



U.S.  
INCLUDING  
HI AK & PR

**MORE  
SAVINGS**  
EXCLUSIVELY FOR YOU



**\$225\***  
Pork Ribs



**\$149\***  
lb  
Roma  
Tomatoes

**\$349\***  
lb  
Asparagus



**\$551\***  
USDA Choice  
Sirloin Steak

**6-Pack  
Bottles  
Pepsi Products  
\$300**

**MAR 7-10**  
WHILE SUPPLIES LAST  
PRICING MAY VARY BY LOCATION  
AVAILABLE IN CONUS ONLY



\*WHILE SUPPLIES LAST  
PRICING MAY VARY BY LOCATION  
IN-STORE ONLY

DEFENSE COMMISSARY AGENCY • U.S. REGION SALES FLYER • DISPLAY PERIOD 5 • FEB 26 - MAR 10, 2024

DISCLAIMER: EFFECTIVE FOR ALL U.S. REGION STORES INCLUDING AK, HI PR. PRICES, SPECIFICATIONS AND AVAILABILITY OF PRODUCTS SUBJECT TO CHANGE. PICTURES ARE FOR ILLUSTRATION ONLY AND PRODUCTS INCLUDED MAY BE DIFFERENT FROM THOSE PICTURED. THE APPEARANCE OF "DEFENSE COMMISSARY AGENCY," GRAPHICS, PRODUCTS AND OTHER VISUAL INFORMATION DOES NOT IMPLY OR CONSTITUTE ENDORSEMENT.

[SHOP.COMMISSARIES.COM](https://www.shopcommissaries.com) | [COMMISSARIES.COM](https://www.commissaries.com)



DOWNLOAD THE  
CLICK2GO APP



IPHONE



ANDROID



# EFFORTLESS EATS



**\$189\***  
lb  
Fresh Broccoli



**\$459**  
Amy's  
Individual Meals  
9-10 oz  
Select Variety



**\$209**  
Annie's  
Organic Pasta  
15 oz  
Select Variety



**PATHWAY to SAVINGS**  
**\$8.89**  
Cooked Perfect  
Homestyle Meatballs  
64 oz



**\$508**  
Cooked Perfect  
Homestyle Meatballs  
18-28 oz Select  
Variety



**\$156**  
Barilla  
Pasta  
16 oz  
Select Variety



**\$598**  
Gardein  
Plant-based  
Chicken  
14-15 oz  
Select Variety



**\$299**  
Maria  
Calendar  
Pasta  
11.85-15 oz  
Select Variety



**\$112**  
Chef  
Boyardee  
Pasta  
7.25-15 oz  
Select Variety



**\$649**  
Bertolli  
Pasta Meals  
22 oz Select  
Variety



**MORE SAVINGS**  
EXCLUSIVELY FOR YOU

DEFENSE COMMISSARY AGENCY • U.S. REGION SALES FLYER • DISPLAY PERIOD 5 • FEB 26 - MAR 10, 2024

DISCLAIMER: EFFECTIVE FOR ALL U.S. REGION STORES INCLUDING AK, HI PR. PRICES, SPECIFICATIONS AND AVAILABILITY OF PRODUCTS SUBJECT TO CHANGE. PICTURES ARE FOR ILLUSTRATION ONLY AND PRODUCTS INCLUDED MAY BE DIFFERENT FROM THOSE PICTURED. THE APPEARANCE OF "DEFENSE COMMISSARY AGENCY," GRAPHICS, PRODUCTS AND OTHER VISUAL INFORMATION DOES NOT IMPLY OR CONSTITUTE ENDORSEMENT.

[SHOP.COMMISSARIES.COM](https://www.shopcommissaries.com) | [COMMISSARIES.COM](https://www.commissaries.com)





**\$435**  
Aunt Sue's or  
Sue Bee  
Honey  
16 oz  
Select Variety



**PATHWAY to SAVINGS**  
**\$289**  
Back to Nature  
Gluten Free  
Granola  
11 oz  
Select Variety



**\$369**  
Back to Nature  
Lower Sugar  
Granola  
8 oz  
Select Variety



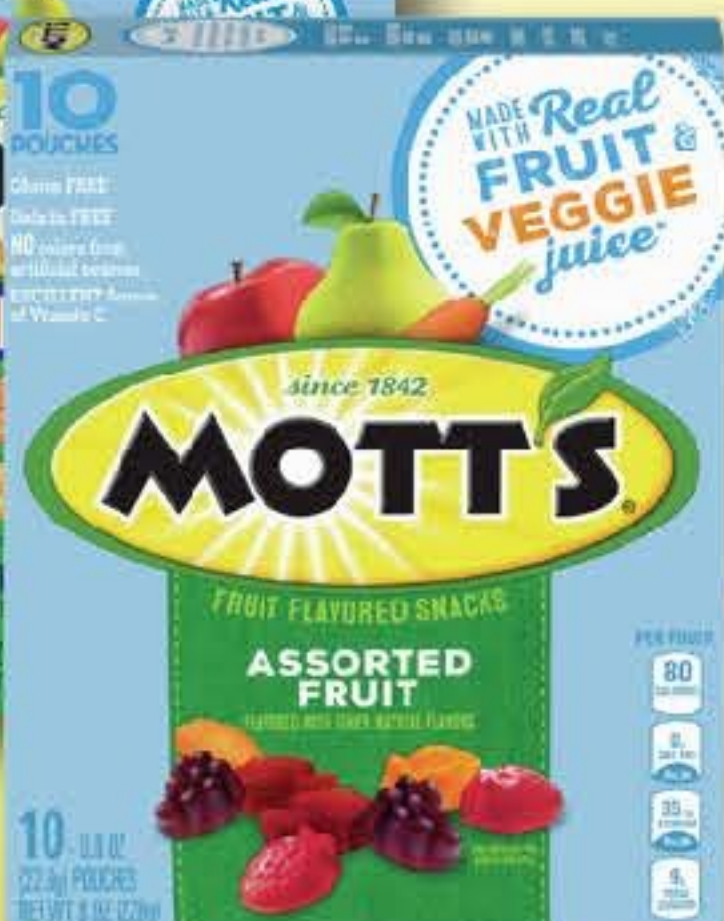
From  
**\$249**  
General Mills  
Cereal  
8.9-11.5 oz  
Select Variety



**\$249**  
General Mills  
Bars  
5.34-8.48 oz  
Select Variety



**PATHWAY to SAVINGS**  
**\$111**  
Haagendazs  
Yogurt  
4 oz  
Select Variety



**\$199**  
Mott's  
Fruit Snack  
8 oz  
Select Variety



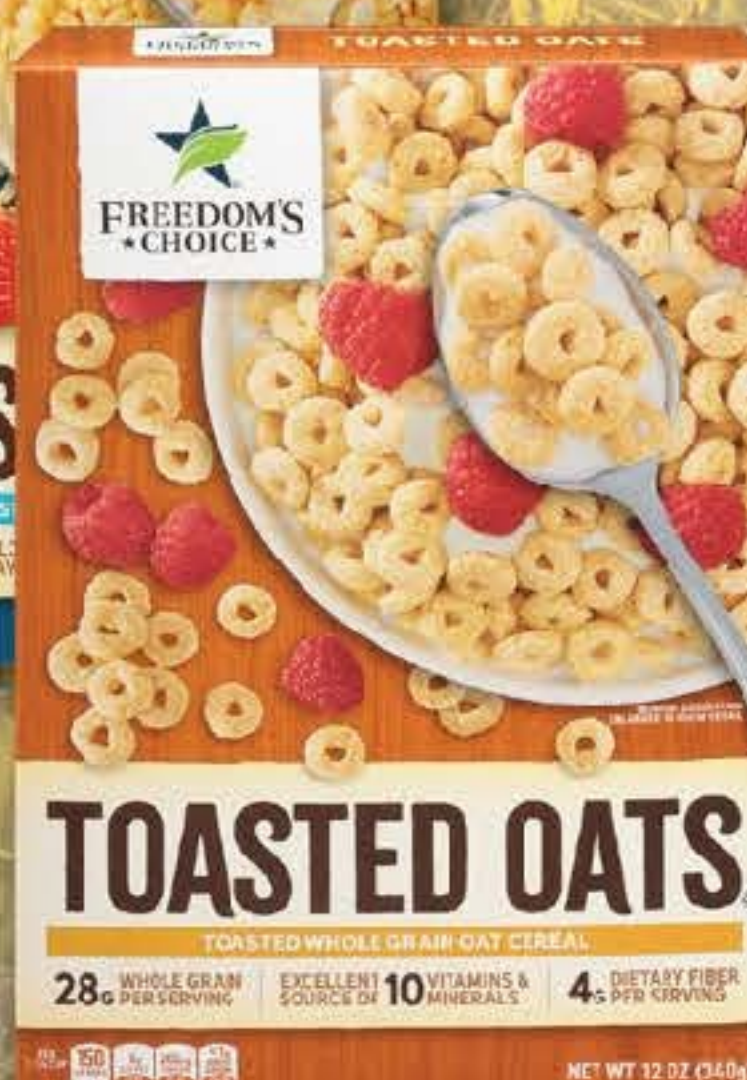
From  
**\$389**  
Nature Valley  
Granola Bars  
13.5-17.88 oz  
Select Variety



From  
**\$249**  
Nature Valley  
Granola Bars  
6.2-11 oz  
Select Variety

# RISE & SHINE

ENERGIZE YOUR DAY WITH BREAKFAST



**\$225**  
Freedom's  
Choice  
Cereal  
11-18 oz  
Select Variety



**\$329**  
Yoplait  
Yogurt  
40-48 oz  
Select Variety



**PATHWAY to SAVINGS**  
**\$105**  
Silk  
Yogurt  
5.3 oz  
Select Variety



**MORE SAVINGS**  
EXCLUSIVELY FOR YOU

DEFENSE COMMISSARY AGENCY • U.S. REGION SALES FLYER • DISPLAY PERIOD 5 • FEB 26 - MAR 10, 2024

DISCLAIMER: EFFECTIVE FOR ALL U.S. REGION STORES INCLUDING AK, HI PR. PRICES, SPECIFICATIONS AND AVAILABILITY OF PRODUCTS SUBJECT TO CHANGE. PICTURES ARE FOR ILLUSTRATION ONLY AND PRODUCTS INCLUDED MAY BE DIFFERENT FROM THOSE PICTURED. THE APPEARANCE OF "DEFENSE COMMISSARY AGENCY," GRAPHICS, PRODUCTS AND OTHER VISUAL INFORMATION DOES NOT IMPLY OR CONSTITUTE ENDORSEMENT.

[f](#) [i](#) [p](#) [t](#) [s](#) [h](#) [o](#) [p](#) [c](#) [o](#) [m](#) [m](#) [i](#) [s](#) [s](#) [a](#) [r](#) [i](#) [e](#) [s](#) [.c](#) [o](#) [m](#) [|](#) [c](#) [o](#) [m](#) [m](#) [i](#) [s](#) [s](#) [a](#) [r](#) [i](#) [e](#) [s](#) [.c](#) [o](#) [m](#)



# MARCH *forward* to wellness



**Recipes**



**Build your  
Basket**

**Dietitian  
Approved  
FUELS**

**Grab & Go  
Stations**

**A TRIO  
of Programs  
Ready  
for YOU!**



## MY PLATE OF NACHOS SAVE ON *TOTB* INGREDIENTS



**\$3.75**

**Silk**  
Almond Milk  
Yogurt 24 oz



**\$2.83**

**Tillamook**  
Farmstyle  
Sharp Cheddar  
8oz



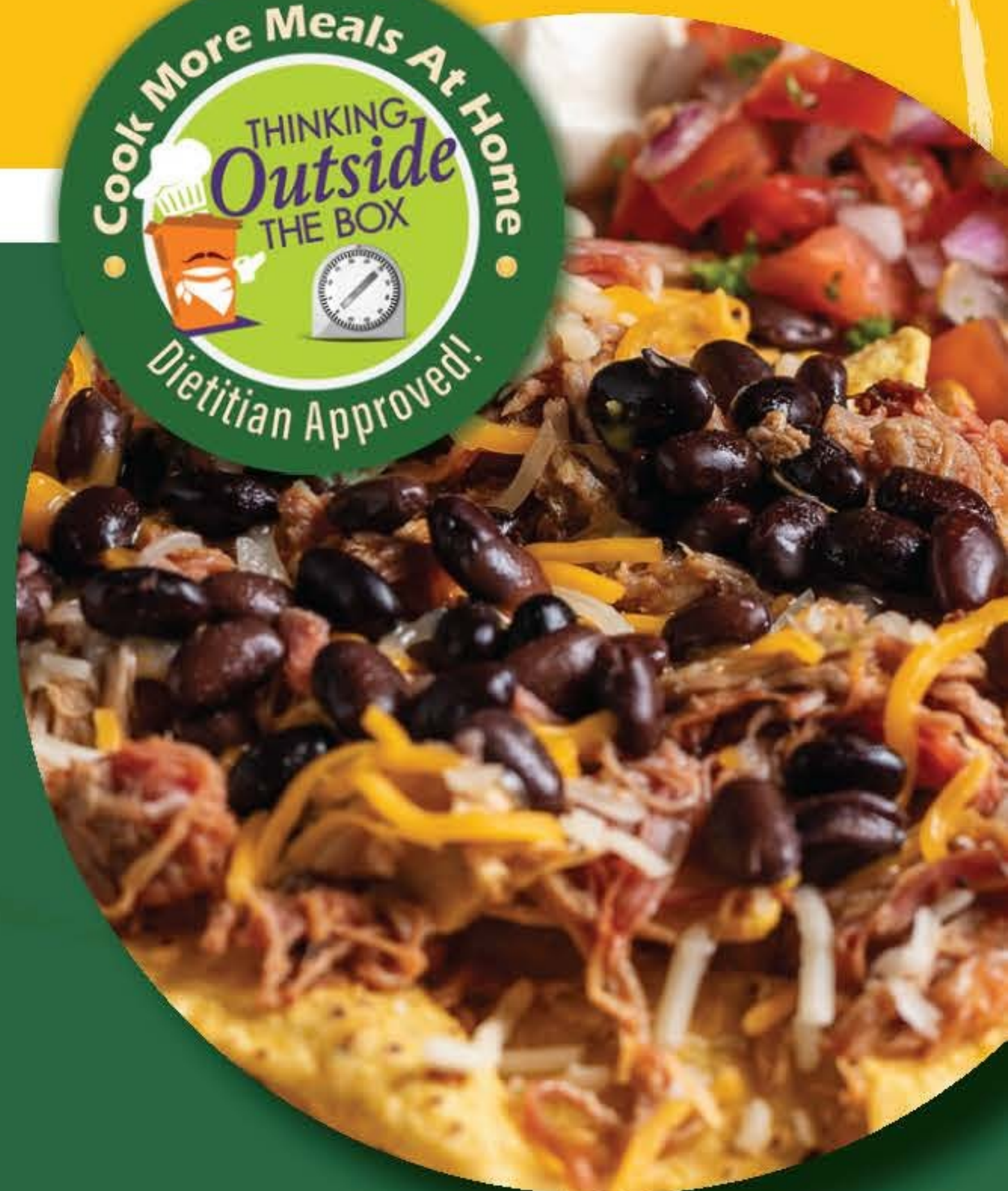
**86¢**

**Freedom's  
Choice**  
Black Beans  
15 oz



**\$1.80**

**Freedom's  
Choice**  
Restaurant  
Salsa 16 oz



**MORE  
SAVINGS**  
EXCLUSIVELY FOR YOU

DEFENSE COMMISSARY AGENCY • U.S. REGION SALES FLYER • DISPLAY PERIOD 5 • FEB 26 - MAR 10, 2024

DISCLAIMER: EFFECTIVE FOR ALL U.S. REGION STORES INCLUDING AK, HI PR. PRICES, SPECIFICATIONS AND AVAILABILITY OF PRODUCTS SUBJECT TO CHANGE. PICTURES ARE FOR ILLUSTRATION ONLY AND PRODUCTS INCLUDED MAY BE DIFFERENT FROM THOSE PICTURED. THE APPEARANCE OF "DEFENSE COMMISSARY AGENCY," GRAPHICS, PRODUCTS AND OTHER VISUAL INFORMATION DOES NOT IMPLY OR CONSTITUTE ENDORSEMENT.



**MARCH**  
*forward*  
to wellness



# MAKE A MyPlate OF NACHOS

## MACROS | SERVING SIZE

Protein 26g | Fat 31g\* | Carbs 56g

## % CALORIES OF MACROS | SERVING SIZE

Calories 599 | Protein 17% | Fat 46% | Carbs 37%

## NUTRIENTS | SERVING SIZE

Fiber 5g | Sodium 428mg | Sat. Fat 4g

### DIRECTIONS

1. Begin cooking 1 lb. of ground turkey over medium to medium-high heat with 2 tbsp. of water.
2. Add 1- 15 oz. (drained and rinsed) can of low sodium beans (kidney, black, pinto, etc.) to the ground turkey. Sprinkle with 2 tsp. of cumin; mix well, cover and turn heat to medium.
3. While the ground turkey and beans are cooking, wash and dice a medium tomato, 1/4 a red onion, 1/2 a bunch of fresh cilantro, and chop lettuce to equal about 2 1/2 cups.
4. Place about 2 oz. (18 chips) of whole grain/multi grain tortilla chips on each plate and then sprinkle 1 oz. of shredded cheese on the chips.
5. Add 1/2 the chopped cilantro and a 1/2 cup of shredded cheese to the turkey and bean mixture; stir and cover for 1 minute or until the cheese is melted.
6. Top each plate of chips with 1/8th of the ground turkey mixture (see the notes on how to use remaining mix) and then top with 1/4th each of the tomato, onion, and finish with the remaining cilantro, 1 tbsp. Greek yogurt and desired amount of salsa.

### NOTES

- Use the remaining turkey/beans mixture as a filling for wraps (4). These freeze well and can be used for a quick lunch or dinner by reheating in the microwave and then topping with vegetables and salsa.
- This recipe works for any lean meat and is great for using up leftovers of cooked meat. If using leftover cooked meat, warm over medium heat and cut down the cooking time.
- To add a little something different, add just a touch of cumin to some of your favorite dishes, like chili or potatoes.

**B**ecause the average plate of restaurant nachos can contain anywhere between 1,500-2,000 calories and is usually loaded with fat and sodium, this tasty dish is often times thought of as one to avoid in order to keep health and wellness goals on track. This does not have to be the case! Believe it or not, a plate of nachos can be nutritious and can actually be a quick go-to, healthy meal that actually meets MyPlate healthy eating habit goals.

The three key habits Americans should practice are filling half their plate with fruits and vegetables, eating foods from all food groups, and paying attention to the proportions of food groups on the plate. Another important habit is to aim to cook more meals at home because the quality of ingredients, portion size, and levels of sodium and fat can be controlled.

The side panel provides guidance to help Americans build nutritious meals while avoiding empty calories. Use this as a guide in filling your grocery cart during your next shopping trip and be sure to check out our other quick, nutritious meal solutions by clicking on the link at the bottom of the page.

This meal includes all food groups, uses whole grain chips and substitutes plain Greek yogurt for sour cream to increase the nutritional value and avoid empty calories. Cumin and fresh cilantro are used for seasoning to help keep the sodium level in check. Be sure to keep these items on hand so the next time life is too hectic to think about cooking, you can whip up a plate of nachos. Be sure to use plain Greek yogurt instead of sour cream to increase the protein and calcium levels and avoid empty calories.

### DIETITIAN TIP

The darker the leafy green, the higher the nutrition quality. Try using baby spinach to top sandwiches, nachos, and/or mixing into salads with other leafy greens.



**MORE  
SAVINGS**

EXCLUSIVELY FOR YOU

DEFENSE COMMISSARY AGENCY - U.S. REGION SALES FLYER - DISPLAY PERIOD 5 - FEB 26 - MAR 10, 2024

DISCLAIMER: EFFECTIVE FOR ALL U.S. REGION STORES INCLUDING AK, HI PR. PRICES, SPECIFICATIONS AND AVAILABILITY OF PRODUCTS SUBJECT TO CHANGE. PICTURES ARE FOR ILLUSTRATION ONLY AND PRODUCTS INCLUDED MAY BE DIFFERENT FROM THOSE PICTURED. THE APPEARANCE OF "DEFENSE COMMISSARY AGENCY," GRAPHICS, PRODUCTS AND OTHER VISUAL INFORMATION DOES NOT IMPLY OR CONSTITUTE ENDORSEMENT.



SHOP.COMMISSARIES.COM | COMMISSARIES.COM



# MARCH *forward* to wellness



## WE DID THE WORK FOR YOU

The Dietitian Approved Thumb (DAT)<sup>®</sup> makes it easy to identify foods that are nutrient dense from lean proteins, healthy fats, whole grains and more. Use DAT to build a shopping cart with nutritious foods and build a healthy eating pattern supporting readiness and resilience.

Learn more at:

[www.commissaries.com/healthy-living](http://www.commissaries.com/healthy-living)



From  
**\$109**  
Birds Eye  
Fresh Frozen  
Vegetables  
10-14.4 oz  
Select Variety



**\$229**  
Cascadian Farm  
Fresh Frozen  
Broccoli 10 oz



**\$588**  
Oscar Mayer  
Turkey Mesquite  
Deli Meat 16 oz



From  
**\$400**  
Oikos  
Greek Yogurt  
32 oz Select Variety



From  
**\$129**  
Green Giant  
Fresh Frozen  
Vegetables  
9.5-10 oz  
Select Variety



**\$116**  
Ratio  
Keto Strawberry  
Yogurt Drink 7 oz



**\$698**  
Freedom's  
Choice  
Smoothies  
32 oz Select  
Variety



**86¢**  
Freedom's Choice  
Kidney Beans  
15.5 oz



**\$434**  
SToK  
Cold Brew Coffee  
48 oz Select  
Variety



**\$334**  
Tropicana  
Orange Juice  
52 oz Select Variety



**\$152**  
Freedom's Choice  
Chicken Breast Chunk  
5 oz



**\$139**  
Freedom's  
Choice  
Canned Tomatoes  
28 oz Select  
Variety



**MORE  
SAVINGS**  
EXCLUSIVELY FOR YOU

DEFENSE COMMISSARY AGENCY • U.S. REGION SALES FLYER • DISPLAY PERIOD 5 • FEB 26 - MAR 10, 2024

DISCLAIMER: EFFECTIVE FOR ALL U.S. REGION STORES INCLUDING AK, HI PR. PRICES, SPECIFICATIONS AND AVAILABILITY OF PRODUCTS SUBJECT TO CHANGE. PICTURES ARE FOR ILLUSTRATION ONLY AND PRODUCTS INCLUDED MAY BE DIFFERENT FROM THOSE PICTURED. THE APPEARANCE OF "DEFENSE COMMISSARY AGENCY," GRAPHICS, PRODUCTS AND OTHER VISUAL INFORMATION DOES NOT IMPLY OR CONSTITUTE ENDORSEMENT.

[SHOP.COMMISSARIES.COM](https://www.commissaries.com) | [COMMISSARIES.COM](https://www.commissaries.com)





# MOVIE NIGHT



**PATHWAY to SAVINGS**  
From **\$199**  
**Betty Crocker**  
Fruit Snacks  
8oz  
Select Variety



From **\$339**  
**Keebler**  
Crackers  
7.1-13.7 oz  
Select Variety



**\$413**  
**KIND**  
Frozen Bars  
5 ct  
Select Variety



**\$453**  
**Larabar**  
Snack Bar  
9.6-10.2 oz  
Select Variety



**\$100**  
**Larabar**  
Snack Bar  
1.6-1.7 oz  
Select Variety



**93¢**  
**Lowrey's**  
Microwave Pork  
Rinds  
1.75 oz  
Select Variety



**\$387**  
**Oberto**  
Beef Jerky  
2.25-2.7 oz  
Select Variety



**\$289**  
**Magnum**  
Ice Cream Bars  
3 ct  
Select Variety



**\$498**  
**Freedom's Choice**  
Popcorn  
42 oz  
Select Variety



**\$259**  
**Pillsbury**  
Cookie Dough  
16-16.5 oz  
Select Variety



**\$289**  
**Klondike**  
Ice Cream Bars  
6 ct  
Select Variety



**MORE SAVINGS**  
EXCLUSIVELY FOR YOU

DEFENSE COMMISSARY AGENCY • U.S. REGION SALES FLYER • DISPLAY PERIOD 5 • FEB 26 - MAR 10, 2024

DISCLAIMER: EFFECTIVE FOR ALL U.S. REGION STORES INCLUDING AK, HI PR. PRICES, SPECIFICATIONS AND AVAILABILITY OF PRODUCTS SUBJECT TO CHANGE. PICTURES ARE FOR ILLUSTRATION ONLY AND PRODUCTS INCLUDED MAY BE DIFFERENT FROM THOSE PICTURED. THE APPEARANCE OF "DEFENSE COMMISSARY AGENCY," GRAPHICS, PRODUCTS AND OTHER VISUAL INFORMATION DOES NOT IMPLY OR CONSTITUTE ENDORSEMENT.

SHOP.COMMISSARIES.COM | COMMISSARIES.COM



# AHOY *Mate*



**\$608**

**Coleson's Catch**  
Butterfly Milkfish  
16 oz



**\$1189**

**Coleson's Catch**  
Large Scallops  
12 oz



**PATHWAY to SAVINGS**

From **\$459**

**Gorton's**  
Seafood  
9-18.3 oz  
Select Variety



**PATHWAY to SAVINGS**

**\$253**

**SeaPak**  
Clam Strips  
9 oz



From **\$459**

**SeaPak**  
Seafood  
8.2-16 oz  
Select Variey



**\$712**

**SeaPak**  
Shrimp  
18 oz  
Select Variety

## SAVE TIME FOR MORE IMPORTANT THINGS

Order online, choose a pick-up time, and get back to what's really important.



**MORE SAVINGS**

EXCLUSIVELY FOR YOU

DEFENSE COMMISSARY AGENCY - U.S. REGION SALES FLYER - DISPLAY PERIOD 5 - FEB 26 - MAR 10, 2024

DISCLAIMER: EFFECTIVE FOR ALL U.S. REGION STORES INCLUDING AK, HI PR. PRICES, SPECIFICATIONS AND AVAILABILITY OF PRODUCTS SUBJECT TO CHANGE. PICTURES ARE FOR ILLUSTRATION ONLY AND PRODUCTS INCLUDED MAY BE DIFFERENT FROM THOSE PICTURED. THE APPEARANCE OF "DEFENSE COMMISSARY AGENCY," GRAPHICS, PRODUCTS AND OTHER VISUAL INFORMATION DOES NOT IMPLY OR CONSTITUTE ENDORSEMENT.



SHOP.COMMISSARIES.COM | COMMISSARIES.COM





# FRESH BREATH



**\$249**  
Juicy Fruit  
Chewing Gum  
2.96 oz



**\$249**  
Eclipse  
Chewing Gum  
4 oz  
Select Variety



**\$249**  
Extra  
Chewing Gum  
40 ct  
Select Variety



**\$249**  
Orbit  
Chewing Gum  
55 ct  
Select Variety



**\$369**  
Colgate  
Toothpaste  
5.1 oz  
Select Variety



**\$319**  
Colgate  
Mouthwash  
33.8 oz

# Protein Power



**BACKED BY  
GREAT SAVINGS!**

**YES!**

**YOUR  
EVERYDAY  
SAVINGS**

Check out  
our everyday  
**low** milk & egg  
prices!



**MORE  
SAVINGS**  
EXCLUSIVELY FOR YOU

DEFENSE COMMISSARY AGENCY • U.S. REGION SALES FLYER • DISPLAY PERIOD 5 • FEB 26 - MAR 10, 2024

DISCLAIMER: EFFECTIVE FOR ALL U.S. REGION STORES INCLUDING AK, HI PR. PRICES, SPECIFICATIONS AND AVAILABILITY OF PRODUCTS SUBJECT TO CHANGE. PICTURES ARE FOR ILLUSTRATION ONLY AND PRODUCTS INCLUDED MAY BE DIFFERENT FROM THOSE PICTURED. THE APPEARANCE OF "DEFENSE COMMISSARY AGENCY," GRAPHICS, PRODUCTS AND OTHER VISUAL INFORMATION DOES NOT IMPLY OR CONSTITUTE ENDORSEMENT.

[f](#) [@](#) [X](#) [p](#) [SHOP.COMMISSARIES.COM](#) | [COMMISSARIES.COM](#)





From  
**\$1178**  
**Kaytee**  
Bird Seed  
7-10 lb Select  
Variety

**BUY ONE  
GET ONE  
FREE**



# PATHWAY to SAVINGS

Look for the Pathways to Savings symbol throughout this Sales Flyer. This symbol highlights our biggest discounts for this sales period.

In this flyer there are over **\$40** in savings in Pathway to Savings items!



**MORE SAVINGS**  
EXCLUSIVELY FOR YOU

DEFENSE COMMISSARY AGENCY • U.S. REGION SALES FLYER • DISPLAY PERIOD 5 • FEB 26 - MAR 10, 2024

**DISCLAIMER:** EFFECTIVE FOR ALL U.S. REGION STORES INCLUDING AK, HI, PR. PRICES, SPECIFICATIONS AND AVAILABILITY OF PRODUCTS SUBJECT TO CHANGE. PICTURES ARE FOR ILLUSTRATION ONLY AND PRODUCTS INCLUDED MAY BE DIFFERENT FROM THOSE PICTURED. THE APPEARANCE OF "DEFENSE COMMISSARY AGENCY," GRAPHICS, PRODUCTS AND OTHER VISUAL INFORMATION DOES NOT IMPLY OR CONSTITUTE ENDORSEMENT.

    [SHOP.COMMISSARIES.COM](http://SHOP.COMMISSARIES.COM) | [COMMISSARIES.COM](http://COMMISSARIES.COM)