



119 N Main, North English, IA • 319.664.3453
268 8th Ave, Wellman, IA • 319.646.6721

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!



GET THE APP



Save Even More
With Our App!

- Scan the Code and Download the AppCard App
- Search for Freeman Foods & Select Go to Store
- Complete Your Information Form to Start Earning Points for Free Items & Start Clipping Digital Coupons!

2.49 lb.

Family Pack
BONELESS PORK CHOPS

Family Pack
Boneless Pork Country Ribs **2.99** lb.

Family Pack, USDA Choice
Ribeye Steaks **11.99** lb.

Family Pack
Lean Stew Meat **6.99** lb.

2.49 lb.

Previously Frozen
Split Fryer Breast

6.99 lb.

USDA Choice
Chuck Steak

5.99 lb.

USDA Choice
Chuck Roast

5.99 lb.

Secret Recipe Ribs-On-A-Stick

2/\$4

Kitchen Cooked Potato Chips
Selected Varieties, 8.5 Oz.

PRODUCE SPECIALS

2.99

4 Lb.
Dole Idaho Potatoes

2.99

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

1.49 lb.

1 1/2 Bunch California
Red, Green or Black Seedless Grapes

2/\$3

AE Chip Dip
Selected Varieties, 8.5 Oz.

Buy 5 Save \$5

SAVE \$5 INSTANTLY WHEN YOU PURCHASE ANY 5 PARTICIPATING PRODUCTS!

ALL ITEMS MUST BE PURCHASED BY A SINGLE TRANSACTION

2.49 EA
-1.00

1.49 EA

Nature Valley, Fiber One, General Mills Bars or Betty Crocker Fruit Snacks
Selected Varieties 3.34 Oz. or 4-10 Oz.

WITH PURCHASE OF 5 PARTICIPATING PRODUCTS

2.99 EA
-1.00

1.99 EA

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

WITH PURCHASE OF 5 PARTICIPATING PRODUCTS

Buy 5 Save \$5

SAVE \$5 INSTANTLY WHEN YOU PURCHASE ANY 5 PARTICIPATING PRODUCE ITEMS!

ALL ITEMS MUST BE PURCHASED BY A SINGLE TRANSACTION

2.49 EA
-1.00

1.49 EA

Nabisco Ritz or Snack Crackers
Selected Varieties 3.5-13.7 Oz.

WITH PURCHASE OF 5 PARTICIPATING PRODUCTS

2.99 EA
-1.00

1.99 EA

Kraft Natural Shreds, Chunks or Crumbles
Selected Varieties 5-8 Oz.

WITH PURCHASE OF 5 PARTICIPATING PRODUCTS

3.49 EA
-1.00

2.49 EA

Tostitos Pizzeria
Selected Varieties 19.5-24.8 Oz.

WITH PURCHASE OF 5 PARTICIPATING PRODUCTS

3.99 EA
-1.00

2.99 EA

Halo Top Ice Cream or Novelties
Selected Varieties 16 Oz. or 4 Oz.

WITH PURCHASE OF 5 PARTICIPATING PRODUCTS

3.49 EA
-1.00

2.49 EA

Nabisco Chips Ahoy or Belvita Sandwiches
Selected Varieties 5-12 Oz.

WITH PURCHASE OF 5 PARTICIPATING PRODUCTS

3.49 EA
-1.00

2.49 EA

Kraft Cracker Cuts or Cubes
Selected Varieties 6.4-7 Oz.

WITH PURCHASE OF 5 PARTICIPATING PRODUCTS

2.49 EA
-1.00

1.49 EA

Classico Pasta Sauce
Selected Varieties 6.1-24 Oz.

WITH PURCHASE OF 5 PARTICIPATING PRODUCTS

3.49

5.49

Frito-Lay Ruffles
Selected Varieties, 7-9 Oz.
Blue Ribbon Classics Novelties

Selected Varieties, 12-20 Oz.

3.99

Red Baron Pizza
Selected Varieties, 15.77-23.45 Oz.

2/\$7

Milo's Tea
Selected Varieties, 1 Gallon

6.99

Lotzza Motzza Pizza
Selected Varieties, 23-30 Oz.

5.99

Blue Ribbon Classics Frozen Dairy Desserts
Selected Varieties, 128 Oz.

Check Out Our Weekly Ad Specials Online! Prices Effective April 25

tues 1 wed 2 thurs 3 fri 4 sat 5 sun 6 mon 7

GET IN THE GAME WITH THESE DEALS!



Prince, San Giorgio or Mueller's Pasta
Selected Varieties
12-16 Oz.

4/\$5

Selected Varieties, 11 Oz.
Green Giant Corn

2/\$3



Green Giant Vegetables
Selected Varieties
14.5-15.25 Oz.

4/\$4



Armour Vienna Sausage or Potted Meat
3-4.6 Oz.

89¢



Starkist Chunk Light Tuna Pouches or Bowls
Selected Varieties
2.6-5 Oz.

99¢



2.49
Hunt's Ketchup
32 Oz.



79¢
Old El Paso Taco Seasoning
Selected Varieties, 0.85-1 Oz.



2/\$3
Manwich Sloppy Joe Sauce
Selected Varieties, 15-16 Oz.

2.49



4.79
Libby's Pineapple Juice
Selected Varieties, 64 Oz.

3.49

5 Oz. Hormel Canned Chicken or Ham

1.79



2/\$3
Zatarain's Rice
Selected Varieties, 6.3-6.9 Oz.



2.99
Mrs. Butterworth's Syrup
Selected Varieties, 24 Oz.



3.29
Best Choice or IGA Granulated Sugar
4 Lb.



4.79
Jiffy Corn Muffin Mix
Original, 6 Pack

Buy 5 Save \$5

SAVE \$5 INSTANTLY WHEN YOU PURCHASE ANY 5 PARTICIPATING PRODUCTS!
ALL ITEMS MUST BE PURCHASED IN A SINGLE TRANSACTION

10-24 Oz. Selected Varieties
Biggno Entrées or Pagoda Egg Rolls

5.99 -1.00 4.99

Freschetta Pizza
Selected Varieties
27.25-30.89 Oz.

5.79 -1.00 4.79

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

1.99 -1.00 99¢

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

2.49 -1.00 1.49

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

3.49 -1.00 2.49

32 Oz. Selected Varieties
Heinz Ketchup

4.99 -1.00 3.99

Maxwell House or Yuban Coffee
Selected Varieties
22-27.9 Oz.

8.99 -1.00 7.99

18-19 Oz. Kroger, 10 Oz. Corn Flakes
21.7 Oz. Frosties Flakes,
24.2 Oz. New Waffles, 18 Oz. Cream,
20.7-22.1 Oz. Raisin Bran,
18.4 Oz. Fruit Loops, 15.8-19.2 Oz. Special K,
18.4 Oz. Corn Flakes or 18.8 Oz. Apple Jacks

4.99 -1.00 3.99

Kellogg's Cereal

4.99 -1.00 3.99

3 Pk. Selected Varieties
Kraft Macaroni & Cheese or
Velvetta Shells & Cheese

8.49 -1.00 7.49

Kraft Macaroni & Cheese or Spirals
4-5 Pk.

5.49 -1.00 4.49

26.6-28.79 Oz. Selected Varieties
Red Baron Stuffed Crust or Fully Loaded Pizza

7.49 -1.00 6.49

Post Cereal
15 Oz. Honey, 14-15.5 Oz. Great Grains,
16 Oz. Honeycomb, 13.5-16 Oz. Select
or 15 Oz. Honey Bunches of Oats

3.99 -1.00 2.99

8 Oz. Selected Varieties
Philadelphia Cream Cheese

2.99 -1.00 1.99

Daisy Sour Cream or Cottage Cheese
Selected Varieties
24 Oz.

3.79 -1.00 2.79

15-22.2 Oz. Selected Varieties
Home Bake Sides

5.99 -1.00 4.99

Home Bake Mains
Selected Varieties
19.8-22.2 Oz.

9.49 -1.00 8.49

JELL-O
JELL-O Gelatin or Pudding
Selected Varieties
4 Ct.

2.99 -1.00 1.99

Jell-O Gelatin or Pudding
Selected Varieties
4 Ct.

2.99 -1.00 1.99

2 Ct. Selected Varieties
Philadelphia Cheesecake Crumbles

4.49 -1.00 3.49

Philadelphia Cheesecake Cups
Cherry, 2 Pk.

3.99 -1.00 2.99

4 Pk. Selected Varieties
Chobani Flips Yogurt

4.99 -1.00 3.99

6-8.8 Oz. Selected Varieties
Chez Mix, Bugles or Gardetto's

2.49 -1.00 1.49

Habesco Party Size Cookies or Crackers
Selected Varieties
17-27.4 Oz.

5.99 -1.00 4.99

64 Oz. Selected Varieties
Delight Creamer

6.49 -1.00 5.49

Dannon Light + Fit, Oikos or Danimals
Selected Varieties
4 Pk.

3.99 -1.00 2.99

16 Oz. or 230 Ct. Selected Varieties
Equal Sweetener

5.99 -1.00 4.99

Pompeian Olive Oil
Selected Varieties
16 Oz.

7.49 -1.00 6.49

HOME & HEALTH!



120 Ct. Selected Varieties
Bounce Dryer Sheets



3 Lb. Selected Varieties
Nutrish Cat Food

75 Sq. Ft. Best Choice Aluminum Foil

7.99
45-105 Oz., 27-34 Oz. or 3 Lb.
Selected Varieties
Arm & Hammer Laundry Detergent or Oxi Clean Stain Remover

6.49



13 Oz. Selected Varieties
Nutrish Wet Dog Food

7.99 3.79



4 Pk. Selected Varieties
Puffs Facial Tissue

14.99 6.99



6-12 Roll Selected Varieties
Charmin Bath Tissue or Bounty Paper Towels



16 Lb. Selected Varieties
Best Choice Charcoal

14.99

6.49



3-16 Ct. or 16-41 Oz. Selected Varieties
Mr. Clean Household Cleaner

4.99

GET IN THE GAME WITH THESE DEALS!



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

4/\$5

5.5 Oz. Selected Varieties
Pringles Mingles



3.49

4/\$5
Cheez-It or Pringles Grab & Go
Selected Varieties, 2-3 Oz.



1.99
Pure Lifer Water
Selected Varieties, Gallon



Crystal Light Drink Mix
Selected Varieties
10-12 Oz. or 9-10 Ct.

2.99



2.99
Voortman Bakery Cookies or Wafers
Selected Varieties, 5-11.3 Oz.



2.99
Rice Krispies Treats
Selected Varieties, 7-8 Ct.



Creamette, Light 'n Fluffy or Mueller's Noodles
Selected Varieties
12 Oz.

2/\$4



Eight O'Clock K-Cup or Bean Coffee
Selected Varieties, 12 Ct. or 11-12 Oz.

5.25 Oz. Selected Varieties
David Sunflower Seeds

1.79



4/\$5
Crunch 'n Munch or Slim Jim
Selected Varieties, 0.97-3.5 Oz.

12-16 Oz. Selected Varieties

Pillsbury Frosting

1.79



Pillsbury Cake or Brownie Mix
Selected Varieties
15.25-18.4 Oz.

3/\$5



2.99
Pringles Party Stacks or Cheez-It Crackers
Selected Varieties, 6.8-7.1 Oz.

14-17.5 Oz. Selected Varieties
Pillsbury Cookie or Quick Bread Mix

2.79



1.99
Act II Popcorn
Selected Varieties, 3 Ct.

FAVORITES FROM OUR FROZEN & DAIRY

2/\$7
Dole Juice
Selected Varieties, 59 Oz.

3.99
Blue Bonnet Spread
Selected Varieties, 45 Oz.

4/\$5
Banquet Basics Entrées
Selected Varieties, 4.85-7 Oz.

3.29
PictSweet Clear Bag Vegetables
Selected Varieties, 22-28 Oz. or 8 Ct.

4/\$5
5.3-8 Oz. Selected Varieties
Kemps Dip or Cottage Cheese

2/\$5
8 Ct. Selected Varieties
Yoplait GoGurt

2.79
24 Oz. Selected Varieties
Mr. Dee's Potatoes

3.99
17 Oz.
Sister Schubert's Cinnamon Rolls

3.29
16 Oz.
Bob Evans Egg Whites

2.79
20 Oz. Selected Varieties
Simply Potatoes

2.99
9.25-10.3 Oz. Selected Varieties
Healthy Choice Café Steamers or Selections

14.99
90 Oz.
Marie Callender's Family Size Meat Lasagna

3.99
14 Oz. Selected Varieties
International Delight or Dunkin' Donuts Cold Foam

4.49
32-64 Oz. Selected Varieties
International Delight Iced Coffee, Silk Almond or Dunkin' Donuts Creamer

10.99
22 Oz. Bone-In
Banquet Hot & Spicy Wings

2/\$3
12 Oz. Selected Varieties
Flav-R-Pac Vegetables

4.99
48 Oz. Selected Varieties
Stok Cold Brew

5.99
40-48 Oz. Selected Varieties
Starbucks Iced Coffee

2.29
11.25 Oz. or 6-8 Ct. Selected Varieties
Best Choice Toast, Dinner Rolls or Bread Sticks

2.29
16 Oz. Selected Varieties
Best Choice or IGA Garlic Bread

2.29
59 Oz. Selected Varieties
Pure Leaf Tea

3.99
16 Oz. Selected Varieties
Best Choice Butter

2.79
16 Oz. Selected Varieties
Best Choice French Toast Sticks

3.99
19-20 Oz. Selected Varieties
Best Choice Ravioli or Tortellini

2.79
8 Oz. Selected Varieties
Best Choice Cheese Slices

2.79
15 Oz. Selected Varieties
Best Choice Ricotta Cheese

4.49
21 Oz. Selected Varieties
Best Choice Stir Fry Entrées

3.29
12-16 Oz. Selected Varieties
Best Choice Frozen Fruit

**★ NOTHING BUT ★
GOOD QUALITY MEATS**



USDA Choice
**CHUCK
EYE STEAK**

8⁹⁹ lb.



Boneless Pork Loin Roast **2.49** lb.

1⁹⁹ lb.
Whole
Boneless
Pork Loin



3⁹⁹
16 Oz.
Selected Varieties
Jimmy Dean
Pork Sausage



5.99 lb.
Fresh
93% Lean
Ground Beef

4.99 lb.
Selected Varieties
Kentucky Legend
Quarter Sliced
Boneless Hams

1.33 Lb.
Tyson Ribeye Steak Patties

11.99



4.99
19 Oz.
Selected Varieties
Johnsonville Fresh
Brats or Italian
Sausage Links



3.99
12-14 Oz.
Selected Varieties
Johnsonville Cooked
Smoked Brats



2.99
22.5-24 Oz.
Selected Varieties
Fast Fixin' Fully
Cooked Breaded
Chicken



6.99
20.5-29 Oz.
Selected Varieties
Tyson Breaded
Chicken Nuggets
or Patties

16 Oz. Selected Varieties
Sugardale
Sliced Bacon

4.49

24 Oz. Selected Varieties
Wright Brand
Sliced Bacon

9.99

7-9 Oz. Selected Varieties
Hillshire Farm Ultra Thin
Sliced Ham or Turkey

3.99

Buy 5 Save \$5

SAVE \$5 INSTANTLY
WHEN YOU
PURCHASE ANY
5 PARTICIPATING
PRODUCTS!

ALL OTHER BRANDS & PURCHASES
IN A SINGLE TRANSACTION

2.99 -1.00 1.99	3.79 -1.00 2.79
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**ON THE
GRILL
SATURDAY,
APRIL 5
11 AM-1 PM**

North Side of Freeman Foods
in Wellman & North English

**RIBEYE
STEAK
SANDWICH
\$7.00**

**MARINATED
CHICKEN
BREAST
\$4.00**

**RIB-ON-
A-STICK
\$4.00**

**GRILLED
TENDERLOIN
\$3.00**

**HAMBURGER
\$4.00**

**HOT DOG
\$1.00
OR
\$2.00**

6.99 **DIET**

**SPECIALS ON
PRODUCE FAVORITES**



8 Oz.
Raspberries
or Blackberries
2/\$7



3⁹⁹
1 Lb.
Strawberries
or Pint
Blueberries



5⁹⁹
3 Lb. Bag
Halos
Mandarins



Green Beans
1⁴⁹ lb.



1 Lb. Bag
Red
Radishes
1⁹⁹



Broccoli
Crowns
1⁹⁹ lb.



Head
Lettuce
1.99 ea.



Zucchini
Squash
1.49 lb.



Bi-Color
Corn
79¢ ea.



12 Oz.
Selected Varieties
Joyba
Tea
1⁹⁹



15 Oz.
Selected Varieties
Q1 Salsa
or Guacamole
4⁹⁹



13 Oz.
Selected Varieties
Marzetti
Dressing
4⁹⁹



2 Lb. Bag
Bunn-Luv
Carrots
1.99



8-12 Oz.
Dole Garden
Salad or
Shredded Lettuce
1.29



52 Oz.
Selected Varieties
Del Monte
Hand Cut Fruit
9.99

DELI & BAKERY

Not Available at
All Locations.



Selected Varieties
Tyson
Boneless Wings
4.99 lb.



Sliced to Order
Kretschmar
Virginia Ham
4.99 lb.



Sliced to Order
Kretschmar
American Cheese
5.49 lb.



10 Oz. Selected Varieties
Sabra
Hummus
2/\$6



12 Oz. Premium or Specialty
Kretschmar
Cheese Platters
6.99



6 Oz. Selected Varieties
Bel Kaukauna
Cheese Balls or Logs
2.99



13.5 Oz. Selected Varieties
Shirley's
No-Bake Cookies
3.99



12.3 Oz. Selected Varieties
Pretzella Soft
Pretzel Bites Tub
5.99



42 Oz.
Rich's Double Layer
Black & White Cake
15.99



12 Oz.
Gonella
Hamburger Buns
2.99



11 Oz.
Olson's
Angel Food Bar
3.49



4 Oz. Selected Varieties
JJ's
Snack Pies
3/\$2



6.99 **DIET**