



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!

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

APP CARD



Bagged
WHOLE CHICKEN

1.99
lb.

Previously Frozen
Boneless Chicken Tenders **3.99** lb.

Family Pack
Boneless Country Style Pork Ribs **3.49** lb.



2.99
lb.

Family Pack
Boneless Sirloin Pork Chops



6.89
lb.

USDA Choice
Chuck Roast



8.99
lb.

Whole
Capless Ribeye



3.99
lb.

Secret Recipe
Grillmaster Ribs



2/\$4

Dr. Pepper Products
Selected Varieties, 2 Liter Bottles



6.99

Lotza Motzza Pizza
Selected Varieties, 23-30 Oz.



Washington
Premium
Red Delicious Apples
99¢
lb.

Washington
Bartlett Pears
1.29
lb.



1.99
lb.

Red, Green
or Black
Seedless Grapes

Made
Green
Avocados
4/\$5

2/\$5

5 Lb. Bag
Best Choice
Red or Gold
Potatoes



5.99

Blue Ribbon Classics Frozen
Dairy Dessert or Novelties
Selected Varieties, 128 Oz. or 8-20 Ct.



2/\$7

Turkey Hill Ice Cream
Selected Varieties, 1.44 Qt.



2/\$3

AE Chip Dip
Selected Varieties, 8 Oz.



2.99

Quaker
Instant Oatmeal
Selected Varieties, 6-10 Ct.



4/\$5

Del Monte
Vegetables
Selected Varieties, 14.5-15.25 Oz.



1.99

Kellogg's Pop-Tarts, Nutri-Grain
Bars or Rice Krispies Treats
Selected Varieties, 4-12 Ct.



2/\$4

General Mills Cereal
12 Oz. Cinnamon Toast Crunch, 8.9 Oz. Cheerios,
10.7 Oz. Trix, 10.4 Oz. Cocoa Puffs,
11.5 Oz. Reese's Puffs or 11.7 Oz. Golden Grahams



4.99

DiGiorno
Pizza
Selected Varieties, 14.6-29.3 Oz.



6.99

Cottonelle Bath Tissue
or Scott Paper Towels
Selected Varieties, 6-12 Rolls



3.99

Frito-Lay Ruffles or Cheetos
Selected Varieties, 6.5-9 Oz.



2/\$7

Old Dutch Potato Chips
Selected Varieties, 10 Oz.

Check Out Our Weekly Ad Specials Online! Prices Effective September 25
www.northenglish.freemanfoods.net www.wellman.freemanfoods.net

tues 9 wed 10 thurs 11 fri 12 sat 13 sun 14 mon 15

WE RESERVE THE RIGHT TO LIMIT QUANTITIES AND CORRECT TYPOGRAPHICAL AND PICTORIAL ERRORS. NO SALES TO DEALERS. THANK YOU.

GROCERY FAVORITES

8.8 Oz. Selected Varieties
Rice-A-Roni Heat & Eat

2.79



Ragù Kettle
or Pasta Sauce
Selected Varieties
16-24 Oz.

2/\$4

10-15 Oz. Selected Varieties
Kraft Miracle Whip, Aioi or
Heinz Flavor Your Sauces

3.99



2.99

Kraft Mayonnaise
Selected Varieties, 12-15 Oz.

15.5-16 Oz. Selected Varieties
Best Choice Salsa

1.99



1.99

Best Choice Soup
Selected Varieties, 26 Oz.

5 Oz. Selected Varieties
Mrs. Cubbison's Croutons

2/\$3



5.49

Olive Garden Salad Dressing
Selected Varieties, 24 Oz.



Hills Bros.
Coffee
Selected Varieties
23-30.5 Oz.

12.99



2/\$6

Heinz Ketchup
Selected Varieties, 13-20 Oz.

64 Oz. Selected Varieties
Best Choice Apple Juice

2.29



2.39

Saucy Spoon Baked Beans
Selected Varieties, 28 Oz.

11.99



2/\$4

Hormel Compleats
Selected Varieties, 7.5-10 Oz.



Starkist
Chunk Light Tuna
Selected Varieties
5 Oz.

99¢

12 Oz. Selected Varieties
Gevalia Ground Coffee

9.99



7.49

Gevalia or Maxwell House Coffee Pods
Selected Varieties, 6-12 Ct.

10 Oz. Squeeze Bottle, Selected Varieties
Best Choice Sweet Relish

1.99



2.99

Best Choice Steak Sauce
15 Oz.

2.49



4.29

Bisquick Pancake Mix
Selected Varieties, 40 Oz.



Starkist Solid
White Tuna or
Chicken Creations
Selected Varieties
2.6-5 Oz.

4/\$5



1.79

Wolf Brand Chili with Beans
Selected Varieties, 15 Oz.



2.79

Zatarain's Family Size Rice
Selected Varieties, 12 Oz.

14 Oz. Best Choice Yellow Mustard

1.29



3.49

Famous Dave's Pickles
Selected Varieties, 24 Oz.

TACO BELL
SAVINGS FIESTA

15 Oz. Selected Varieties
**TACO BELL
CON QUESO**

3.29

12-8-22.6 Oz. Selected Varieties
**TACO BELL
CRAVING KITS**

6.99

8.85-14.8 Oz. Selected Varieties
**TACO BELL
DINNER KITS**

2/\$6

1-1.4 Oz. Selected Varieties
**TACO BELL
SEASONING**

79¢

12 Oz. Selected Varieties
**TACO BELL
SPICY SAUCES**

1.99

15-15.7 Oz. Selected Varieties
**TACO BELL
DIPS**

3.99

7.5 Oz. Selected Varieties
**TACO BELL
SAUCES**

1.79

12 Ct. Selected Varieties
**TACO BELL
CRUNCHY
SHELLS**

2.49

12 Ct. Selected Varieties
**TACO BELL
Flavored Shells**

2.99

HOME & HEALTH



9.99

6-12 Rolls, Selected Varieties
Angel Soft
Bath Tissue or
Sparkle Paper Towels



10.99

28-36 Ct. Selected Varieties
Finish
Dish Pods



2.49

2.99

32.5-33 Oz. or 14 Ct.
Selected Varieties
Arm & Hammer
Laundry Detergent



4.99

16-30.8 Oz. Selected Varieties
Dawn Power Wash,
EZ Squeeze or
Liquid Dish Soap



8.99

12 Pk. Selected Varieties
Meow Mix
Wet Cat Food



7.99

3 Lb. Selected Varieties
Nutrish
Cat Food



1.49

4 Oz. Selected Varieties
Fancy Feast
Wet Cat Food



2.49

18.99

14 Lb. Selected Varieties
Beneful Dry
Dog Food



2.99

120 Ct., Selected Varieties
Best Choice
Fabric Softener
Sheets

DON'T MISS OUT ON THESE GREAT SAVINGS!



Nabisco Chips Ahoy! or Toasted Chips
Selected Varieties
7.1-13 Oz.
2/\$8
14 Oz. Selected Varieties
Best Choice Instant Rice **1.99**



2.99
Best Choice Fruit Cups
Selected Varieties, 24-48 Ct.



3.29
Cousin Willie's Popcorn
Selected Varieties, 6 Pk.



2.99
Capri-Sun Drinks
Selected Varieties
10 Ct.



2/\$6
Voortman Bakery Cookies or Wafers
Selected Varieties, 5-11.3 Oz.



2/\$5
Ice Mountain Water
Selected Varieties, 6-12 Pk. Bottles



4.49
Post Cereal
18 Oz. Honey Bunches,
18-19.5 Oz. Pebbles,
25 Oz. Raisin Bran or
24 Oz. Golden Crisp



2.99
Pringles Party Stacks or Mingles
Selected Varieties, 5.3-7.16 Oz.
10-15 Oz. Selected Varieties
Best Choice Tomatoes **99¢**



4.29
Jolly Time Popcorn
Selected Varieties, 6 Ct.



2/\$6
Kellogg's Cereal
13.6-16.1 Oz. Raisin Bran,
13.3-16 Oz. Mini Wheats,
11.6-12.7 Oz. Bran



2/\$6
Kool-Aid or Country Time Drink Mix Singles
Selected Varieties, 10-12 Ct.



4.99
Gatorlyte Powder
Selected Varieties, 3.17 Oz.

DAIRY & FROZEN

16-22 Oz. or 2-4 Pk., Selected Varieties
Kemps Cottage Cheese **3.99**



2.99
Sunny D Punch
Selected Varieties, 128 Oz. or 6 Pk.

6-7 Oz., Selected Varieties
Crystal Farms Cheese Slices **2/\$6**



6.49
24 Oz. Twin Pack
Kraft American Singles



3.99
10 Oz.
Mozzarella
Crystal Farms Cheese Sticks



1.99
8 Oz.
Selected Varieties
Best Choice Soft Cream Cheese



6.49
64 Oz.
Selected Varieties
International Delight Creamer



2.99
46 Oz.
Selected Varieties
Tropicana Essentials



6.99
24 Oz.
Selected Varieties
Kraft Natural Chunks or Shreds

16-24 Oz. or 4 Ct., Selected Varieties
Chobani Creamer **2/\$9**



10/\$10
Chobani Yogurt
Selected Varieties, 5.3 Oz.

5.5-8 Oz., Selected Varieties
Crystal Farms Chunk or Shredded Cheese **2/\$5**



7.49
89 Oz.
Selected Varieties
Florida's Natural Orange Juice



2.99
8 Oz.
Selected Varieties
Best Choice Grated Parmesan Cheese



10/\$12
4.5-5.3 Oz. Selected Varieties
Dannon Light + Fit, Oikos or Too Good Greek Yogurt



5.49
40-48 Oz.
Selected Varieties
Starbucks Iced Coffee



4.99
45 Oz.
Selected Varieties
Country Crock Spread



10/\$10
1.58 Oz.
Extra Sharp Yellow & White
Cracker Barrel Bites

11-18 Oz. or 4 Ct., Selected Varieties
PictSweet Farms Skillet, Grilling, Roasting or Air Fryer Vegetables **2/\$6**



2/\$7
Banquet Family Size Entrées
Selected Varieties, 24-28 Oz.



6.49
16.2-22.5 Oz.
Selected Varieties
José Olé Taquitos or Mini Tacos



2/\$7
6.6-20 Oz. Selected Varieties
Stouffer's, Tapatio or Mings Entrées



5.49
12-16 Ct.
New York Texas Toast or Bread Sticks



8.99
19.8-22.2 Oz.
Selected Varieties
Home Bake Mains



2/\$5
7 Oz.
Selected Varieties
Bagel Bites Pizza



11.99
12 Ct.
Selected Varieties
Hot Pocket Sandwiches

12 Oz. Selected Varieties
Flav-R-Pac Vegetables **1.49**



3/\$5
Totino's Party Pizza or Pizza Rolls
Selected Varieties, 7.5-10.9 Oz.



3.49
7.8 Oz.
Selected Varieties
Egg*land's Best Breakfast Bowls



4.49
16-22 Oz.
Selected Varieties
Louisa Pasta



6.99
40-48 Oz.
Arby's or Sonic Fries or Tater Tots



4.99
15-22.2 Oz.
Selected Varieties
Home Bake Sides



3.29
6-9.8 Oz.
Selected Varieties
Bibigo or Pagoda Appetizers



3.49
30-32 Oz.
Selected Varieties
Mr. Dell's Hash Browns

PREMIUM QUALITY MEATS



Cook's

SMOKED SHANK HAM PORTIONS

2.29 lb.

Cook's Butt Portion Ham

2.59 lb.



GROUND FRESH DAILY!

5.99 lb.
Family Pack, Market Fresh
85% Lean Ground Beef



7.49 lb.
USDA Choice Chuck Steak

Family Pack Minute Steak

7.99 lb.

ON THE GRILL

**SATURDAY, SEPTEMBER 13
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



12.99

Admiral Nelson Rum
Selected Varieties, 750 mL



15.99

Fireball Whiskey
Selected Varieties, 750 mL



12.99

Caliber Vodka
Selected Varieties, 1.75 Liter



PRODUCE FRESH PICKS



Broccoli Crowns
1.99 lb.

3.99

2 Lb. Bag, Imported Poppies Mandarins



Hothouse Cucumbers
1.29 ea.

1.49 lb.

Washington, Premium Pazzaz Apples



Beefsteak Tomatoes
1.49 lb.

Fresh Sweet Potatoes

99¢ lb.

Fresh Zucchini

1.49 lb.



2 Lb. Bag Always Save Yellow, Red or White Onions

1.49



5-12 Oz. Selected Varieties Fresh Express Salad Mix

2/\$6

Red, Yellow or Orange Bell Peppers

2/\$3

Jalapeno Peppers or Tomatillos

99¢ lb.

Deli & Bakery

Not Available at All Locations.



Whole Rotisserie Chicken

8.99 ea.



Sliced to Order Kretschmar Provolone Cheese

5.99 lb.



7 Oz. Spicy or Classic Sabra Guacamole

2/\$7



12 Ct., Selected Varieties Café Valley Girl Scout Cupcakes

3.99



6 Ct. King's Hawaiian Mini Sub Buns

4.49



3.4-4 Oz. Selected Varieties Best Maid Crispy Bar

1.89



24 Oz. Rich's Funfetti Ice Cream Cake

19.99



32 Oz. The Father's Table Variety Sampler Cheesecake

11.99



12.3 Oz. Toufayan Mini Croissants

4.49

WE RESERVE THE RIGHT TO LIMIT QUANTITIES AND CORRECT TYPOGRAPHICAL AND PICTORIAL ERRORS. NO SALES TO DEALERS. THANK YOU.