



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!



Whole
**BOSTON BUTT
PORK ROAST**

Grillmaster Ribs **4.99** lb.

Grillmaster Bites **4.99** lb.

Sold in 10 Lb. Bag, Previously Frozen
Chicken Leg Quarters **8.99**



Family Pack, Market Fresh
80% Lean Ground Beef



Previously Frozen
Boneless Skinless Chicken Breast



18.4-23 Oz., Selected Varieties
**Smithfield Seasoned Pork
Tenderloins or Loin Fillet**



6.99
Nestlé Drumsticks or Oreo Novelties
Selected Varieties, 6-20 Ct.



2.99
Blue Bunny Novelties
Selected Varieties, 12 Ct.



2/\$6

5-Lb. Bag
Dole Idaho
Russet Potatoes
1.49

Hass
Avocados
79¢

2.99

4.5-7.75 Oz.
Selected Varieties
**Ready Pac
Bistro Salads**



3.99
Outshine Bars
or Skinny Cow Sandwiches
Selected Varieties, 4-12 Ct.



2/\$4

Bush's Best Baked
or Grilling Beans
Selected Varieties, 21.7-28 Oz.



3/\$4

Barilla
Pasta
Selected Varieties, 7-16 Oz.



2/\$4

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



\$3 OFF

Busch Light Beer
Selected Varieties, 24 Pk.



4.99

AE
Chocolate Milk
Selected Varieties, Gallon



4/\$6

Progresso or
Old El Paso Soup
Selected Varieties, 18-19 Oz.



4.99

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



17.99

Tito's Vodka
Selected Varieties, 750 mL



2/\$5

AE
Chip Dip
Selected Varieties, 16 Oz.



2/\$7

Dutch Crunch
Chips
Selected Varieties, 8 Oz.



2/\$5

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



4.99

Pure Life Water
28 Pk./5 Liter Bottles

Check Out Our Weekly Ad Specials Online!

www.northenglish.freemanfoods.net

www.wellman.freemanfoods.net

Prices Effective
September 2025

tues 16

wed 17

thurs 18

fri 19

sat 20

sun 21

mon 22

grocery TOUCHDOWNS

17.3 Oz. Family Size, Selected Varieties
Ben's Original Ready Rice **3.99**



Ben's Original Ready Rice
Selected Varieties
6-8.8 Oz.

2/\$5



Bertolli Pasta or Pizza Sauce
Selected Varieties
15-24 Oz.

2/\$6

20 Oz. Heinz Yellow Mustard

2/\$5



3.99

Heinz Ketchup
Selected Varieties, 29.5-38 Oz.

15 Oz. Wendy's No Bean Chili

4.99



4.49

Wendy's Chili with Beans
15 Oz.



99¢

Bumble Bee Chunk Light Tuna or Sweet Sue Chunk Chicken
5 Oz.



19.99

Green Mountain Family of Brands Coffee Pods
Selected Varieties, 32 Oz.



Hellmann's Mayonnaise
Selected Varieties
30 Oz.

5.98

2-4 Pk., Selected Varieties

Kraft Easy Mac or Velveeta Shells & Cheese Cups



4.99

Kraft Macaroni & Cheese or Spirals
Selected Varieties, 4-5 Pk.

6 Oz., Selected Varieties



2.29

Maruchan Ramen Noodles
Selected Varieties, 6 Ct.



3.29

Best Choice Stuffed Olives
Selected Varieties, 4.5-6 Oz.



69¢

Red Gold Tomato Sauce
8 Oz.



Old Orchard Juice
Selected Varieties
64 Oz.

2.79



15.99

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

6 Pk., Selected Varieties



10/\$3

Top Ramen Noodles
Selected Varieties, 3 Oz.

64 Oz., Selected Varieties



4.99

Yoo-Hoo Chocolate Drinks
Selected Varieties, 8 Pk.

5.2-6.7 Oz., Selected Varieties

Best Choice Dinner Mix



99¢

Best Choice Kidney, Black or Chili Beans
Selected Varieties, 15-15.5 Oz.

Best Choice
STOCK UP & SAVE

Best Choice products are 100% guaranteed, and are equal to National Brands in Quality!

16 Oz., Selected Varieties
Best Choice Chunk or Shredded Cheese **3.99**

24 Ct., Selected Varieties
Best Choice Waffles **3.99**

21 Oz., Selected Varieties
Best Choice Frozen Skillet Meals **3.99**

3 Oz.
Best Choice Black Pepper **2.99**

0.75-1.5 Oz., Selected Varieties
Best Choice Gravy, Taco, Chili or Stew Mix **69¢**



Best Choice Vegetables
Selected Varieties
8-8.5 Oz.

4/\$3



Best Choice Frozen Vegetables
Selected Varieties
10-20 Oz.

1.89



Best Choice Biscuits
Selected Varieties
12 Oz.

2/\$3



Best Choice Ice Cream
Selected Varieties
48 Oz.

2/\$7



Best Choice Soft or Whipped Cream Cheese
Selected Varieties
8 Oz.

1.99



Best Choice Cooking Oil
Selected Varieties
128 Oz.

9.99

home & health zone



5.99

16-120 Ct. or 44-46 Oz.
Selected Varieties
Gain Detergent, Fabric Softener or Bounce Dryer Sheets



8.49

2-6 Rolls, Selected Varieties
Charmin Bath Tissue or Bounty Paper Towels



5.99

136.4-139.2 Oz.
Selected Varieties
Xtra Liquid Laundry Detergent

5-44 Oz., Selected Varieties
Downy or Gain Fabric Softener

4.99

32.7-38 Oz., Selected Varieties
Dawn Dish Soap

5.99

12 Pk., Selected Varieties
Detectables Cat Treats

11.99



18.99

15 Lb.
Selected Varieties
Purina Cat Chow Cat Food



6.49

3.5 Lb.
Selected Varieties
Kibbles 'n Bits Dog Food



2.49

11-37 Ct.
Selected Varieties
Pampers Diapers, NINJAMAS or Easy Ups

9.99

-10

rush in for great GAMEDAY SAVINGS!

10-



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

3⁹⁹



Hostess Powdered Mini Donettes
17.49 Oz.

4⁴⁹



Nabisco Oreos
Selected Varieties
7.5-14.03 Oz.

4⁴⁹



Jiffy Corn Muffin Mix
Selected Varieties
8.5 Oz.

6⁹⁹



Kool-Aid Bursts
Selected Varieties, 6 Pk.

1.79



Pringles Snack Stacks
Selected Varieties, 12 Ct.

5.99



Sunny D Punch
Selected Varieties, 15 Pk. Bottles

8.99



Campbell's Tomato or V8 Energy, Vegetable or Spicy Hot Juice
Selected Varieties, 46-64 Oz.

3.99



Planters Peanuts
Selected Varieties, 5-16 Oz.

2/\$5



Libby's Canned Fruit or Cups
Selected Varieties, 14.5-15.25 Oz. or 4 Pk.

2/\$5



Mars King or Share Size Candy
Selected Varieties, 1.74-4.2 Oz.

2.29



Truvia Sweetener Packets
40 Ct.

2.79



OLD EL PASO
SALE



2/\$3
Old El Paso Enchilada Sauce,
Green Chiles or Refried Beans
Selected Varieties, 6-8 Oz.



2/\$4
Old El Paso Taco Shells,
Tortillas, Beans or Rice
Selected Varieties, 8-12 Oz. or 8-9 Oz.



2/\$6
Old El Paso Dinner Kits, Shells,
Bowls, Seasonings or Sauce
Selected Varieties, 8-12 Oz. or 6.25-19 Oz.



4/\$4
Old El Paso Taco Seasoning
Selected Varieties, 0.85-1 Oz.



dairy & frozen LINEUP



3/\$5
Daisy Sour Cream or Cottage Cheese
Selected Varieties, 8-8 Oz.



2/\$6
Dannon Activia, YoCrunch Yogurt or Danimals Drinks
Selected Varieties, 4-6 Ct.



3⁹⁹
DiGiorno Classic Crust, Tombstone or Jack's Pizza
Selected Varieties, 19.1-21.3 Oz.



4/\$5
Michelin's Entrées
Selected Varieties, 4.5-8.5 Oz.



2.29
12-16 Oz., Selected Varieties
Kemps Sour Cream or Cottage Cheese



3.49
22 Oz. or 6 Ct., Selected Varieties
Kozy Shack Pudding



2.99
30-32 Oz., Selected Varieties
Best Choice Hash Browns



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



8/\$10
4.5-5.3 Oz., Selected Varieties
Chobani Flips or Creations Yogurt



3.99
9 Oz., Colby-Jack
Sargento Cheese Sticks



1.99
8-16 Oz., Selected Varieties
PictSweet Farms Simple Harvest or Recipe Helpers Vegetables



8.99
13-17 Oz., Selected Varieties
Old El Paso Stuffed Nachos or Taco Bites



1.69
15 Oz.
Best Choice Tastes Like Butter



2/\$6
6-8 Oz., Selected Varieties
Cracker Barrel Cheese



1.69
8 Oz.
Best Choice Mini Garlic Bread



1.99
16.5 Oz.
Best Choice Butterfly Pancakes



2/\$6
64 Oz., Selected Varieties
Silk Almond Milk



4.99
24.8-32 Oz., Selected Varieties
Dannon Activia Yogurt Drinks



2/\$7
20 Oz., Selected Varieties
Michelina's Pizza Rolls



5.49
13.5-28 Oz., Selected Varieties
Alexia Sweet Potato Fries or Onion Rings



3.49
15 Oz., Selected Varieties
Velveta Queso



4.49
12 Oz.
Kraft Deluxe American Slices



11.99
48 Oz.
Farm Rich Breaed Mozzarella Sticks



13.99
60 Oz.
Homestyle Farm Rich Meatballs



3/\$4
11 Oz., Selected Varieties
Tropicana Juice



5/\$5
4.7 Oz., Selected Varieties
Breakstone's Cottage Cheese Doubles



3.99
16 Oz.
Cinnamon Pull-Apart Monkey Bread



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

football grilling ESSENTIALS



Family Pack

PORK STEAKS

Family Pack Country Style Pork Ribs 2.99 lb.

2.69 lb.



12.99 lb.
Whole Beef
Tenderloin

3.79 lb.
Previously Frozen
Baby Back
Pork Ribs



5.99 lb.
USDA Choice
Eye of Round
Roast



6.99 lb.
USDA Choice
Eye of Round
Steaks

Family Pack, USDA Choice
Boneless Beef Stew Meat

6.99 lb.

Family Pack
Minute Steaks

6.99 lb.



3.99 In Ad
Coupon
16 Oz.
Selected Varieties
Kentucky Legend
Sliced Bacon



4.99
23-29 Oz., Selected Varieties
Tyson Breaded
Chicken Nuggets
or Patties

16 Oz., Selected Varieties
Tennessee Pride Pork Sausage

3.99



2.99
8.3-14 Oz., Selected Varieties
Eckrich Smoked
Sausage Links or
Smokies



5.99
19 Oz., Selected Varieties
Johnsonville Fresh
Brats or Italian
Sausage Links

10-14 Oz., Selected Varieties
Nathan's Famous Beef Franks

4.99

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

3.99



4.99
15-16 Oz., Selected Varieties
Oscar Mayer Deli
Fresh Shaved Ham
or Turkey



99¢
2.2-4.4 Oz.
Selected Varieties
Oscar Mayer
Basic Lunchables

ON THE GRILL
SATURDAY,
SEPTEMBER 20
11 AM-1 PM

North Side of Freeman Foods
in Wellman & North English

RIBEYE STEAK SANDWICH
\$7.00

MARINATED CHICK-EN BREAST
\$4.00

SMOKED CHOP ON-A-STICK
\$4.00

FRESH BRAT
\$3.00

PORK BURGER
\$3.00

HOT DOG
\$1.00
OR
\$2.00

game day PRODUCE FAVORITES



1.99
2 Lb. Bag
Bunny-Luv
Whole Carrots



3.49
1 Lb., Selected Varieties
The Little Potato
Company Potatoes



1.99
6 Oz.
Mini Cucumbers



1.99
2.3 Oz., Selected Varieties
Seneca Apple Chips

79¢ lb.
Fresh
Acorn, Butternut
or Spaghetti Squash

2/ \$4
8 Oz. Whole or Sliced
White Mushrooms

2.29
9-12 Oz.
Fresh Express
Salad Blends



4.49
12 Oz., Selected Varieties
Marzetti Dips



3.49
2.3-3.3 Oz., Selected Varieties
SugarBee Fresh Gourmet Nuts

2.29
Pint
Pure Flavor Sangria
Medley Tomatoes

4.99
2 Lb. Bag
SugarBee
Apples

2/ \$10
Fresh Pumpkins

Deli & Bakery

Not Available at
All Locations.



7.99 lb.
Sliced to Order, Selected Varieties
Kretschmar
Turkey Breast



5.99 lb.
Sliced to Order
Kretschmar
Mild Cheddar Cheese



4.99 lb.
Selected Varieties
Tyson
Boneless Wings



3.99
4.2 Oz., Original or Light
Babybel Mini
Cheese



3.99
13.5 Oz., Selected Varieties
Best Choice Frosted
Sugar Cookies



5.99
16 Oz.
King's Hawaiian
Sweet Round Bread



5.99
14 Oz., Selected Varieties
Ann Marie's Sugar Free
Sliced Loaf Cakes



16.99
42 Oz., Double Layer
Rich's Chocolate
Variety Cake



1.49
6 Oz.
Always Save
Mini Corn Bread



4.49
10.5 Oz.
Best Choice
Brownie Bites



3.49
Milo's Tea
Selected Varieties, Gallon



2/ \$4
Dr. Pepper Products
Selected Varieties, 2 Liters