

SAVE 18%



Bumble Bee® Light Tuna in Water 2.5 oz.

SAVE **19**%



Jimmy Dean® 16 oz. Regular or Maple Sausage

SAVE 22%



Aunt Jemima® 24 fl. oz. Original or Lite Pancake Syrup

SAVE 21%



Kellogg's® 10 ct. Homestyle or Buttermilk Eggo® Waffles

SAVE 19%



Aunt Jemima® 32 oz. Original or Buttermilk Pancake Mix

SAVE 25%





Cap'n Crunch® Original Cereal 20 oz.

SAVE 18%



Nature Valley[®] 12 ct. Select Varieties Granola Bars

SAVE 25%



Nature Valley® 6 ct. Select Varieties Trail Mix Bars

SAVE 25%



Quaker[®] 18 oz. Original or Cinnamon Life[®] Cereal

SAVE 18%



Quaker[®] 14.5 oz. Brown Sugar or Cinnamon Oatmeal Squares

SAVE 18%



Philadelphia® Original Cream Cheese 8 oz.

SAVE 39%



Yoplait®Strawberry/ Cotton Candy GoGurt® Cups 16 ct.

SAVE 23%





Meat Case

Chicken Tagos with Peach Salsa



Ingredients: 4 servings

- · Peach Salsa
- · 2 tbsp. olive oil
- Zest of 1/2 lime
- 2 garlic cloves, minced
- 1 tsp. cumin
- 1 tsp. onion powder
- ¾ lb. boneless, skinless chicken thighs

Directions:

Chicken:

- 1. Preheat the grill to 400 degrees F.
- 2. Place the chicken thighs in a large bowl. Add the remaining ingredients. Toss, so that the chicken is well coated with the spices and oil.
- 3. Place the thighs on the preheated grill and allow them to grill for about 5 minutes. Flip them over and grill for an additional 5 minutes or until the meat thermometer reaches 165 degrees F.
- 4. Remove the thighs from the grill and let rest for 5 minutes.



Source:Defense Commissary Agency

Tacos

Slice the thighs into strips and build the tacos by placing the chicken strips on the tortillas, and top with the peach salsa and additional cilantro (optional).





SPEND \$50
AT YOUR COMMISSARY



AUG. 22 - SEPT. 4, 2019

ON YOUR NEXT \$25 PURCHASE AT YOUR FAVORITE NEX

*PREVIOUS COMMISSARY PURCHASE RECEIPT OF \$50 OR MORE DATED AUG. 22 - SEPT. 4, 2019 MUST BE PRESENTED TO REDEEM.

Valid on regular, sale and clearance merchandise. Discount not valid on existing layaways, previous purchases, price adjustments, NEX Below Deck merchandise, WOW! Deals, True Blue Deals, NEXMART merchandise, concession merchandise, uniforms, gasoline, gift cards, prepaid cards, Apple Care, Montage plans, Home Delivery, installation, Keep It New, consignment cookware (Eurocast and Twin Towers Trading), Luxe Gallery and What Goes Around Comes Around handbags, tobacco and alcohol. Cannot be combined with any other NEX discount cards or coupons. Coupons cannot be stacked, one coupon per transaction. Coupon limited to one time use in store and one time use online, per customer. May be used with Military Star Card offers and manufacturer coupons. No Cash Value. Nontransferable. Return value will reduce value of total purchase.



Produce Stand

Navy Chief's Bean Peach Salsa



Ingredients: 4 - 6 servings

- 1 (14-15 oz.) can low-sodium black or kidney beans, drained and rinsed
- 2 ripe peaches, cubed, skin and pits removed
- 1-2 diced jalapeños (depending on desired level of heat), seeds removed
- 1/4 large red onion, diced
- ½ red bell pepper, diced

- Zest of one lime (optional)
- Juice of one lime
- 2 tsp. ground cumin
- 2 garlic cloves, minced
- 2 tbsp. fresh chopped cilantro (optional)
- 1 tbsp. olive oil
- Dash of salt

Directions:

- 1. Blend all the ingredients together in a medium-sized bowl.
- 2. Cover and let rest in the refrigerator for the flavors to blend for at least an hour.

Tips:

- Start out with just one jalapeño and assess the level of heat after the salsa has had a chance to blend for one hour. If desired, add additional jalapeños and let the flavors blend for an additional hour.
- Use this salsa to top your favorite piece of grilled meat, baked potato, or mixed greens salad. This is even a tasty topping for baked sweet potatoes.
- Serve the salsa alongside whole grain tortilla chips or as part of a Sunday brunch (egg burritos and cheese).



Source: Defense Commissary Agency



Yoplait®Strawberry Yogurt Cups 8 ct.

SAVE 35%



Gatorade® Original

Thirst Quencher 8 ct. SAVE



Crystal Light® 1.56 - 2.9 oz. Pink Lemonade or Sweet Tea Mix

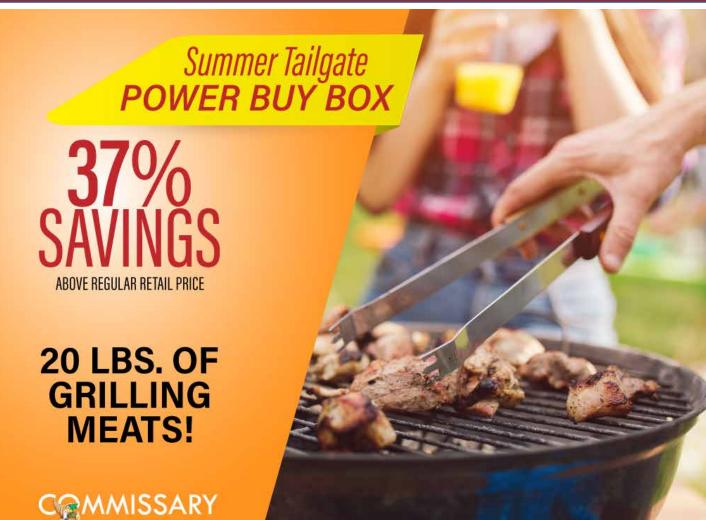
SAVE 43%



County Time® Original Lemonade Mix 20 oz.

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County Time® Pink Lemonade Mix 20 oz.

SAVE 43%



Kool-Aid® 19 oz. Tropical Punch or Grape Drink Mix

SAVE 43%



Tang[®] Orange Drink Mix 20 oz.

SAVE 24%



Talenti[®] Vanilla Fudge Cookie Gelato 10 oz.

SAVE 15%



Ben & Jerry's® Pint Slices 3 ct.

SAVE 27%



M&M's® Vanilla Ice Cream Cookie Sandwiches 6 ct.

SAVE 20%



Keebler® Waffle Bowls 10 ct.

SAVE 19%



Keebler® Sugar Cones 12 ct.

SAVE 19%





Honest® 32 fl. oz. Original or Mango Lemonade SAVE 40%

Price Good Thru 8/31/19



Jello[®] 4 ct. Sugar Free Vanilla or Original Tapioca Pudding Cups

SAVE 15%



Jello[®] 4 ct. Chocolate or Chocolate Swirl Pudding Cups

SAVE 15%



Jello[®] 4 ct. Sugar Free Orange or Lemon-Lime Gelatin Cups

SAVE 15%



Nabisco[®] Original Triscuit[®] Crackers 8.5 oz.

SAVE 26%



Nabisco® Reduced Fat Triscuit® Crackers 7.5 oz.

SAVE 24%



Pepperidge Farm[®] 6.6 oz. Select Varieties Goldfish[®] Crackers

SAVE **34%**



Sunshine® Cheez-It® Snack Packs 12 ct.

SAVE 28%



Cheez-It® 7.5 oz. Double Cheese or Sour Cream & Onion Snap'd® Crackers

SAVE 34%



Chex Mix® Honey Sriracha Snacks 6.3 oz.

SAVE 21%



Keebler® 8 ct. PB 'n J or Cheese & Cheddar Sandwich Packs

SAVE 34%



Keebler® 8 ct. Cheese or Toast & Peanut Butter Sandwich Packs

SAVE 39%



Keebler® 12 ct. Fudge Stripes™ or Variety Snack Packs

SAVE 23%



Annie's® Cheddar Bunnies™ Organic Snack Mix 7.5 oz.

SAVE 25%



Annie's® Organic Snack Mix 9 oz.

SAVE 30%



Chex Mix[®] 8 - 7 oz. Turtle or Muddy Buddies™ Snack Mix

SAVE 36%





Recipe Snack Mix 8.6 oz.



Nabisco® 3.5 - 3.75 oz. Sea Salt and Pepper or Sweet Potato Wheat Thins®

SAVE 25%



Nabisco ® 13 oz. Original or Chewy Chips Ahoy™ Cookies

SAVE 29%



Nabisco® Nutter Butter® Cookies 16 oz.

SAVE 28%



Nabisco® 6 - 6.4 oz. Select Varieties Thin Bites® Cookies SAVE 18%



Nabisco® 12 ct. Chips Ahoy® or Oreo® Cookie Packs

SAVE 25%



Nabisco® 8 oz. Cheddar or American Easy Cheese®

SAVE 17%



Lays[®] 5.5 oz. Original or Sour Cream & Onion STAX[®]

SAVE 29%



M&M's[®] 3.14 - 3.27 oz. Plain or Peanut Candies **SAVE 1 Q O**/



M&M's® Caramel Candies 2.83 oz.

SAVE 18%



Planters® 8 oz. Select Varieties Cashews SAVE 20%

PLANTE PLANTERS

MIXED NUT

MIXED NUTS

Planters® 10.3 oz. Select Varieties Mixed Nuts

SAVE 23%



Planters[®] 16 oz. Select Varieties Cocktail Peanuts

SAVE 24%





Annie's® Organic Cinnamon Rolls 5 ct.

^{SAVE} 18%



Pillsbury® Cinnabon® Cinnamon Rolls 5 ct.

SAVE **22**%



Pillsbury® 16 oz. Chocolate Chip or Sugar Cookie Dough

SAVE 15%



Milky Way[®] Candy Bars 2 ct.



Twix® Cookie Bars 4 ct. SAVE 17%



Snickers® Candy Bars 2 ct.



Monster® Zero Ultra® Energy Drink 10 ct.

SAVE 17%























Schick® Extreme 3
Sensitive™ Razors 4 Ct.

SAVE 49%



Sensodyne® Pronamel® Whitening Toothpaste 4 oz. **SAVE 17%**





SENSODYNE REPAIR

SENSODYNE

DOING ALL COLUMN FRANCES

SOUTH ALL COLUMN FRANCES

SET WITH 40 CROSS

Sensodyne® 4 oz. Extra Whitening or Repair & Protect Toothpaste

SAVE 17%



Aquafresh® Cavity Protection Toothpaste 5.6 oz.

SAVE 23%



Aquafresh® Extreme Clean™ Toothpaste 5.6 oz.

SAVE 20%





Tums® 72 ct. Select Varieties Antacid SAVE **2 Q 0**/2



Puffs® 372 ct. Ultra Soft & Strong™ or Plus Lotion™ Facial Tissues

SAVE 29%



Puffs® Original Facial Tissues 540 ct. **SAVE 30%**



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Carefree® 54 ct. **Select Varieties Pantiliners**

Playtex® 18 ct. Regular or

Super Gentle Glide® Tampons **SAVE 45%**



Playtex® Sport® Tampons 18 ct. **SAVE 45%**



Bounty® Paper Towels 372 sq. ft.

SAVE 28%





Bounty® Paper Towels 420 sq. ft.

Dixie® Everyday Paper Plates 50 ct. **SAVE 31%**



Dixie® Everyday Paper Bowls 36 ct. **SAVE 31%**



Vanity Fair® Paper Dinner Napkins 40 ct. **SAVE 19%**

SAVE 28%



Vanity Fair® Everyday Paper Napkins 40 ct. SAVE



Cascade® 60 ct. Select Varieties Action Pacs™

SAVE 15%



Dawn® 19.4 fl. oz. Original or Apple Blossom Dish Liquid

SAVE 24%



Gain® Original Liquid Laundry Detergent 100 fl. oz.

SAVE 26%



Gain® Flings™ Laundry Detergent 35 ct.



Kibbles 'n Bits® Bonus Size Dog Food 17.6 lb.

SAVE 41%





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Commissary Brands



Exclusive, High-Quality Brands For Our Military Families



"Quality You Expect, Savings You Deserve"

















THINKING OUTSIDE THE BOX

AUGUST 19 - SEPTEMBER 8

Our DeCA dietitian says, "Snacks are a great way to increase the nutrition quality of the diet and add key nutrients to our daily intake. Great snack choices are those that provide healthy fat, little to no added sugar, are a good source of calcium and fiber, and are less than 200 calories. Aim to have most snacks and meals conform to the <u>Dietary Guidelines</u> for Americans."

Save a Healthy 20%

The "Thinking Outside the Box" meals offer quick solutions for your busy lifestyle that you can feel confident in knowing they are healthy and economical. You'll also see tips and suggestions on how to use the leftover items after preparing your meal. They feature a key nutrient and align with the Dietary Guidelines for Americans and may even be a tastier and healthier version of a high-fat or high-calorie dish. Find the ingredients for the latest "Thinking Outside the Box" ideas, Healthy Snacking, at special savings at your commissary now!



DelMonte®No Sugar Fruit Cocktail 14.5 oz.

SAVE 20%



Nabisco® Wheat Thins® Multi-Grain Chips 8.1 oz.

SAVE 20%



Knudson® Organic Very Veggie® Low Sodium Juice 32 fl. oz.

SAVE 20%



Yoplait[®]Strawberry Yogurt 6 oz.

SAVE **20**%



Mott's[®] 6 ct. Unsweetened Applesauce

SAVE **20**%



Sun•Maid® 6 ct. California Raisins

SAVE 20%



Super Pretzel® Soft Pretzel Bites® 35 ct.

SAVE 20%



Ocean Spray® Reduced Sugar Craisins® 5 oz.

SAVE 20%

