

Freeman Foods

OPEN

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



TWO LOCATIONS!

119 N Main
North English, IA
319.664.3453

268 8th Ave
Wellman, IA
319.646.6721

- 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!
- We Welcome
W.I.C. & Food Stamps



#8060
#0694

Prices Effective Tuesday, September 29 Through Monday, October 5, 2020

can you see **the savings**

**FALL
Sales
EVENT**

\$1.79
Lb.

Boneless
Chicken Breasts

\$3.99
Lb.

Boneless Beef
Rump Roast

\$1.49
Lb.

Red, Green
or Black
Seedless Grapes
California

69¢
Ea.

Hass
Avocados

\$1.79
Lb.

Honeycrisp
Apples
Washington

save up
while you

CAN CAN!



Campbell's
Tomato or Chicken
Noodle Soup
10.75 Oz.
Selected Varieties

89¢



Best Choice
Vegetables
14.5-15.25 Oz.
Selected Varieties

2/\$1



Best Choice
Mushrooms
Pieces & Stems
4 Oz.

3/\$2



\$1.88

Xtra
Liquid Laundry Detergent
or Arm & Hammer
Fabric Softener Sheets
75 Oz. or 100 Oz. Selected Varieties

2/\$5

Nestle Pure Life
Purified Water
24 Pack Half Liter Bottles



**10 FOR
\$10**

Totino's
Party Pizza
9.8-10.9 Oz. Selected Varieties

Betty Crocker
Chicken, Hamburger
or Tuna Helper
4.7-6.7 Oz. Selected Varieties



PRICES EFFECTIVE: 9/30/20-10/6/20

GET MORE

MORE Special Offers
MORE Digital Coupons
MORE Ad Pages
MORE SAVINGS!

Download our App!



FREE
WITH DIGITAL COUPON
LIMIT 1

Best Choice
Broth
32 Oz.
Selected Varieties



**SAVE
\$1.00**
on 2

WITH DIGITAL COUPON
LIMIT 1
Simply
Potatoes
25 Oz. Selected Varieties



**SAVE
\$1.00**
on 2

WITH DIGITAL COUPON
LIMIT 1
Pepperidge Farm
Layer Cakes
or Turnovers
12.5-15.6 Oz.
Selected Varieties



**SAVE
\$1.00**
on 1

WITH DIGITAL COUPON
LIMIT 1
Edy's
Ice Cream
or Sherbet
1.5 Oz. Selected Varieties



3/\$12

Coke
Products
12 Pack, 12 Oz.
Cans
Selected Varieties
Plus Deposit



2/\$2

Body Armor
Super Drink
16 Oz. Bottles
Selected Varieties



2/\$5

Old Dutch
Crunch Chips
Selected Varieties



2/\$5

Sterzing's
Chips
8-9 Oz.
Selected Varieties



2/\$4

Sterzing's
Creamy
Onion Dip
8.5 Oz.



2/\$11

Lotzza
Pizzas
25-30 Oz.
Selected Varieties

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!

*All items shown may not be available in all stores, some regional differences may occur. We reserve the right to correct printing errors, set limits and/or refuse sales to commercial/wholesale customers.

GROCERY Essentials!

SPEND LESS GET MORE



2/\$5
Lay's
Potato Chips
5-13 Oz.,
Selected Varieties



PRICE DROP
2/\$4
Prego
Pasta Sauce
14.5-24 Oz.,
Selected Varieties



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



PRICE DROP
2/\$4
Musselman's
Apple Sauce
9 Pack 4 Oz. Cups,
Selected Varieties



2/\$4
Betty Crocker
Delights Supreme
Brownie or Bars Mix
15-19.1 Oz., Selected Varieties



2/\$4
Angie's Boom
Chicka Pop
Popcorn
4-4.7 Oz.,
Selected Varieties



2/\$5
Peter Pan
Peanut Butter
16.3 Oz., Selected Varieties



3/\$2
Jiffy
Blueberry Muffin,
Pie Crust or
Cake Mix
7-9 Oz., Selected Varieties



2/\$3
Zatarain's
One Pot
Rice Mix
Selected Varieties



2/\$4
Little Debbie
Mini Donuts
8-10-16.5 Oz.,
Selected Varieties



2/\$7
Best Choice
Mixed Nuts
or
Cashews
8-10-13 Oz., Selected Varieties



\$2.49
Crystal Light
Liquid Drink Mix
or Mio Liquid
Water Enhancer
1.63 Oz., Selected Varieties



5/\$5
Crunch 'n Munch
Buttery Toffee
Popcorn With
Peanuts
3.5 Oz.



2/\$5
Crystal
Granulated
Sugar
4 Lb.



\$2.99
Heinz
Tomato
Ketchup
36 Oz.



3/\$2
Taco Bell
Fajita or Taco
Seasoning Mix
5-14 Oz.,
Selected Varieties



2/\$3
Taco Bell
Salsa or
Refried Beans
16 Oz.,
Selected Varieties



\$2.49
Taco Bell
Salsa Con
Queso
15 Oz.,
Selected Varieties

BREAKFAST TIME THE MOST IMPROVED SAVINGS OF THE DAY!



4/\$10
General Mills
Cereal
9 Oz. Multi Grain Cheerios,
10.5 Oz. Lucky Charms,
10.8 Oz. Cookie Critz
or 10.6 Oz. Honey Nut Cheerios



2/\$5
Kellogg's
Nutri Grain, Kids
Soft Baked Breakfast
Bars or Rice Krispies
Treats Poppers
5-6 Ct., Selected Varieties



2/\$5
General Mills
Cereal Treats Bars,
Fiber One Bars
or Brownies,
Nature Valley Bars,
Biscuits or Squares
5-6 Ct., Selected Varieties



2/\$5
Quaker Oats
18 Oz.,
Selected Varieties



\$2.99
Post Cereal
13.5-16 oz. Great Oats,
15 oz. Cocoa or Fruity Pebbles
or 18 oz. Honey Roasted or With
Almonds Honey Bunches of Oats



\$5.99
Maxwell House
or Gevalia
Coffee
6-12 Oz. or 12 Oz.,
Selected Varieties



\$3.99
Welch's
100%
Grape Juice
64 Oz.,
Selected Varieties

HOUSEHOLD ESSENTIALS, HEALTH & BEAUTY & PET SUPPLIES AT PARTICIPATING STORES



\$3.99
Kibbles 'n Bits
Dog Food or
Meow Mix Cat Food
3-3.5 Lb., Selected Varieties



\$9.99
Downy
Liquid Fabric
Conditioner
64-128 Oz.,
Selected Varieties



\$8.99
Downy In-Wash
Scent Booster
14.8 Oz., Selected Varieties



\$8.99
Downy
Fabric Softener
Sheets
240 Ct.



\$2.99
Crest
Pro-Health
Toothpaste
4.8 Oz., Selected Varieties



\$9.99
Vicks
DayQuil or
NyQuil Cold & Flu
5-24 Ct. or 1.75-12 Ct.,
Selected Varieties



\$3.99
Crest
Scope
Mouthwash
33.8 Oz.,
Selected Varieties

QUALITY Meats

SPEND LESS GET MORE

\$249
Lb.

Boneless
Center Cut
Pork Chops

\$599
Lb.

Boneless Beef
Bottom Round
Steak

\$349
Lb.

85% Lean
Ground Beef



4/\$5

Oscar Mayer
Lunchables
or Snack Duos
2.25-4.4 Oz.
Selected Varieties



\$399

Johnsville
Breakfast
Sausage Strips
12 Oz.
Selected Varieties



\$349

Johnsville
Ground Italian
Sausage
16 Oz.
Selected Varieties



\$349

Eckrich
Smoked
Sausage
6.5-14 Oz.
Selected Varieties



2/\$5

Homel
Side Dishes
20 Oz.
Selected Varieties



\$229

Best Choice
Corn Dogs
16 Oz.

SEAFOOD Specials

SPEND LESS GET MORE



\$399

Van de Kamp's
Breaded Fish
15.1-24.8 Oz.
Selected Varieties



\$499

Clearly
Tilapia Fillets
12 Oz.



\$499

Dockside
Classics
Premium
Crab Cakes
10 Oz.



\$599

Seaf Pak
Breaded
Seafood
8.3-12.5 Oz.
Selected Varieties



\$599

Best Choice
Cooked
Tail-On Shrimp
12 Oz. 31-40 Ct.



\$499

Best Choice
Raw Peeled
& Deveined
Tail-Off Shrimp
12 Oz. 41-50 Ct.



\$599

Best Choice
Jumbo
Butterfly Shrimp
9 Oz.



2/\$6

Best Choice
Popcorn Shrimp
8 Oz.

DAIRY Favorites!

SPEND LESS GET MORE

2/\$4

Daisy Brand
Sour Cream
14 Oz. Squeeze
or Cottage Cheese
16 Oz. Selected Varieties



\$299

Florida's Natural
Juice
52-59 Oz. Selected Varieties



2/\$4

Pillsbury
Crescents
or Sweet Rolls
8-13.9 Oz. Selected Varieties



2/\$5

Kraft Crumbles, Chunk
or Shredded Natural Cheese
or Taco Bell Shredded Cheese,
5-6 Oz. Selected Varieties



2/\$5

Dole
100% Juice
Blends
59 Oz. Selected Varieties



2/\$5

Pillsbury
Cookie Dough or
Place & Bake Brownies
13.5-16.5 Oz. Selected Varieties



\$100

Best Choice
Jumbo Biscuits,
Crescent or Cinnamon Rolls
8-16 Oz. Selected Varieties



10/\$10

Yoplait YQ Yogurt Made With
Ultra-Filtered Milk, Just 3 or
GoodBelly Probiotics Yogurt
5-5.3 Oz. Selected Varieties



2/\$6

Blue Bonnet
Spread
43 Oz.



\$199

Hershey's Pudding, Jell-O
Temptations, Philadelphia Cheesecake,
Jell-O Pudding or Gelatin Snacks
6.5-15.5 Oz. Selected Varieties



\$369

Kraft
Grated
Parmesan Cheese
8 Oz.

FROZEN How Fresh Stays Fresh!

SPEND LESS GET MORE

2/\$5

Pepperidge Farm
Garlic Bread
or Texas Toast
10-11.75 Oz. or 6-8 Ct.
Selected Varieties



11/\$10

Michelin's
Entrées
4.5-8.5 Oz. Selected Varieties



\$499

Blue Ribbon
Classics Family Size
Ice Cream
128 Oz. Selected Varieties



2/\$6

Pepperidge Farm
Layer Cakes
or Turnovers
12.5-19.6 Oz. Selected Varieties



2/\$5

Lamb Weston Grown in Idaho Potatoes,
Arby's, Checkers, Nathan's or
Red Robin French Fries or Onion Rings
14-28 Oz. Selected Varieties



3/\$6

Pillsbury
Toaster Scones
7.2 Oz. Selected Varieties



\$179

Smart Ones
Entrées, Bowls
or Paninis
6-10.25 Oz. Selected Varieties



\$349

Edy's
Ice Cream
or Sherbet
1.5 Qt. Selected Varieties



2/\$5

North Star
Lotta Pops
20 Ct. Selected Varieties



2/\$5

North Star
Ice Cream
Sundae Cups
6 Ct. Selected Varieties

FRESH PRODUCE *Everyday!*

SPEND LESS GET MORE



2/\$5

Gala, McIntosh,
Jonathan, Red or
Golden Delicious
Apples
3 Lb. Bag, Michigan

**3 Lb.
Bag**

\$1.29

Gala,
Granny Smith
or Fuji Apples
Washington, Extra Fancy

\$2.99

Affy Tapple
Caramel Apples
3 Pack, Plain
or With Peanuts

\$2.99

Concord
Caramel
Apple Wrap
8.5 Oz.

\$3.99

Seneca
Apple Chips
2.5 Oz. Bag
Selected Varieties



\$3.99

Marzetti
Caramel
Apple Dip
13.5 Oz.
Selected Varieties

\$6.99

Ziegler
Apple Cider
128 Oz.
Selected Varieties



2/\$4

Dole
Salad Blends
9-12 Oz. Bag
Selected Varieties



\$2.99

Best Choice
Red or Gold
Potatoes
5 Lb. Bag



\$3.49
Lb.
Asparagus



\$1.49
Lb.
Tomatoes
Hot House



\$2.99
Ea.
Cauliflower



59¢
Lb.
Green
Cabbage



\$4.99
Ea.
Pumpkins



99¢
Lb.
Sweetie Sweet
Sweet Onions



79¢
Lb.
Acorn,
Butternut or
Spaghetti Squash



2/\$6
Portabella
Mushroom Caps
6 Oz. Whole or Sliced



2/\$5
Mann's
Steam in Bag
Vegetables or
Broccoli Tray
9-12 Oz. Bag
Selected Varieties

DELI & BAKERY *Favorites!*

SPEND LESS GET MORE



\$5.99
Lb.
Eckrich
Genoa or
Hard Salami



\$2.99

Cyde's Glazed
Cherry, Apple or
French Toast Fritters
6 ct.



\$3.99
Lb.
Strawberry
Surprise
Deli Fresh



\$2.99
Lb.
Deviled Egg
Potato Salad
Deli Fresh



\$2.49
Ois Spunkmeyer
Muffins
1 Doz.
Selected Varieties



\$2.49
Bakery Fresh
Vienna Bread
16 Oz.



\$3.99
Lb.
Macaroni
& Beef
Deli Fresh



\$2.99
Crunchmaster
Crackers
3.5-4 Oz.
Selected Varieties



\$8.99
Rich's
Yellow
Confetti Cake
8 Inch, Double Layer



\$2.29
New French Bakery
Take & Bake
Ciabatta Bread
14 Oz.

ADDITIONAL SPECIALS

3/\$12

Pepsi
Products
12 Pack, 12 Oz. Cans
Selected Varieties
Plus Deposit



**NORTH
ENGLISH
ONLY**

3/\$12

Pepsi
Products
8 Pack, 12 Oz. Bottles
Selected Varieties
Plus Deposit



**NORTH
ENGLISH
ONLY**

"On The Grill"

**North Side of Freeman Foods
in Wellman and North English
Saturday October 3, 11am-1pm**

Ribeye Steak Sandwich: \$6.00
Marinated Chicken Breast: \$3.00
Rib-On-A-Stick: \$3.00
Grilled Tenderloin: \$3.00
Hamburger: \$4.00
Hot Dog: \$1.00 or \$2.00

SAVE MORE THIS WEEK!

MEGA MEAT SALE!

PRICES EFFECTIVE ALL WEEK



Chicken Leg Quarters
Sold in 10 Lb. Bag

49¢
Lb.

Whole Boneless Pork Loin

\$1.99
Lb.

Pork Spareribs

\$1.99
Lb.



\$8.99
Lb.

Beef Porterhouse Steaks



Whole Beef Tenderloin
Sold Whole In Bag,
Government Inspected

\$5.99
Lb.



Honeycuck Turkey Breast
Bone-In, Frozen

\$1.49
Lb.



Covered Wagon Bacon
Sold in 10 Lb.

\$2.49
Lb.

MEGA SAVINGS ON THESE PARTICIPATING ITEMS

BUY 5 SAVE 5

BUY 5 SAVE 5

MEGA SAVINGS ON THESE PARTICIPATING ITEMS



Nabisco Premium Saltine or Soup & Oyster Crackers
9-17 Oz., Selected Varieties

\$2.49
- \$1.00
\$1.49

final price when you mix & match 5 participating items



Nabisco Oreo Cookies
7.9-15.35 Oz., Selected Varieties

\$3.39
- \$1.00
\$2.39

final price when you mix & match 5 participating items



Nabisco BelVita Breakfast Biscuits
8.9-8.81 Oz., Selected Varieties

\$2.99
- \$1.00
\$1.99

final price when you mix & match 5 participating items



Nabisco 12 Packs Cookies or Crackers
9-18.9 Oz., Selected Varieties

\$4.49
- \$1.00
\$3.49

final price when you mix & match 5 participating items



Nabisco Ritz Crisp & Thins Chips
7-8.1 Oz., Selected Varieties

\$2.99
- \$1.00
\$1.99

final price when you mix & match 5 participating items

WIN WHAT YOU SPEND!



Family Matters & We're Giving Back!

Enter for a chance to
"WIN WHAT YOU SPEND!"

9/20/20 - 10/10/20

All you have to do is shop at participating stores & purchase at least one Best Choice, Always Save, Clearly, or Superior Selections item.

For more information or to enter, visit
www.winwhatyouspend.com

One winner per participating store.
Winner will be chosen randomly on 10/12/20



PRICES EFFECTIVE ALL WEEK

save up while you

CAN CAN!



2/\$1

Hunt's
Tomato Sauce
8 Oz., Selected Varieties



2/\$1

Best Choice
Tomatoes
10-15 Oz.,
Selected Varieties



4/\$5

Best Choice
Fruit
15-15.25 Oz.,
Selected Varieties

\$4.99

Best Choice
Ground Coffee
30.6-34.5 Oz.,
Selected Varieties



5/\$5

Best Choice
Broth
32 Oz.,
Selected Varieties



5/\$5

Best Choice
100% Natural
Pumpkin
15 Oz.



5/\$5

Best Choice
Yams In Syrup
15 Oz., Selected Varieties



5/\$5

Best Choice
Mandarin
Oranges
15 Oz.

5/\$5

Best Choice
Premium Breast
of Chicken
5 Oz.



save up while you CAN CAN!