

# Freeman Foods

TWO LOCATIONS!

**OPEN**

7 Days a Week!  
Monday thru Saturday  
7:00 am - 8:00 pm  
Sunday 9:00 am - 6:00 pm



119 N Main  
North English, IA  
319.664.3453

268 8th Ave  
Wellman, IA  
319.646.6721

We Welcome  
W.I.C. & Food Stamps

- Fresh Premium Meat
- Homemade Bakery Items
- Farm Fresh Produce
- Propane Exchange
- Catering
- Full Liquor and Wine Department & Walk In Beer Cooler
- Locally Owned And Operated!



#8060  
#0694

Prices Effective Tuesday, January 8 Through Monday, January 14, 2019

LET'S GET BACK INTO *The Swing of Things!*



PRICES EFFECTIVE: 01/08/19-01/14/19

**GET MORE**  
**MORE** Special Offers  
**MORE** Digital Coupons  
**MORE** Ad Pages  
**MORE** SAVINGS!  
Download our App!

**99¢**  
Lb.  
Split Chicken Breast

**\$5.99**  
Frito-Lay Multi-Pack  
20 Ct. Pkg.

**FREE**  
WITH DIGITAL COUPON  
Limit 1  
Best Choice Soda, Tonic or Seltzer Water  
2 Liter Size, Selected Varieties

START YOUR DAY WITH A GREAT BREAKFAST

**39¢**  
Lb.  
Bananas

**\$2.99**  
Tropicana Essentials Probiotics, Trop50 or Pure Premium Orange Juice  
32-52 Oz., Selected Varieties

**FREE**  
WITH DIGITAL COUPON  
Limit 1  
Mr. Dell's Hash Brown  
24-32 Oz.

**\$3.99**  
Lb.  
Boneless Beef Chuck Roast

**\$1.79**  
Lb.  
Whole Boneless Pork Loins

**2/\$5**  
Dole Chopped! Salad Kits  
10.8-14.4 Oz. Bag, Selected Varieties

**\$3.99**  
Flora Paper Towels or Bath Tissue  
6 Rolls Paper Towels or 6-12 Rolls Bath Tissue, Selected Varieties

**99¢**  
WITH DIGITAL COUPON  
Limit 1  
Flora Paper Towels or Bath Tissue  
6 Rolls Paper Towels or 6-12 Rolls Bath Tissue, Selected Varieties

**FREE**  
WITH DIGITAL COUPON  
Limit 1  
Crystal Farms Shredded or Chunk Cheese  
7-8 Oz., Selected Varieties

**\$4.99**  
Lb.  
Special Recipe Ribs-On-A-Stick

**5/\$10**  
Roma Pizzas  
12-14 Oz., Selected Varieties

**\$2.99**  
Lb.  
Storemade Sausage

**\$6.99**  
Ea.  
WonderRoast Rotisserie Chicken

Like Us On facebook

VISIT OUR FACEBOOK PAGE OR WEBSITE FOR WEEKLY SPECIALS!  
**WWW.FREEMANFOODS.NET**

Stores Are Not Responsible For Printing Errors. We Reserve The Right To Limit Quantities. Support Your Community By Shopping Locally Owned Businesses!

# Grocery Essentials



**99¢**  
Best Choice Pasta  
16 Oz., Selected Varieties

**\$1.29**  
Best Choice Pizza Sauce  
16 Oz. Jar

**\$1.99**  
General Mills Cereal  
10.5-12 Oz., Selected Varieties

**10/\$10**  
Campbell's Soup on the Go, Microwave or Condensed Soup  
10.5-15.4 Oz., Selected Varieties

**3/\$5**  
Pringles Potato Crisps Mega Stack  
6.64-7.16 Oz., Selected Varieties

**\$4.99**  
Best Choice Ground Coffee  
34.5 Oz., Selected Varieties

**\$1.69**  
Best Choice Cranberry Juice Cocktail  
94 Oz., Selected Varieties

**\$2.99**  
Best Choice Non-Dairy Coffee Creamer  
10-15.15 Oz., Selected Varieties

**\$1.39**  
Best Choice Quick Oats  
18 Oz.

**89¢**  
Best Choice Soda  
2 Liter Bottles, Selected Varieties

**88¢**  
Campbell's Chicken Noodle or Tomato Condensed Soup  
10.75 Oz.

**99¢**  
Creamette or Ronzoni Pasta  
12-16 Oz., Selected Varieties

**10/\$10**  
Chex Mix, Bugles or Gardetto's Snacks  
7-8.6 Oz., Selected Varieties

**\$1.79**  
Best Choice Bacon Bits or Pieces  
2.83 Oz.

**\$2.49**  
Crystal Light Liquid Drink Mix or MIO Liquid Water Enhancer  
1.87 Oz., Selected Varieties

**2/\$5**  
Doritos Tortilla Chips, Lay's Potato Chips or Fritos Dip  
9-11.25 Oz. Bag or 9-9 Oz. Can, Selected Varieties

**\$3.49**  
Cracker Barrel Macaroni & Cheese Dinner  
12-14 Oz., Selected Varieties

**2/\$4**  
Ken's Steak House Dressing  
16 Oz., Selected Varieties

**4/\$5**  
Progresso Soup  
16-19 Oz., Selected Varieties

**\$3.99**  
Quaker Instant Oatmeal  
6-8.4 Oz., Selected Varieties

**TACO FEST**  
50% OFF, BUT 100% OF TACOS!

**TACO BELL**  
Crunchy Taco Shells, Refried Beans or Sauces  
12 Oz. Box, 16 Oz. Can or 1.5-4 Oz. Bottle, Selected Varieties

**TACO BELL**  
Fajita or Taco Seasoning Mix  
1.1-4 Oz., Selected Varieties

**TACO BELL**  
Taco Dinner Kit  
8.25-19.9 Oz., Selected Varieties

**TACO BELL**  
Baja Sauce  
11 Oz.

**TACO BELL**  
Thick & Chunky Salsa  
16 Oz., Selected Varieties

**KEEP YOUR LUNCHBOX PACKED!**

**3/\$5**  
Betty Crocker Fruit Snacks  
5.8-6.19 Oz., Selected Varieties

**2/\$6**  
Fiber One or Nature Valley Protein Bars, Roasted Nut Crunch Bars or Granola Cups or Bites  
5-8 Ct., Selected Varieties

**99¢**  
Hunt's Snack Pack Pudding or Juicy Gels  
4 Ct., Selected Varieties

**2/\$4**  
 Keebler Sandwich Crackers  
11 Oz., 8 Ct., Selected Varieties

**\$2.99**  
General Mills Treat Bars, Fiber One Brownies or Bars or Nature Valley Granola Bars Biscuits or Squares  
5-8 Ct., Selected Varieties

**2/\$5**  
Kellogg's Nutri Grain Breakfast Bars  
8 Ct., Selected Varieties

**\$1.99**  
Kellogg's Pop-Tarts  
6-8 Ct., Selected Varieties

**2/\$4**  
Kellogg's Rice Krispies Treats  
8 Ct., Selected Varieties

**2/\$4**  
Muselman's Apple Sauce  
8-12 Oz. Jar, Selected Varieties

**2/\$4**  
Kellogg's Fruit Snacks  
8-10 Ct., Selected Varieties

## Household Essentials

At Participating Stores

**Ziploc**  
Ziploc Storage or Freezer Bags  
25-48 Ct., Selected Varieties

**Oxi Clean HD or Xtra Laundry Detergent**  
30-37.5 Oz. or 27 Ct.

**Bounty Essentials Paper Towels**  
6-8 Pkgs. of Regular Roll, Selected Varieties

**Tall Kitchen**  
Best Choice Tall Kitchen Bags  
15 Ct.

**Aluminum Foil**  
Best Choice Aluminum Foil  
50-75 Sq. Ft. Roll, Selected Varieties

**Cascade Action Pacs**  
8-10 Ct., Selected Varieties

**Zest**  
Zest Aqua Bar Soap  
3 Ct.

**TREsemmé Shampoo or Conditioner**  
28 Oz., Selected Varieties

**Crest Toothpaste**  
8-4 Oz.

**Balance Bar**  
Best Choice Supreme Diapers  
48-60 Ct.

**Medley Complete**  
Best Choice Cat Food  
5.75-15.75 Lb. Bag, Selected Varieties

**Cat Litter**  
Best Choice Scented Cat Litter  
20 Lb.

# Fresh Produce Everyday!

**\$2.49**  
Lb.  
Honey Crisp Apples  
Washington Premium

**2/\$1**  
Navel Oranges

**\$2.99**  
Lb.  
Green or Red Seedless Grapes  
Imported

**Floral** at participating stores

Value Bouquet **\$5.99**

Seasonal Blooming Potted Plant **\$9.99**  
6 inch

**2/\$6**  
Blueberries  
Pint or  
Driscoll's  
Blackberries  
6 Oz. Pkg.

**79¢**  
Lb.  
Green Cabbage

**79¢**  
Ea.  
Avocados

**3/\$2**  
Cucumbers

**3/\$2**  
Green Peppers

**2/\$3**  
Highline White Mushrooms  
8 Oz. - Sticed or Whole

**99¢**  
Lb.  
Anjou or Bosc Pears  
Washington

**5/\$2**  
Kiwi Fruit

**3/\$2**  
Texas Red Grapefruit

**2/\$3**  
Marzetti Croutons  
2 Oz. Selected Varieties

**79¢**  
Lb.  
Sweet Onions

**79¢**  
Lb.  
Sweet Onions

**2/\$4**  
Mann's Vegetable Medley  
19.5 Oz. Selected Varieties

**2/\$4**  
Mann's Vegetable Medley  
19.5 Oz. Selected Varieties

**2/\$3**  
Marzetti Croutons  
2 Oz. Selected Varieties

## Dairy Favorites!

**\$2.69**  
I Can't Believe It's Not Butter® or Brummel & Brown Spread  
6-16 Oz. Selected Varieties

**3/\$4**  
Pillsbury Grands! Biscuits  
Selected Varieties

**\$1.99**  
Crystal Farms Chunk or Shredded Cheese  
6-8 Oz. Selected Varieties

**\$3.79**  
Kraft Grated Parmesan Cheese  
6 Oz. Selected Varieties

**99¢**  
Best Choice English Muffins  
6 Ct. Selected Varieties

**2/\$1**  
Best Choice Biscuits  
7.5 Oz. Selected Varieties

**2/\$4**  
Homestyle Butter Milk

**2/\$4**  
Ore-Ida Just Crack An Egg Scramble Kit  
3 Oz. Selected Varieties

**2/\$5**  
Pillsbury Grands! Crescents

**2/\$5**  
Turkey Hill Tea, Lemonade or Fruit Punch  
128 Oz. Selected Varieties

**2/\$4**  
Yoplait Go-Gurt Yogurt Tubes  
16 Oz. Selected Varieties

**2/\$4**  
Pillsbury Crescents Rolls or Sweet Rolls  
6-13 Oz. Selected Varieties

**2/\$5**  
Pillsbury Pie Crusts  
14.1 Oz.

## Frozen How Fresh Stays Fresh!

**2/\$5**  
Arby's, Red Robin, Checkers or Nathan's French Fries or Onion Rings  
14-20 Oz. Selected Varieties

**3/\$5**  
Pillsbury Toaster Strudel  
11.7 Oz. Selected Varieties

**\$2.99**  
Red Baron Pizza  
14.87-23.45 Oz. Selected Varieties

**2/\$7**  
Atkins or EatingWell Entrées  
9-16 Oz. Selected Varieties

**\$1.79**  
Best Choice Texas Toast or Garlic Bread  
8 Oz. or 16 Oz. Selected Varieties

**\$1.79**  
Best Choice Texas Toast or Garlic Bread  
8 Oz. or 16 Oz. Selected Varieties

**2/\$7**  
North Star Old Fashioned Ice Cream Cones  
6 Ct. Selected Varieties

**\$3.49**  
Morning Star Farms Entrées or Kellogg's Special K Crisfield Quiche  
4 Ct. 5.25-12 Oz. Selected Varieties

**2/\$5**  
Mr. Dell's Hash Browns  
24-32 Oz. Selected Varieties

**99¢**  
PicSweet Vegetables  
6-12 Oz. Selected Varieties

**\$3.49**  
Healthy Choice Power Bowls  
9-9.9 Oz. Selected Varieties

# Quality Meats



**\$8<sup>99</sup>**  
Lb.  
New York Strip Steaks

**\$3<sup>19</sup>**  
Lb.  
Pork Tenderloin

**\$5<sup>99</sup>**  
Best Choice Chicken Wings  
3 Lb.  
Individually Quick Frozen

**\$2<sup>99</sup>**  
Lb.  
Boneless Pork Chops

## Seafood SALE

**\$2<sup>99</sup>**  
Best Choice Popcorn Shrimp  
8 Oz.

**\$8<sup>99</sup>**  
Clearly Sockeye Salmon

**\$3<sup>49</sup>**  
Gorton's Crunchy Breaded Fish Fillets  
11.4 Oz.

Chicken Drumsticks **99¢**  
Lb.

80% Lean Ground Beef **\$2<sup>99</sup>**  
Lb.

Boneless Beef For Stew **\$4<sup>99</sup>**  
Lb.

Bone-In Beef Chuck Short Ribs **\$4<sup>99</sup>**  
Lb.

### BREAKFAST SAVINGS

the right prices for breakfast favorites!

Sugardale Bacon **\$4<sup>99</sup>**  
12 Oz. Selected Varieties

Tennessee Pride Country Sausage Roll or Fully Cooked Turkey Sausage Patties **\$2<sup>49</sup>**  
8-14 Oz., Selected Varieties

Tennessee Pride Honey Biscuit Wrapped Sausage on a Stick **\$4<sup>99</sup>**  
20 Oz.

Excellent Value & Exceptional Variety! **10/\$10**

Tennessee Pride Stuffed Buttermilk Biscuits **2/\$7**  
10 Oz., Selected Varieties

**\$1<sup>29</sup>**  
Bar S Sliced Bologna  
12 Oz.  
Selected Varieties

**\$1<sup>29</sup>**  
Bar S Franks  
18 Oz.  
Selected Varieties

**\$3<sup>99</sup>**  
Bar S Classic Corn Dogs  
2.24 Lb.

**\$4<sup>49</sup>**  
Best Choice Breaded Chicken  
20-30 Oz., Selected Varieties

**\$3<sup>49</sup>**  
Smithfield Prime Fresh Delicatessen Luncheon Meat  
8 Oz., Selected Varieties

**\$1<sup>79</sup>**  
Lb.  
Honeycuck or Jennie-O Bone-In Turkey Breast

**\$2<sup>99</sup>**  
Eckrich Smoked Sausage, Polska Kielbasa, Li'l Smokies or Smok-Y Breakfast Sausage  
8.3-14 Oz., Selected Varieties

**\$1<sup>19</sup>**  
Millford Valley Stuffed Chicken Patty  
5 Oz., Selected Varieties

**\$2<sup>49</sup>**  
Armour Fully-Cooked Meatballs  
14 Oz.  
Italian or Original

**2/\$4**  
Oscar Mayer Ham, White Turkey or Chicken  
14-16 Oz., Selected Varieties

**\$7<sup>99</sup>**  
Oscar Mayer Thick Cut Bacon  
12-18 Oz.  
Selected Varieties

**\$2<sup>99</sup>**  
Reser's Main St. Bistro Side Dishes  
20-24 Oz., Selected Varieties

**\$2<sup>99</sup>**  
Lb.  
Sugardale Bone-In Ham Slices

**2/\$5**  
Sugardale Pepperoni Slices  
6 Oz.

**\$3<sup>99</sup>**  
Oscar Mayer Fully Cooked Thick Cut Bacon  
2.52 Oz., Selected Varieties

**GREAT SERVICE, SELECTION & SAVINGS EVERYDAY!**

# Deli & Bakery Favorites!



**\$7<sup>99</sup>**  
Lb.  
Kretschmar Medium Rare Roast Beef  
Deli Fresh

**\$1<sup>99</sup>**  
Fresh Baked Cookies  
12 Oz., Selected Varieties.  
Available at Participating

**\$4<sup>99</sup>**  
Lb.  
Kretschmar Pepper Jack Cheese  
Deli Fresh

**\$5<sup>99</sup>**  
Hornell Gatherings Snack Tray  
14 Oz., Selected Varieties

**\$2<sup>29</sup>**  
New French Bakery Take & Bake Baguettes  
2 Oz., Twin Pack

**\$6<sup>99</sup>**  
Rich's 7 Inch Double Layer Cookies 'N Cream Cake  
30 Oz.

**\$2<sup>99</sup>**  
Sabra Guacamole  
8 Oz., Cream or Spicy

**\$1<sup>99</sup>**  
Stacy's Simply Naked Pita Crisps  
6.75 Oz.

**2/\$5**  
Olson's Angel Food Loaf  
11 Oz., 8pk

## ADDITIONAL SPECIALS

**\$8<sup>99</sup>**  
Busch Light Beer  
12 Pack 12 Oz. Cans  
Plus Deposit

**2/\$6**  
Sterzing's Potato Chips  
10 Oz., Selected Varieties

**10/\$6**  
Anderson Erickson Yogurt  
16 Oz., Selected Varieties

**\$4<sup>49</sup>**  
Anderson Erickson Orange Juice  
Gallon