

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

- 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, July 20 Through Monday, July 26, 2021

Sun-SATIONAL Summer SAVINGS!



Beef
T-Bone
Steak
USDA Choice
\$9.99
Lb.

Western
Style
Bone-In
Pork Ribs
\$2.49
Lb.

Boneless
Skinless
Chicken
Breasts
\$2.69
Lb.



Whole
Seedless
Watermelon
\$3.99
Ea.

Green, Red
or Black
Seedless
Grapes
\$1.99
Lb.

Northwest
Cherries
\$2.99
Lb.

Sign
Up
Now!

Bright
Aisle

PRICES EFFECTIVE: 7/21/21-7/27/21

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

Download our App!

FREE

WITH DIGITAL COUPON
LIMIT 1
Open Pit
Barbecue Sauce
Selected Varieties



SAVE \$1.00

WITH DIGITAL COUPON
LIMIT 1
Best Choice
Ice Cream
4 Qt.



SAVE \$1.00

WITH DIGITAL COUPON
LIMIT 1
Dunkin' Donuts or
International Delight
Coffee Beverage
32 Oz.



SAVE \$1.00

WITH DIGITAL COUPON
LIMIT 1
Quaker Chewy Cough,
Life or Oatmeal Squares Cereal
10.5-11.5 Oz. Cap'n Crunch or Quaker Oats Bars,
10.5-11.5 Oz. Cap'n Crunch Cereal,
11.5 Oz. Cap'n Crunch's Peanut Butter Crunch
10.5-11.5 Oz. Cap'n Crunch 100% All-Original
Cinnamon or Chocolate 14.3 Quaker Strong
Bread or Cinnamon Raisin Squares



Download Today!

App Store

Google play



3/\$5

Hot Pockets
6.5-9 Oz., Selected Varieties



Banquet
Brown 'N Serve
Sausage Links or
Patties or
Breakfast Box
6-10.5 Oz., Selected Varieties



General Mills
Chex Mix,
Bugles or
Garden of Eatin' Snacks
7-8.75 Oz.,
Selected Varieties

10/\$10
mix or match



Nestle Splash
Flavored
Water Beverage
6 Pack (not Lar Bottles),
Selected Varieties



Pillsbury
Crescents,
Cinnamon Rolls,
Grand! Biscuits
6-12 Oz.,
Selected Varieties



2/\$6

Sterzing's Chips
9-10 Oz., Selected Varieties



2/\$2

Anderson Erickson
Sour Cream Chip Dip



2/\$6

Anderson Erickson
Cottage Cheese
24 Oz.



2/\$11

Lotzza Motzza
Pizza
23-30 Oz., Selected Varieties



\$4.99
Lb.

Store Made
Pork Burgers



\$6.99
Lb.

Gourmet
Pub Burgers

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.

GL1_DIGITAL

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GROCERY Essentials!



Nabisco
Chips Ahoy!
Cookies
7-13 Oz.,
Selected Varieties



Skippy
Peanut Butter
14-16.3 Oz.,
Selected Varieties



Nabisco
Premium
Crackers
9-17 Oz.,
Selected Varieties



Ice Mountain
Sparkling
Natural
Spring Water
8 Pack 12 Oz.,
Selected Varieties



Nabisco Ritz
Snack Crackers
7.5-13.7 Oz.,
Selected Varieties



Kellogg's
Fruit Snacks
10 Ct.,
Selected Varieties



Nabisco
Snack Crackers
3.5-9.1 Oz.,
Selected Varieties



Crystal Light
Liquid Drink
Mix or MIO
Liquid Water
Enhancer
1.62 Oz.,
Selected Varieties

2 FOR \$5
MIX OR MATCH



Capri Sun
100% Juice
9.5-11.25 Oz.,
Selected Varieties

\$2.99



Nabisco
Family Size! Oreo Cookies
122-20 Oz.,
Selected Varieties

\$3.49



Quaker Cap'n Crunch,
Life or Oatmeal Squares Cereal
10.5-11.5 Oz. Cap'n Crunch Original All Berries,
11.5-12.5 Oz. Cap'n Crunch's Chewables,
13.5 Oz. Cap'n Crunch's Peanut Butter Crunch
13.5-14.5 Oz. Cap'n Crunch,
12.5 Oz. Life Original or Cream of Oatmeal,
14.5 Quaker Brown Sugar or Cream of Oatmeal Squares

\$2.79



Hostess
Donettes Mini Donuts
9.5-11.25 Oz.,
Selected Varieties

2/\$4



Frito-Lay
Cheetos Cheese Snacks,
Fritos Com Chips or
Sabritas Turbos Flamas
6.5-10 Oz.,
Selected Varieties

2/\$6



Frito-Lay
Party Size Chips or
Lay's or Tostitos
Dips or Salsa
8.15-18 Oz.,
Selected Varieties

2/\$7



Hormel Compleats
Microwave Meals
7.5-10 Oz.,
Selected Varieties

2/\$4



Kraft
Jet-Puffed
Marshmallows
12 Oz.

4/\$5



Wish-Bone
or Western Dressing
15 Oz.,
Selected Varieties

2/\$4



Nesquik
Powder
16-20.1 Oz.,
Selected Varieties

\$3.49



Kellogg's
Jumbo Snax
Cereal Snacks
5.4 Oz.,
Selected Varieties

\$3.99

HOUSEHOLD ESSENTIALS & HEALTH & BEAUTY AT PARTICIPATING STORES



\$6.49

All
Liquid Laundry
Detergent
59-100 Oz.,
Selected Varieties



\$6.99

Snuggle
Supercare
Liquid Softener
95 Oz.,
Selected Varieties



\$7.99

Flora
Paper Towel or
Bathroom Tissue
6-12 Mega Rolls,
Selected Varieties



\$6.99

Snuggle
In Wash Scent
Booster or
Dryer Sheets
19 Oz. or 200 Ct.,
Selected Varieties



\$2.99

Crest
Pro-Health
Toothpaste
3.5-4.6 Oz.,
Selected Varieties



\$3.99

Pantene
Pro-V Shampoo,
Conditioner
or 2 in 1
10-12.5 Oz.,
Selected Varieties



\$3.89

Axe
Deodorant or
Antiperspirant
& Deodorant
Invisible Solid
2.7-3 Oz.,
Selected Varieties

QUALITY Meats



\$2⁹⁹

Lb.
Whole Pork
Tenderloin



\$2⁷⁹

Lb.
Bone-In Pork
Shoulder Steak



\$2⁹⁹

Lb.
Boneless Skinless
Chicken Thighs



\$10⁹⁹

Lb.
Beef
Porterhouse Steak
USDA Choice



2/\$7
Johnsonville
Original Link or
Ground Sausage
12-16 Oz., Selected Varieties



\$3⁹⁹

Johnsonville
Sausage Strips
12 Oz., Selected Varieties



\$3⁹⁹

Oscar Mayer
Premium Shaved Meats
16 Oz., Selected Varieties



\$5⁹⁹

Oscar Mayer
Sub Kit Variety Pack
25 Oz., Selected Varieties



\$4⁹⁹

Gourmet Dining
Frozen Entrées
24-25 Oz., Selected Varieties



10/\$10

Armour
LunchMakers
2-44-2.9 Oz.,
Selected Varieties

SEAFOOD SPECIALS



Jumbo Cod
Loins Fillet

\$5⁹⁹
Lb.



\$2⁹⁹
Lb. Frozen Catfish
Nuggets



Best Choice
Crunchy Fish
Sticks or Fillets
11.4-12 Oz.

2/\$6



2 Lb.
Bag!

\$7⁹⁹
Lb. Sea Best Wild
Argentine Rimp
Ez-Peel Shrimp
16-20 Ct.

DAIRY Favorites!



2/\$5

Dole
100% Juice Blends
59 Oz., Selected Varieties



2/\$5

Nestle
Refrigerated
Cookie Dough
14-18.5 Oz., Selected Varieties



2/\$5

Swiss Miss
Pudding
8 Pack 4 Oz.
Selected Varieties



10/\$5

Yoplait
Yogurt
4-6 Oz., Selected
Varieties



2/\$4

Tropicana
Limeade or
Fruit Drink
52 Oz., Selected Varieties



2/\$4

Yoplait
Go-Gurt Yogurt
8 Ct., Selected Varieties



\$1⁷⁹

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



\$2¹⁹

Simply Potatoes
Hash Browns or
Cut Potatoes
20 Oz., Selected Varieties



\$2⁹⁹

Dunkin' Donuts or
International Delight
Coffee Creamer
32 Oz., Selected Varieties



\$2⁹⁹

Philadelphia
Cheesecake
Crumble
6.6 Oz., Selected Varieties



\$4⁹⁹

Kraft American
Singles Twin Pack
24 Oz.

FROZEN How Fresh Stays Fresh!



\$3⁹⁹

P.F. Chang's
Home Menu
Meals or Bowls
9.5-11 Oz., Selected Varieties



4/\$5

Flav'R-Pac
Vegetables
12 Oz., Selected Varieties



\$2⁹⁹

Turkey Hill
Premium
Ice Cream
48 Oz. or 6 Ct.
Selected Varieties



2/\$3

Turkey Hill Ice
Cream Layered
Sundae Cups
1 Ct., Selected Varieties



2/\$5

Marie Callender's
Pot Pies
10 Oz., Selected Varieties

FRESH PRODUCE *Everyday!*



Melon MANIA

\$2.49
Lb.
California Yellow Peaches or Nectarines

2/\$5
Strawberries
1 Lb. Pkg. California

2/\$5
Blueberries
Pkg. or Driscoll's
Blackberries
or Red Raspberries
6 Oz.

Cantaloupe **\$2.99** Ea.
Honeydew Melon **\$3.99** Ea.

10/\$4
Ears
Locally Grown Sweet Corn

\$1.29
Ea.
Red Peppers

2/\$5
Dole Salads
5-12 Oz. Bag

HARVEST CUTS

Grab N Go! Fresh Cut Fruit Chunks

2/\$5
Organic Mini Bella Whole Mushrooms
8 Oz.

\$1.29
Ea.
Hot House Cucumbers

2/\$5
Grape Tomatoes
10 Oz.

Harvest Cuts Watermelon Chunks or Spears **\$4.99**
16 Oz.

99¢
Lb.
Jumbo Red or White Onions

\$1.29
Lb.
Zucchini or Yellow Squash

\$3.49
Organic Girl
2 Oz.

Harvest Cuts Cantaloupe Chunks or Spears **\$4.99**
16 Oz.

\$3.49
New Star Classic Spinach
16 Oz. Bag

\$5.99
Mann's Veggie Ranch Tray, Veggie Hummus Tray or Cheddar Pretzel Tray
16-19 Oz.

2/\$4
Mann's Broccoli Cole Slaw, Kale Beet Blend or Power Blend
10-12 Oz. Bag

Harvest Cuts Mixed Melon Chunks or Spears **\$4.99**
16 Oz.

DELI & BAKERY *Favorites!*

\$6.99
Lb.
Kretschmar Mesquite, Oven Roasted or Hickory Smoked Turkey Breast

2/\$5
King's Hawaiian Sweet Mini Sub Buns
6 Ct.

2/\$5
Carando Calzones
8 Oz. Selected Varieties

\$3.99
Lb.
Deli Fresh Cookies N Creme

\$4.99
Father's Table Variety Sampler Cheesecake
16 Oz.

\$2.99
Brill Sliced Loaf Cake
16 Oz. Selected Varieties

10/\$10
Always Save Mini Cornbread, Muffins, Glazed Cruller or Mini Gems
6 Oz. Selected Varieties

ADDITIONAL SPECIALS

4/\$10
Snapple Products
6 Pack, 16 Oz. Bottles, Selected Varieties



4/\$12
Coke Products
6 Pack, 16.9 Oz. Bottles, Selected Varieties Plus Deposit



5/\$4
Powerade Sports Drink
28 Oz. Bottle, Selected Varieties



ON THE GRILL

\$7.00
Ribeye Steak Sandwich

\$4.00
Marinated Chicken Breast

\$3.00
Rib-On-A-Stick

\$3.00
Grilled Tenderloin

\$4.00
Hamburger

\$1.00
Hot Dog

\$2.00
Hot Dog



**NORTH SIDE OF FREEMAN
FOODS IN WELLMAN
& NORTH ENGLISH**

**SATURDAY
JULY 24TH
11 AM - 1 PM**

NATIONAL HOT DOG DAY

JULY 21ST

**NATIONAL
HOT DOG DAY!
FIRE UP THE GRILL!**

JULY 21ST



88¢

Always Save Meat Wieners
13 Oz. or
Best Choice Yellow Mustard
20 Oz.



99¢

Hunts Tomato Ketchup
20 Oz. or
Vlassic Relish
9-10 Oz., Selected Varieties



2/\$4

Gonnella Hot Dog Buns
12 Oz.



\$4.49

Nathan's Franks
10-12 Oz., Selected Varieties



68¢

Best Choice Hot Dog Chili Sauce
10.5 Oz.



2/\$5

Best Choice Corn Dogs
16 Oz.

Best Choice.

BEST QUALITY AND VALUE

www.bestchoicebrand.com

Prices Effective All Week!



\$3.99

Best Choice Ice Cream
4 Oz., Selected Varieties



2/\$3

Best Choice Shredded or Chunk Cheese
6-8 Oz., Selected Varieties



4/\$10

Best Choice Purified Drinking Water
24 Pack 16.9 Liter Bottles



2/\$1

Best Choice Seasoning, Gravy or Sauce Mix
8.7-11.5 Oz., Selected Varieties



2/\$3

Best Choice Whipped Dressing or Mayonnaise
30 Oz., Selected Varieties



2/\$3

Best Choice Dressing
16 Oz., Selected Varieties



4/\$5

Best Choice Deluxe Shells & Cheese or Macaroni & Cheese Dinner
12-14 Oz., Selected Varieties



\$1.99

Best Choice Scented Cat Litter
10 Lb.



\$5.99

Best Choice Gravy Time Dog Food
14 Lb.



\$9.99

Best Choice Cat Food
16 Lb., Selected Varieties

BEST QUALITY = VALUE

BEST QUALITY = VALUE

BEST QUALITY = VALUE