



119 N Main, North English, IA • 319.654.3453
268 8th Ave, Wellman, IA • 319.645.6721

Open 7 Days A Week!
Mon.-Sat. 7 AM - 8 PM
Sun. 9 AM - 6 PM



We Welcome W.I.C. & Food Stamps
Full Liquor & Wine Department & Walk In Beer Cooler
Locally Owned & Operated!



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With Our App!

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- Complete Your Information Form to Start Earning Points for Free Items & Start Clipping Digital Coupons!

ROAST BONANZA!



Family Pack
**ASSORTED
BONE-IN
PORK CHOPS**

1.99
lb.

Family Pack, USDA Choice
Boneless Beef Stew Meat **6.99** lb.

Family Pack
Fryer Chicken Thighs **1.89** lb.



5.99 lb.

USDA Choice
Eye of Round Roast



3.99 lb.

Family Pack, Market Fresh
80% Lean Ground Beef



1.29 lb.

Family Pack
Fryer Chicken Drumsticks



**FROZEN
FOOD
MONTH**



5.99 lb.

Ribs-On-A-Stick



2/\$6

AE Yogurt
Selected Varieties, 24 Oz.



1.88
lb.

**Fresh
Asparagus**



79¢
ea.

**Hass
Avocados**



3.49

**Nabisco
Oreo Cookies**
Selected Varieties, 10.68-20.2z.



4/\$6

**Progresso
Soup**
Selected Varieties, 18-19 Oz.



2/\$4

**Kitchen Cooked
Potato Chips**
Selected Varieties, 8.5 Oz.



4.99

**Farm Rich
Appetizers**
Selected Varieties, 14.3-22 Oz.



79¢

**Starkist
Chunk Light Tuna**
Selected Varieties, 5 Oz.



6.99

**Lotzza Motzza
Pizza**
Selected Varieties, 23-30 Oz.



2/\$6

**Frito-Lay
XL Lay's**
Selected Varieties, 5-8 Oz.



3.99

**DiGiorno Classic Crust
or Tombstone Pizza**
Selected Varieties, 17.2-21.3 Oz.



3.99

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



2/\$7

Turkey Hill Ice Cream
Selected Varieties, 1.44 Quart



4.29

**Kemps Frozen Yogurt
or IttiBitz Ice Cream Novelties**
Selected Varieties, 48-54 Oz. or 4-12 Oz.



3.49

Blue Bunny Premium Ice Cream
Selected Varieties, 46-48 Oz.

Check Out Our Weekly Ad Specials Online!

www.northenglishfreemanfoods.net www.wellmanfreemanfoods.net

Prices Effective

March 2025

tues

18

wed

19

thurs

20

fri

21

sat

22

sun

23

mon

24

GROCERY FAVORITES



Kraft Macaroni & Cheese, Premiums or Shapes
Selected Varieties
5.5-7.3 Oz.

99¢

SAVE *2 WHEN YOU BUY 4 QUANTITIES LESS THAN LATE 11¢ EA



Bertolli Pasta Sauce
Selected Varieties
15-24 Oz.

2/\$6

Selected Varieties, 12-16 Oz.
Price, Mueller's or San Giorgio Pasta **4/\$5**



Libby's Pineapple
Selected Varieties, 20 Oz.

1.79

Libby's Vegetables
Selected Varieties
14.5-15.25 Oz.

5/\$5



Juicy Juice
Selected Varieties
64 Oz. or 8 Ct.

2/\$5

Selected Varieties, 27 Oz.
Glory Vegetables **2/\$5**



Old Orchard Juice
Selected Varieties, 64 Oz.

2/\$4

Selected Varieties, 8 Oz.
Folgers Instant Decaf Coffee **6.99**



Red Gold Tomatoes, Juice or Sauce
Selected Varieties, 28-46 Oz.

2.19



Hunt's Ketchup
32 Oz.

2/\$5

Selected Varieties, 14 Oz.
Cracker Barrel Dinners **3.79**



Idahoan Potatoes
Selected Varieties, 1.5-4.1 Oz.

2/\$3



Folgers Instant Coffee
Classic Roast, 8 Oz.

5.99



Folgers Coffee
Selected Varieties, 9.6 Oz. or 10 Ct.

4.99



Kraft Deluxe Macaroni & Cheese or Velveeta Shells & Cheese
Selected Varieties, 3 Pk.

7.49



Clamato Cocktail Juice
Selected Varieties, 32 Oz.

2.99



Hawaiian Punch
Selected Varieties, 128 Oz.

2.99



Mott's Juice Box
Selected Varieties, 8 Ct.

3.29

Selected Varieties, 16 Oz.
Ken's Salad Dressing **2/\$5**



Nissin Bowls or Chow Mein
Selected Varieties, 2.89-4 Oz.

5/\$5

Selected Varieties, 2.25 Oz.
Nissin Cup Noodles **6/\$3**



Post Better Oats
Selected Varieties, 9.8-15.1 Oz. or 10 Ct.

2.99



Crisco Oil
Selected Varieties, 128 Oz.

11.99



Quaker Instant Grits
Selected Varieties, 9.8 Oz.

3.79



Buffalo Wild Wings Sauce
Selected Varieties, 12 Oz.

3.49



Tabasco Hot Sauce
Selected Varieties, 5-11 Oz.

2.99

20 Oz.
Tabasco Sriracha Sauce **3.99**



Ocean Spray Juice
Selected Varieties, 64 Oz.

3.29



Mott's Apple Sauce
Selected Varieties, 6 Pk.

2.99

Selected Varieties, 16 Oz.
Arby's Sauce **2.49**



NesCafe Coffee
Selected Varieties, 3.5-7 Oz.

6.99

Selected Varieties, 18 Pk.
Sunny D Tangy Punch **6.99**



Kellogg's Rice Krispies or Corn Flakes Cereal
18 Oz. Family Size

4.99



Old El Paso Enchilada Sauce, Green Chiles or Refried Beans
Selected Varieties, 4-16 Oz.

3/\$5



Old El Paso Taco Shells, Beans, Rice or Tortillas
Selected Varieties, 8.8 Oz. or 8-12 Ct.

2/\$4



Old El Paso Dinner Kits, Shells, Bowls, Seasonings or Sauce
Selected Varieties, 6.25-19 Oz. or 8-10 Ct.

2/\$7



Old El Paso Taco Seasoning
Selected Varieties, 0.85-1 Oz.

79¢

HOME & HEALTH



Cottonelle Bath Tissue
12 Rolls
Selected Varieties

12.99

16 Lb., Selected Varieties
Kibbles 'n Bits Dog Food **15.49**

2/\$5

6.3-15 Oz., Selected Varieties
Rachael Ray Nutrish Wet Dog Food or Soup
Bones Dog Treats



9Lives Cat Food
4 Ct.
Selected Varieties

2/\$5

14-20 Lb., Selected Varieties
Arm & Hammer Cat Litter **9.99**



Xtra Laundry Detergent
56-57.6 Oz.
Selected Varieties

2.99

105 Oz., Selected Varieties
Suavital Fabric Softener **8.49**

10.29

3.5 Lb., Selected Varieties
Purina One Cat Food

DON'T MISS OUT ON THESE GREAT SAVINGS!



Ritz Premium Toasted Chips
Nabisco Premium
Saltines or
Toasted Chips
Selected Varieties
7.1-16 Oz.

2/\$7



Lipton Cup Size or Decaf Family Size Tea Bags
Selected Varieties, 24-100 Ct.

4.99



Fruity Pebbles
Cocoa Pebbles
Post Cereal
Selected Varieties, 10-14.75 Oz.

2.99



FROZEN FOOD MONTH
13.5-28 Oz., Selected Varieties
Alexia Sweet Potato Fries or Onion Rings

4.99



General Mills Cereal
9-10.8 Oz. Cheerios,
10.5 Oz. Lucky Charms
or 10.6 Oz. Cookie Crisp

2/\$4



Cousin Willie's Popcorn
Selected Varieties, 3 Ct.

1.79



Dot's Pretzels
Selected Varieties, 9.5 Oz.

3.99



Capri-Sun 100% Juice Drinks
Selected Varieties
10 Ct.

3.49



Splash Blast Water
Selected Varieties, 6 Pk.

2.79



Hunt's Snack Pack Pudding or Gelatin
Selected Varieties, 6 Ct.

2.79



Best Choice Pancake Mix or Syrup
Selected Varieties
24-32 Oz.

2.79



Big Hug Fruit Juice Barrels
Selected Varieties, 16 Oz.

2/\$1



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

3.99



MorningStar Farms Entrées
5.25-12 Oz. or 4 Oz., Selected Varieties

2/\$9



Luigi's Italian Ice
6 Ct., Selected Varieties

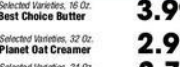
3.49



Farm Rich Meatballs
20-26 Oz., Selected Varieties

5.99

DAIRY & FROZEN



Best Choice Butter
Selected Varieties, 16 Oz.

3.99



Planet Oat Creamer
Selected Varieties, 32 Oz.

2.99



Coffee-mate Creamer
Selected Varieties, 29-32 Oz.

3.49



Chobani Greek Yogurt
4.5-6.7 Oz., Selected Varieties

4/\$5



Shedd's Spread Country Crock
67.5 Oz., Original

6.99



Pillsbury Cookies, Grands, Crescents, Pizza Crust or Pull-Apart Bread
8-30 Oz., Selected Varieties

2/\$7



Kraft Deli Deluxe American Slices
12 Oz.

4.49



Tropicana Twister
59 Oz., Selected Varieties

2/\$3



Dannon Activia, YoCrunch or Danimals Yogurt
4-6 Ct., Selected Varieties

2.99



Kraft String Cheese or Expertly Paired Sticks
Selected Varieties, 7.5-12 Oz.

3.49



Cracker Barrel Cheese
Selected Varieties, 6-8 Oz.

2/\$6



Kraft Natural Shreds or Chunks
Selected Varieties, 24 Oz.

6.99



Florida's Natural Orange Juice
52 Oz., Selected Varieties

2.79



Planet Oat Oatmilk
32 Oz., Selected Varieties

3.79



Egg Beaters
15-16 Oz., Selected Varieties

3.99



Philadelphia Cream Cheese
8 Oz., Selected Varieties

2/\$6



International Delight Iced Coffee or Dunkin' Donuts Creamer
7-8 Oz., Selected Varieties

1.99



Dunkin' Donuts Creamer
32-64 Oz., Selected Varieties

2/\$9



Hungry-Man Selects Dinners
Selected Varieties, 14.5-16 Oz.

4.49



Eggo Waffles
Selected Varieties, 4-24 Ct.

6.49



Best Choice Cobbler
Selected Varieties, 32 Oz.

6.79



Hungry-Man Classics Entrées
Selected Varieties, 14-18 Oz.

2/\$7



Tollin's Pizza Rolls, Old El Paso Taco Bites or Stuffed Nachos
100 Ct. or 13-17 Oz., Selected Varieties

8.99



Chef Boyardee, Birds Eye Voilat or Skillet Meals
40-42 Oz., Selected Varieties

7.49



Home Bake Mains
19.8-22.2 Oz., Selected Varieties

8.99



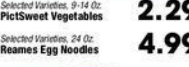
Red Baron Classic, Thin Crust or Brick Oven Pizza
12 Inch, Selected Varieties

3.99



InnovAsian Entrées
16-18 Oz., Selected Varieties

5.99



PictSweet Vegetables
Selected Varieties, 9-14 Oz.

2.29



Reames Egg Noodles
Selected Varieties, 24 Oz.

4.99



Stouffer's, Lean Cuisine or Life Entrées
Selected Varieties, 6.5-20 Oz.

3.99



Lean Cuisine Entrées
6-11.5 Oz., Selected Varieties

3.29



Birds Eye Voilat or Skillet Meals
10-17 Oz., Selected Varieties

2.99



Home Bake Sides
15-22.2 Oz., Selected Varieties

4.99



On-Cor Entrées
24-28 Oz., Selected Varieties

3.99



InnovAsian Side Dishes
7-18 Oz., Selected Varieties

3.69



Best Choice Poppers or Mozzarella Cheese Sticks
8 Oz., Selected Varieties

3.99

PREMIUM QUALITY MEATS



Family Pack

CENTER CUT PORK CHOPS

2.49 lb.



12.99 lb.

Family Pack, USDA Choice
Ribeye Steaks



5.99 lb.

USDA Choice
Boneless Chuck Roast

Family Pack, USDA Choice
Boneless Chuck Steaks 6.99 lb.



6.99 lb.

USDA Choice
Eye of Round Steaks

Family Pack

6.99 lb.



3.49 lb.

Previously Frozen
Baby Back Pork Ribs



4.99

12-16 Oz.
Selected Varieties
Oscar Mayer Sliced Bacon



2.99

22.5-24 Oz.
Selected Varieties
Fast Fixin' Fully Cooked Breaded Chicken



3.99

7-9 Oz.
Selected Varieties
Hillshire Farm Ultra Thin Sliced Lunch Meat



2/\$4

2.2-4.4 Oz.
Selected Varieties
Oscar Mayer Basic Luncheonables



6.99

20 Oz., Selected Varieties
Scott Pete Polish Sausage



3.99

14 Oz.
Scott Pete Beef Franks



4.49

13.35-16 Oz.
Selected Varieties
State Fair Corn Dogs

20 Oz., Selected Varieties

4.99

Scott Pete Smoked Sausage

16 Oz.

Scott Pete Franks or Carnival Meat Franks

2/\$4

PRODUCE FRESH PICKS

1 Lb.
Strawberries
or Red
Blueberries
3.99

99¢ lb.

Washington
Cosmic Crisp Apples

8 Oz.
Fresh
Blackberries
3.49

4.99

3 Lb. Bag, California
Halos Mandarins

Sweet
Potatoes
99¢

2 Lb. Bag
Fresh
Lemons

2.49



59¢ lb.

Fresh
Celery
1.79



Fresh
Cucumbers
79¢ ea.

99¢ lb.



2/\$3



5-12 Oz.
Selected Varieties
Dole Salad Blends



2.99



12 Oz.
Selected Varieties
Marzetti Vegetable Dips



4.49

Deli & Bakery

Not Available at
All Locations.



Sliced to Order, Selected Varieties
Kretschmar Off the Bone Ham

6.49 lb.



Sliced to Order
Kretschmar Pepper Jack Cheese

5.99 lb.



6 Oz.
Black Kassel Charcuterie Shapes Trio

5.99



3-6 Oz., Selected Varieties
Negroni Antipasto Classico Tray

4.99



6 Oz.
Blount Family Kitchens Clam Shack Soup

6.99



5.4 Oz., Selected Varieties
Laughing Cow Wedges

6.99



4 Oz., Selected Varieties
Cafe Valley Muffins

3.99



40 Oz.
The Father's Table NY Style Cheesecake

12.99



14 Oz., Selected Varieties
37th Street Bakery Danish

5.99



16 Oz., Selected Varieties
Rich's Double Layer Sinfully White Cake

4.99



34 Oz.
Rich's Double Layer Sinfully White Cake

14.99



4 Oz., Selected Varieties
J.J.'s Snack Pies

3/\$2



Fireball Whiskey

750 mL

17.99



Captain Morgan Rum

1.75 Liter

29.99



Pepsi Products

24 Pk.

12.99