

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, March 14 Through Monday, March 20, 2023

St. Patrick's Day Headquarters

2/\$4
Frank's Kraut
32 Oz. Poly Bag

\$1.99
Ea.
Baked Fresh
Rye Bread
10 Oz. Loaf. Selected Varieties.
Available at Participating Stores

39¢
Lb.
Green Cabbage

\$2.99
Ea.
Dole
Red Potatoes
5 Lb. Bag

2/\$4
Grimmway Farms
Baby Peeled or
Bunny-Luv
Carrots
2 Lb. Bag

\$1.99
Ea.
Yellow
Onions
3 Lb. Bag

\$3.99
Lb.
Corned Beef
Brisket Points

\$4.99
Lb.
Corned Beef
Brisket Flats

Lenten Special



Best Choice
Cooked Shrimp
31-40 Ct. 12 Oz. Bag, Frozen or
Best Choice
Peeled, Deveined Tail-On
Raw Shrimp
41-50 Ct. 12 Oz. Bag, Frozen



\$5.99
Ea.



Chicken
Drumsticks

69¢
Lb.



Whole
Boneless
Pork Loin

\$1.99
Lb.

Boneless
Beef
Chuck Roast
USDA Choice

\$5.99
Lb.



California
Navel Oranges

4 Lb. Bag or
Texas
Red Grapefruit

3 Lb. Bag

Mix or
Match

2/\$6



Tomatoes
On The Vine

\$1.49
Lb.



Red or Green
Seedless
Grapes

\$1.79
Lb.

Sign Up Now!
Bright Aisle

PRICES EFFECTIVE: 3/14/23-3/20/23

GET MORE

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

Download our App!

FREE
WITH DIGITAL COUPON
LIMIT 1
Daisy
Single Serve
Cottage Cheese
with Fruit
6.5 Oz.
Selected Varieties

\$1.00
on 1
WITH DIGITAL COUPON
LIMIT 1
Pace
Salsa or
Picante Sauce
15.5-24 Oz.
Selected Varieties

\$1.00
on 1
WITH DIGITAL COUPON
LIMIT 1
Nabisco
Chips Ahoy! Cookies or
Premium Crackers
9-15 Oz.
Selected Varieties

\$1.00
on 1
WITH DIGITAL COUPON
LIMIT 1
Blue Bunny
Ice Cream Pail
128 Oz., Selected Varieties

Download Today!



2/\$4
Best Choice
Hot Dog or
Hamburger Buns
9 Ct.



\$5.79
Anderson Erickson
Chocolate Milk
1 Gallon, Selected Varieties



\$5.99
Anderson Erickson
Orange Juice
1 Gallon



10/\$9
Anderson Erickson
Yogurt
6-Oz., Selected Varieties



2/\$6
Old Dutch
Ripples or Dutch
Crunch Chips
Selected Varieties



\$6.99
Lotzza Motzza
Pizza
23-30 Oz., Selected Varieties



\$10.99
Coke
Products
24-Pack 12 Oz. Cans,
Selected Varieties
PLUS DEPOSIT

Due to supply uncertainty, some ad items may be out of stock. We are unable to provide rainchecks at this time. We apologize for any inconvenience.

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.

QUALITY Meats



LENTEN

Specials



Gorton's
Fish Fillets
or Sticks
15.2-24.5 Oz. Pkg., Frozen,
Selected Varieties

2/\$1
Lemons

\$6.99
Ea.



SeaPak Morey's
Wild Cod or
Salmon Fillets
10 Oz. Pkg., Frozen,
Selected Varieties

\$8.99
Ea.



Best Choice
Skin-On
Salmon Fillets
32 Oz. Bag, Frozen

\$7.99
Ea.



Dockside Classics
Premium Crab or
Lobster Cakes
10 Oz. Pkg., Frozen

\$5.99
Ea.



80% Lean
Ground Beef

\$3.49
Lb.



Boneless
Center Cut
Pork Chops

\$3.49
Lb.



Boneless Skinless
Chicken Thighs

\$2.49
Lb.



Bone-In
Turkey Breast
Grade A, Frozen

\$2.99
Lb.



2/\$4

Oscar Mayer
Basic Lunchables
2.25-4.4 Oz.
Selected Varieties



\$3.99

Jimmy Dean
Original Smoked or
Applewood Sliced Bacon
12 Oz.
Selected Varieties



\$3.99

Smithfield
Prime Fresh
Lunchmeats
7.5 Oz.
Selected Varieties



\$3.99

Johnsville
Polish Kielbasa or
Smoked Sausage
12-16 Oz.
Selected Varieties



\$10.99

Oscar Mayer
Jumbo
Angus Beef Franks
45 Oz.



\$5.99

Tyson
Breaded Chicken
30-32 Oz.
Selected Varieties

DAIRY Favorites!



2/\$4

Crystal Farms
Shredded or
Chunk Cheese
5.5-8 Oz., Selected Varieties



\$6.99

Tropicana
Orange Juice
89 Oz., Selected Varieties



\$2.99

Crystal Farms
Cheese Slices
6-8 Oz., Selected Varieties



2/\$7

Dannon
Oikos or Light & Fit
Greek Yogurt,
Dannonino or Danimals
Squeezable Yogurt
6-12 Oz., Selected Varieties



\$1.59

Tropicana
Juice Singles
12 Oz.
Selected Varieties



2/\$4

Ore-Ida
Just Crack An Egg
Scramble Kit
2.25-3 Oz.
Selected Varieties



2/\$3

Daisy
Single Serve
Cottage Cheese
with Fruit
6 Oz.
Selected Varieties

FROZEN How Fresh Stays Fresh!



3/\$9

Lean Cuisine
or Stouffer's
Entrées
8.375-12.75 Oz.
Selected Varieties



3/\$9

Tony's
Pizza
18.56-20.6 Oz.
Selected Varieties



2/\$3

PictSweet Farms
Simple Harvest or
Recipe Helper
Vegetables
8-12 Oz., Selected Varieties



\$3.99

Stouffer's
Large Entrées
9-20 Oz.
Selected Varieties



2/\$6

New York
Garlic Texas Toast
or Bread Sticks
5-6 Oz.
Selected Varieties



3/\$9

Bibigo
Dumplings or
Pagoda
Appetizers
6-9.49 Oz.
Selected Varieties



\$2.99

Mrs. T's
Perogies
12.64-15 Oz.
Selected Varieties



\$3.99

Blue Bunny
Premium
Ice Cream or
Frozen Yogurt
46-49 Oz., Selected Varieties



\$5.99

Blue Ribbon
Classics
Ice Cream
128 Oz.
Selected Varieties



\$5.99

Blue Ribbon
Classics
Ice Cream Sandwiches,
Cups or Bars
9-20 Oz., Selected Varieties



\$3.49

Bofanna
Ice Cream Bars
4 Oz.
Selected Varieties



GIVEAWAY
MARCH 1 TO MARCH 21, 2023



8
GRAND PRIZE
WINNERS

Each winner will get a
\$500 Gift Card
towards the purchase
of a new freezer.

Register for
your chance
to WIN!

www.frozenfoodgiveaway.com

FRESH PRODUCE *Everyday!*



TOURNAMENT HEADQUARTERS



2/\$5

Blackberries
6 Oz. Pkg.



\$2.49

Ea.
Pineapple



\$2.99

Ea.
Bolthouse Farms
Juice
15.2 Oz. Btl.,
Selected Varieties



Harvest Cuts
Fresh Fruit or
Veggie Tray
2.5 Lb. Tray
\$12.99
Ea.



\$2.49

Ea.
Broccoli
Bunch



\$1.29

Lb.
Idaho
Baking Potatoes



2/\$4

Dole
Baby Spinach
5 Oz. Bag



Marzetti
Dressing
12-13 Oz. Jar,
Selected Varieties
\$4.99
Ea.



2/\$4

Grape
Tomatoes
Pkg.



\$2.99

Ea.
Pure Flavor
Mini Cucumbers
6 Ct. Pkg.



2/\$4

Whole White
Mushrooms
8 Oz. Pkg.



Fresh Cravings
Salsa or Pico
14-16 Oz., Selected Varieties
\$3.49
Ea.



2/\$4

Dole
Classic Romaine or
Greener Selection
9-12 Oz. Bag



\$3.99

Ea.
Organic Girl
Salads
8 Oz. Clamshell,
Selected Varieties



\$2.99

Ea.
Eat Smart
Brussels Sprouts or
Green Beans
12 Oz. Bag



Argires
Popcorn
7-13 Oz. Clamshell,
Selected Varieties
\$4.99
Ea.

DELI & BAKERY *Favorites!*



\$9.99

Lb.
Kretschmar
Corned Beef
or Pastrami



\$7.99

Lb.
Kretschmar
Baby Swiss Cheese



\$2.99

Ea.
Baked Fresh
Irish Soda Bread
19 Oz. Loaf,
Available At All Participating Stores



\$3.99

Lb.
Deli Fresh
Sweet Pepper Slaw



\$4.99

Ea.
Snack Factory
Pretzel Crisps Bites
12 Oz. Bag, Selected Varieties



\$3.99

Ea.
MJay's
Brownies
13 Oz. Pkg.,
Selected Varieties



\$9.99

Ea.
Rich's
7-Inch German
Chocolate Cake
35 Oz.



\$7.99

Ea.
Kretschmar
Premium or Specialty
Cheese Platter
12 Oz. Pkg.

ADDITIONAL SPECIALS



2/\$7

Milo's
Lemonade
1 Gallon



\$17.99

Tito's
Vodka
750 Ml. Bottle,
PLUS DEPOSIT



2/\$12

Dr Pepper or
7-Up Products
12 Pack 12 Oz. Cans or
8 Pack 12 Oz. Bottles,
Selected Varieties
PLUS DEPOSIT



\$9.99

Bogle
Wine
750 Ml. Bottles,
Selected Varieties
PLUS DEPOSIT

TOURNAMENT HEADQUARTERS

PRICES EFFECTIVE ALL WEEK



\$2.79

Taco Bell
Salsa Con Queso
15 Oz., Selected Varieties

\$2.99

Taco Bell
Taco Dinner Kit
8.85-14.6 Oz.,
Selected Varieties



\$1.59

Taco Bell
Refried Beans
16 Oz., Selected Varieties

\$2.49

Taco Bell
Thick N' Chunky Salsa
16 Oz., Selected Varieties



\$1.69

Taco Bell Sauce
7.5-8 Oz., Selected Varieties

89¢

Taco Bell
Fajita or Taco
Seasoning Mix
1-1.4 Oz., Selected Varieties



\$2.49

Taco Bell
Crunchy
Taco Shells
12 Ct.

\$1.89

Taco Bell
Spicy Sauce
12 Oz., Selected Varieties



2/\$3

Daisy Brand
Sour Cream
8 Oz., Selected Varieties

TOURNAMENT HEADQUARTERS

PRICES EFFECTIVE ALL WEEK

\$6⁹⁹ Ea.

Best Choice
Cocktail Shrimp
Ring
10 Oz., Frozen



2/\$7

Armour
Meatballs
11-14 Oz.,
Selected Varieties

2/\$7

Cheez-It,
Crackers
5.75-12.4 Oz.,
Selected Varieties



2/\$7

Townhouse
Club or
Keebler
Graham
Crackers
7.1-13.8 Oz.,
Selected Varieties

3/\$5

Lipton
Recipe Secrets
Soup & Dip Mix
2 Ct., Selected Varieties



\$3⁹⁹

Hellmann's
Squeeze
Mayonnaise
11.5 Oz., Selected Varieties

2/\$7

Buffalo
Wild Wings
Sauce
12 Oz., Selected Varieties



\$2⁹⁹

Pace
Salsa or
Picante Sauce
15.6-24 Oz.,
Selected Varieties

2/\$5

Jolly Time
Microwave
Popcorn
3-4 Ct., Selected Varieties



2/\$9

Frito-Lay Party Size Doritos,
Cheetos, Tostitos or Ruffles
6.25-13 Oz. or
Lay's Party Size
Potato Chips or Poppables
Potato Snacks
12.5-13 Oz., Selected Varieties

GROCERY Essentials!



Post
Cereal
6-16.6 Oz., Selected Varieties

2/\$5

Pringles
Potato Crisps
4.5-5.57 Oz., Selected Varieties



2/\$4



Niagara
Purified
Drinking Water
24 Pack Half Liter Bottles

\$3.99



\$3.49

Campbell's
Tomato Juice
64 Oz. or
V8 Juice
66 Oz., Selected Varieties



\$2.99

MIO,
Crystal Light or
Kool-Aid
Liquid Drink Mix
1.62 Oz., Selected Varieties



\$4.99

Quaker
Life or
Cap'n Crunch's
Cereal
15.6-18 Oz., Selected Varieties



2/\$7

Kellogg's
Pop-Tarts
Toaster Pastries or
Bites
5-12 Oz., Selected Varieties



2/\$7

Kellogg's Cereal
12-17.3 Oz.,
Selected Varieties



2/\$7

Kellogg's
Nutri Grain
Mini Bites
5-7 Oz., Selected Varieties



\$3.49

Nabisco
Chips Ahoy!
Cookies or
Premium
Crackers
9-18 Oz.,
Selected Varieties



\$2.79

Idahoan
Family Size
Mashed Potatoes or
Homestyle
Casserole
7-14.4-2 Oz.,
Selected Varieties



\$2.99

Classico
Pasta Sauce
15-24 Oz., Selected Varieties



75¢

Hunt's
Tomato Sauce
8 Oz., Selected Varieties



\$5.99

Dinty Moore
Beef Stew
36 Oz.



\$2.49

Dinty Moore
Beef Stew
15 Oz.



\$3.29

Nabisco
Teddy Graham's
Snacks
10 Oz., Selected Varieties



\$3.99

Gogo Squeez
4 Oz., Selected Varieties



\$3.99

Best Choice
Charcoal
Ridge Briquettes
5 Lb., Selected Varieties

HOUSEHOLD ESSENTIALS & HEALTH & BEAUTY

AT PARTICIPATING STORES



Gain
Liquid Detergent, Flings!,
Fabric Conditioner
or Sheets
46-51 Oz. or 16-120 Oz., Selected Varieties

\$5.99



Downy or Bounce
Fabric Softener Sheets
60-120 Oz., Selected Varieties

\$5.99



Dawn Ultra
Dishwashing Liquid
12-2.19-4 Oz., Selected Varieties

\$2.99



Irish Spring
Bar Soap
3 Oz., Selected Varieties

\$3.29



Crest
Toothpaste
8-2 Oz., Selected Varieties

\$2.99



Old Spice
Body Wash
16-18 Oz., Selected Varieties

\$5.99



Old Spice
Deodorant
2.6-3.7 Oz., Selected Varieties

\$5.99



Tylenol
Sinus Caplets
24 Ct., Selected Varieties

\$5.99