

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, September 21 Through Monday, September 27, 2021

Hello Autumn Sale FALL, FAMILY, FOOD & SAVINGS!

WOW



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

2/\$3



Chicken
Drumsticks
or Thighs
Family Pack

99¢
Lb.



Beef
T-Bone Steak
USDA Choice

\$9.99
Lb.

\$10.99
Lb.



Best Choice
Butter Quarters
6 Oz., Selected Varieties

2/\$5



Icy Ocean
Raw EZ
Peel Shrimp
32 Oz., 16-20 Oz.

\$5.99
Lb.

**Sold In
2 lb. Bag**



Bone-In Pork
Shoulder Roast

\$1.99
Lb.

Best Choice
Russet Potatoes
5 lb. Bag

2/\$3



Head
Lettuce

99¢
Ea.



Roma
Tomatoes

99¢
Lb.



Red, Green
or Black
Seedless Grapes

\$1.49
Lb.



PRICES EFFECTIVE: 9/21/21-9/27/21

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



FREE
WITH DIGITAL COUPON
LIMIT 1
Best Choice
Baking Chips
11.5-12 Oz.
Selected Varieties



SAVE \$1.00
WITH DIGITAL COUPON
LIMIT 1
Best Choice
Granulated Sugar
4 lb.



SAVE \$1.00
OFF 2
WITH DIGITAL COUPON
LIMIT 1
Best Choice
Butter Quarters
4 Oz., Selected Varieties



SAVE \$1.00
WITH DIGITAL COUPON
LIMIT 1
Best Choice
Ice Cream
4 Oz., Selected Varieties

Download Today!

Best Choice Stock-Up Sale Best Quality & Value 100% Guaranteed

WOW



5/\$10
Best Choice
Purified Drinking Water
24-Pack Half Liter Bottles



2/\$4
Best Choice
Granulated Sugar
4 lb.



\$3.99
Best Choice
Ice Cream
4 Oz., Selected Varieties



2/\$5
Old Dutch Chips
Family Pack
10 Oz.



4/\$10
7-Up or Dr Pepper
Products
6 Pack 16.9 Oz. Bottles
Plus Deposit



2/\$11
Lotza Lotza Pizza
23-25 Oz.



\$1.99
Lb.
Chicken Pinwheels



2/\$6
Sterling's Chips
9-10 Oz.



\$7.99
Lb.
Jalepeño Poppers

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!



Campbell's
Chicken Noodle
or Tomato Soup
10.75 Oz.



Manwich
Sloppy Joe Sauce
15-16 Oz., Selected Varieties

10/\$10
mix or match



Propel
Electrolyte Water
Beverage
24 Oz., Selected Varieties



Idahoan
Mashed Potatoes or
Homestyle Casserole
1.5-4.1 Oz., Selected Varieties



Hostess
Single Serve Snacks
2.7-4.5 Oz., Selected Varieties



Prego
Pasta Sauce
14.5-24 Oz., Selected Varieties



Ken's
Dressing
16 Oz., Selected Varieties



Heinz
Yellow Mustard
15-20 Oz., Selected Varieties

2/\$4
mix or match



Pringles
Mega Stack Potato Crisps
6.9-7.16 Oz., Selected Varieties



Kellogg's
Frosted Flakes or Fruit
Loops Cereal Bars
6 Oz.



Kikkoman
Soy Sauce or Teriyaki
Marinade & Sauce
15 Oz., Selected Varieties



Doritos
Tortilla Chips or
Ruffles Potato Chips
9-11.25 Oz., Selected Varieties

2/\$5
mix or match



Betty Crocker
No Bake Cookie
Dough Bites Mix
12.2 Oz., Selected Varieties



Kellogg's Cereal
8.8 Oz. Egg 9.1 Oz. Little Debbie
10 Oz. Corn Pops 10.1 Oz. Apple Jacks or Fruit Loops
10.2 Oz. Cornflake Flakes
10.3 Oz. Marshmallow Blue Frost Loops
11 Oz. Kix 12 Oz. Marshmallow Frost Loops
13.5 Oz. Frosteds Flakes or 13.7 Oz. Chocolate or Honey Nut Frosteds Flakes



6/\$1
Kool-Aid
Unsweetened
Drink Mix
Makes 2 Quarts
Selected Varieties



4/\$5
McIlhenny
Tabasco Sauce
2 Oz., Selected Varieties



2/\$6
Kellogg's
Pop-Tarts
Toaster Pastries,
Crisps or Bites
6-12 Oz.
Selected Varieties



2/\$7
General Mills
Family Size
Cereal
18 Oz. Multi-Grain
Cheerios or Cheerios,
16.1 Oz. Cocoa Puffs,
16.3 Oz. Cocoa Crips,
16.8 Oz. Lucky Charms,
16.8 Oz. Cinnamon Toast
Crunch or Honey Nut Cheerios
or 16.7 Oz. Newer's Peanut
Butter Puffs

Ice Cream Social



2/\$5
Blue Ribbon
Classics
Reduced Fat
Ice Cream or
Sherbet
48 Oz.
Selected Varieties



\$3.99
Blue Bunny
Ice Cream
Sandwiches
9 Oz.
Selected Varieties



\$2.99
Dean's Country
Fresh Ice Cream
Novelties
8-12 Oz.
Selected Varieties



10/\$10
Kemps
Ice Cream
2.9 Oz., Selected Varieties



2/\$5
Dean's Country
Fresh Ice Cream
48 Oz., Selected Varieties

HOUSEHOLD ESSENTIALS, HEALTH & BEAUTY & PET

AT PARTICIPATING STORES



\$5.99
Scott's
Comfort Plus
Bath Tissue
9-12 Roll
Selected Varieties



\$9.99
Kibbles 'n Bits
Dog Food
16-17.6 Lb.
Selected Varieties



\$11.99
Meow Mix
Cat Food
13.5-16 Lb.
Selected Varieties



\$5.99
Airborne
Chewables,
Gummies or Tablets
10-32 Oz.
Selected Varieties



\$3.99
Irish Spring
Body Wash
18 Oz.,
Selected Varieties



\$7.49
Vicks
DayQuil or NyQuil
Cold & Flu Relief
8 Oz. or 9-16 Oz.
Selected Varieties



4/\$5
Clif Bar
Energy Bar
2.4 Oz.
Selected Varieties

QUALITY Meats



\$2.49
Lb.

Bone-In
Western Style
Pork Ribs



\$5.99
Lb.

Boneless Beef
Arm Roast



\$2.99
Lb.

Boneless
Chicken Thighs



\$2.99

Sheboygan
Bratwurst or
Italian Sausage
16 Oz., Selected Varieties



\$3.99

Johnsonville
Flame Grilled
Sausage Links
or Strips
12-14 Oz.,
Selected Varieties



\$4.99

Bar S
Smoked
Sausage Links
2.5 Lb.,
Selected Varieties



\$4.99

Bar S
Corn Dogs or
Bacon Mac
& Cheese Bites
2.34 Lb. or 14.4 Oz.



\$4.99

Gourmet
Dining
14-24 Oz.,
Selected Varieties



\$2.99

Tennessee Pride
Sausage Roll
10-16 Oz.,
Selected Varieties



2/\$4

Oscar Mayer
Meat Bologna or
Cotto Salami
14-16 Oz.,
Selected Varieties

SEAFOOD SPECIALS



Jumbo Cod
Loin Fillets
Frozen, 7 Oz. Avg.

\$5.99
Lb.



\$2.99

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



Newport H/G
Whiting
5 Lb. Box, Frozen

\$6.99



2/\$4

Louis Kemp
Imitation Lobster
Chunks or
Crab Chunks,
Flakes or Legs
8 Oz.

DAIRY Favorites!



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



Philadelphia
Cheesecake
Crumble
6.6 Oz.,
Selected Varieties

2/\$6
mix or match



Blue Bonnet
Vegetable Oil
Spread
45 Oz.



2/\$5

Pure Leaf
Cold Brew Tea
59 Oz., Selected Varieties



10/\$5

Dannon
Yogurt
5.3 Oz., Selected Varieties



2/\$4

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



2/\$4

Pillsbury
Crescent or
Cinnamon Rolls
9-13 Oz., Selected Varieties



89¢

Yoplait
Greek 100 Yogurt
4-5.3 Oz., Selected Varieties



\$3.49

Tropicana Tropicana or Pure
Premium Orange Juice
or Ruby Red Grapefruit
52 Oz., Selected Varieties

FROZEN How Fresh Stays Fresh!



8/\$10

Totino's
Party Pizza
9.6-10.9 Oz., Selected Varieties



2/\$3

McCain
Fries or Mashed
Potato Shapes
20-22 Oz., Selected Varieties



8/\$10

Totino's
Pizza Rolls
6.9-7.5 Oz., Selected Varieties



2/\$4

Hot Pockets
6.5-8 Oz.,
Selected Varieties



2/\$5

On the Border
Potatoes or Onion Rings
19-32 Oz., Selected Varieties



2/\$5

TGI Fridays
Snack Size Appetizers
7.6-11 Oz., Selected Varieties



\$3.49

Life Cuisine
Entrées or Bowls
4.5-12 Oz., Selected Varieties



\$4.99

Bibigo
Entrées or Wontons
18-24 Oz., Selected Varieties

FRESH PRODUCE *Everyday!*



HARVEST CUTS

Fresh Cut Fruit Chunks



2/\$6

Dole Ultimate Caesar or Southwest Premium Salad Kit
11.9-13 Oz. Bag



\$2.99
Concord Caramel Apple Wraps
4.5 Oz.

\$3.49
Fuji, Red Delicious or Gala Apples
3 Lb. Bag, Washington



\$4.99
Halo Mandarins
3 Lb. Bag



2/\$6

Driscoll Red Raspberries or Blackberries or Strawberries
4 Oz. or 1 Lb. Pkg. California



Harvest Cuts Cantaloupe, Pineapple, Watermelon or Mixed Melon Chunks or Spears
16 Oz.

2/\$10
mix or match

Watermelon, Cantaloupe, Honeydew oh my! Mixed melon is loaded with vitamin A, B & C that help you keep living a Healthy Lifestyle!

Pineapple is more than just a delicious tropical fruit, it offers significant health benefits and it is a great source of C & B vitamins, fiber and minerals like manganese.

Watermelon is a sweet and refreshing low calorie snack and it provides hydration and also essential nutrients, including vitamins, minerals and antioxidants.

Cantaloupe has 100% of the daily value for vitamin C, a powerful antioxidant that protects your cells from damage. It has all your daily needs for vitamin A, which helps keep your eyes, skin, bones, and immune system healthy.



3/\$2

X-Large Green Bell Peppers



4/\$5

Hass Avocados



\$4.99
Pumpkins
Ea.



99¢
Jumbo Red or White Onions



\$1.49
Red Radishes
1 Lb. Bag



99¢
Whole White Mushrooms
8 Oz.



49¢
Green Cabbage
Lb.



\$1.99
Red or Black Plums
California



\$1.99
Lb.
Yellow Peaches
California



3/\$2
Navel Oranges
Imported



\$5.99
Organic Girl Baby Spring Mix, Baby Spinach or 50 Spring Mix & Baby Spinach
10 Oz. Bag



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



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

DELI & BAKERY *Favorites!*



\$6.99
Ea.
Deli Fresh Rotisserie Chicken
Available At Participating Stores



\$5.99
Lb.
Amour Swift Eckrich Hard Genoa Salami or Kretschmar American Cheese



\$2.49
Lb.
Deli Fresh Macaroni & Cheese



2/\$6
Best Choice Brownie Bites or Mini Cinnamon Rolls
10.5-12 Oz.



\$3.49
Clyde's Variety Donuts
12 Oz.



\$1.99
Baked Fresh Onion Rolls
8 Oz.

ADDITIONAL SPECIALS

2/\$10

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



5/\$5

Body Armor
16 Oz. Bottles



\$7.99

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



ON THE GRILL

\$7.00

Ribeye Steak Sandwich

\$4.00

Marinated Chicken Breast

\$4.00

Smoked Chop On-A-Stick

\$3.00

Pork Burger

\$3.00

Fresh Brat

\$1.00

Hot Dog

\$2.00

Hot Dog



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

SATURDAY

SEPTEMBER 25TH

11 AM - 1 PM

Best Choice

Stock-Up Sale

Best Quality & Value 100% Guaranteed



2/\$3

Best Choice
Brown or
Powdered Sugar
2 Lb., Selected Varieties



2/\$3

Best Choice
Baking Chips
11.5-12 Oz., Selected Varieties



5/\$5

Best Choice
Ultra Moist
Cake Mix
16.5 Oz., Selected Varieties



2/\$3

Best Choice
Creamy Frosting
16 Oz., Selected Varieties



2/\$3

Best Choice
Cranberry
Juice Cocktail
64 Oz.,
Selected Varieties



2/\$3

Best Choice
Cream Cheese
Spread
8 Oz.,
Selected Varieties



2/\$4

Best Choice
Peanut Butter
16-18.5 Oz.,
Selected Varieties



2/\$4

Best Choice
Value Pack
Biscuits
4 Ct.,
Selected Varieties



4/\$5

Best Choice
Cranberry Sauce
14 Oz., Jelly or Whole



2/\$4

Best Choice
Buttermilk
Biscuits
12 Ct.



2/\$4

Best Choice
Heavy Duty
Aluminum Foil
27.5 Sq. Ft.,
Selected Varieties



2/\$3

Best Choice
Sweetened
Condensed Milk
14 Oz.



5/\$5

Best Choice
Evaporated
Milk
12 Oz.



5/\$5

Best Choice
Marshmallows
5.5 Oz.,
Selected Varieties



2/\$5

Best Choice
Fruit
10-20 Oz.,
Selected Varieties



2/\$5

Best Choice
White Bread
Dough
3 Ct.



\$2.99

Best Choice
Grated
Parmesan
Cheese
9 Oz.,
Selected Varieties



\$2.99

Best Choice
Ground Coffee
11.5 Oz.,
Selected Varieties



\$4.49

Best Choice
Original
Coffee
Creamer
5.5-5.9 Oz.

Best Choice

Stock-Up Sale

Best Quality & Value 100% Guaranteed

Best Choice

Best Choice®

Stock-Up Sale

Best Quality & Value 100% Guaranteed

Best Choice.®

Best Quality & Value 100% Guaranteed

Stock-Up Sale

Best Choice.®



2/\$1

Best Choice
Tomato Sauce
or Tomato Paste
6-8 Oz., Selected Varieties



3/\$2

Best Choice
Beans
15-15.5 Oz.,
Selected Varieties



3/\$2

Best Choice
Tomatoes
10-15 Oz.,
Selected Varieties



3/\$2

Best Choice
Macaroni &
Cheese
Dinner
2.05-7.25 Oz.,
Selected Varieties



2/\$3

Best
Choice Chili
15 Oz., Selected Varieties



2/\$3

Best Choice
Sloppy Joe
Sauce
26.5 Oz.



2/\$3

Best Choice
Wide or Extra
Wide Egg
Noodles
16 Oz.



5/\$5

Best Choice
Broth
32 Oz.,
Selected Varieties



5/\$5

Best Choice
Condensed
Soup
10.5-10.75 Oz.,
Selected Varieties



5/\$5

Best Choice
Ketchup
20 Oz.



5/\$5

Best Choice
Napkins
120 Ct.



4/\$5

Best Choice
Vegetables
16 Oz.,
Selected Varieties



4/\$5

Best Choice
Microwave
Popcorn
3 Ct.,
Selected Varieties



2/\$4

Best Choice
Tomato Juice
64 Oz.



2/\$5

Best Choice
Dry Roasted
Peanuts
16 Oz.,
Selected Varieties



2/\$5

Best Choice
Burritos
32 Oz.,
Selected Varieties



79¢

Best Choice
Club Soda,
Seltzer Water,
Tonic Water or
Sparkling Water
20.5 Oz., Selected Varieties



\$3.49

Best Choice
Waffles
29.7 Oz.,
Selected Varieties



\$3.49

Best Choice
Premium Breast
of Chicken
20 Oz.



\$4.49

Best Choice
Extra Soft
Bathroom
Tissue
12 Ct.



\$5.99

Best Choice
Charcoal
Briquets
15-16 Lb.,
Selected Varieties



\$5.99

Best Choice
Tall Kitchen or
Trash Bags
25-45 Ct.,
Selected Varieties



\$9.99

Best Choice
Supreme
Diapers
49-50 Ct., Selected Varieties