



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!



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!



BOSTON BUTT PORK ROAST

Whole Pork Butt **2.19** Lb.

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



Previously Frozen
Boneless Skinless Chicken Breast



Family Pack
Market Fresh 80% Lean Ground Beef



12 Oz., Applewood or Hickory Smoked
Jimmy Dean Sliced Bacon



AE Cottage Cheese
Selected Varieties, 24 Oz.



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



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

farm fresh PRODUCE



3/\$5

5 Lb. Bag
Dole Idaho Potatoes



2/\$3

2 Lb. Bag
Bunny Luv Cello Carrots

Buy 5 Save \$5

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



2.49 EA
-1.00

1.49 EA

WITH PURCHASE OF 5 PARTICIPATING PRODUCTS



2.49 EA
-1.00

1.49 EA

WITH PURCHASE OF 5 PARTICIPATING PRODUCTS



99¢

Kraft Macaroni & Cheese, Premiums or Shapes
Selected Varieties, 5.5-7.25 Oz.



3.99

Red Baron Pizza
Selected Varieties, 15.77-23.45 Oz.



2/\$3

AE Chip Dip
Selected Varieties, 8 Oz.



50¢ OFF

AE Milk
Selected Varieties, Gallon



2/\$7

Old Dutch Ripples
Selected Varieties, 8 Oz.



4.49

Hot Pocket Sandwiches
Selected Varieties, 4 Ct.



3.99

Pure Life Water
24 PK. 1.5 Liter Bottles



3.99

Klondike or Magnum Ice Cream Bars
Selected Varieties, 3-6 Ct.



5.99

Klondike Ice Cream Cones
Selected Varieties, 8 Ct.



3.99

Frito-Lay XL Cheetos
Selected Varieties, 6.5-8.5 Oz.



2/\$6

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



6.99

Dr. Pepper Products
Selected Varieties, 12 PK. Cans

Check Out Our Weekly Ad Specials Online! Prices Effective October 2025

GLEASE WE RESERVE THE RIGHT TO LIMIT QUANTITIES AND CORRECT TYPOGRAPHICAL AND PICTORIAL ERRORS. NO SALES TO DEALERS. THANK YOU. GLEASE_PG1_100325

grocery TOUCHDOWNS



Green Mountain
Family of Brands
Coffee Pods
Selected Varieties
10 Ct.

7.49



3/\$4

Barilla Pasta
Selected Varieties, 7-16 Oz.



2/\$7

SPAM Luncheon Meat
Selected Varieties, 12 Oz.



2.29

Kikkoman Soy, Teriyaki or
Sweet & Sour Sauce
Selected Varieties, 10-11.5 Oz.



2/\$5

Swanson Broth or Stock
Selected Varieties, 32 Oz.

20 Oz.
Heinz Yellow Mustard

2/\$5



Kraft Salad Dressing or
Classico Pasta Sauce
Selected Varieties
15-24 Oz.

2/\$5



5.98

Hellmann's Mayonnaise
Selected Varieties, 30 Oz.

0.75-1 Oz., Selected Varieties
McCormick Assorted Gravy **2/\$3**



99¢

McCormick Brown or Country Gravy Mix
Selected Varieties, 0.87-2.64 Oz.



2.89

Kikkoman Stir Fry, Teriyaki
Baste or Low Sodium Soy Sauce
Selected Varieties, 10-12.1 Oz.



3.19

Best Choice or IGA Granulated Sugar
4 Lb.



Hills Bros.
Coffee
Selected Varieties
23-30.5 Oz.

12.99

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



2.99

Carroll Shelby's Texas Chili Kit
3.65 Oz.



3.49

1 Oz.
McCormick Pure Vanilla Extract **3.49**



2.99

15 Oz.
Wolf Brand Chili with Beans



2.19

Best Choice Peaches, Pears
or Fruit Cocktail
Selected Varieties, 14.5-15.25 Oz.



Sweet Baby Ray's
BBQ Sauce
Selected Varieties
28 Oz.

2/\$6

16 Oz., Selected Varieties
Best Choice Pickles **2.69**



1.49

Best Choice Ketchup
20 Oz.



2.29

Best Choice Apple Cider or Juice
Selected Varieties, 64 Oz.



2.99

Hungry Jack or Pillsbury
Funfetti Pancake Mix
Selected Varieties, 28-32 Oz.



3.49

Pillsbury Flour
Selected Varieties, 5 Lb.

Buy 5 Save \$5

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



3.99 EA.

-1.00

2.99 EA.

Totino's
Pizza Rolls
Selected Varieties
30 Ct.

WITH PURCHASE OF 5
PARTICIPATING PRODUCTS



2.99 EA.

-1.00

1.99 EA.

Betty Crocker Brownie,
Cookie or Muffin Mix
Selected Varieties
9.3-19.1 Oz.

WITH PURCHASE OF 5
PARTICIPATING PRODUCTS



3.49 EA.

-1.00

2.49 EA.

Old El Paso Dinner
Kits, Seasoning, Shells,
Bowls or Sauce
8-12 Ct. or 6.25-19 Oz.

WITH PURCHASE OF 5
PARTICIPATING PRODUCTS



1.99 EA.

-1.00

99¢ EA.

Betty Crocker
Potatoes
Selected Varieties
4 Oz.

WITH PURCHASE OF 5
PARTICIPATING PRODUCTS



6-11 Oz., Selected Varieties
Annie's Macaroni
& Cheese **3.49**

-1.00

2.49 EA.

Annie's Macaroni
& Cheese
Selected Varieties
2.01-6 Oz.

WITH PURCHASE OF 5
PARTICIPATING PRODUCTS



8-12 Oz. or 1.8 Oz. Selected Varieties
Old El Paso Taco Shells,
Tortillas, Rice or Beans **2.49**

-1.00

1.49 EA.

Pillsbury Grand!,
Crescents or
Cinnamon Rolls
Selected Varieties
6-16.3 Oz.

WITH PURCHASE OF 5
PARTICIPATING PRODUCTS



4-16 Oz., Selected Varieties
Old El Paso Enchilada Sauce,
Green Chiles or Refried Beans **1.99**

-1.00

99¢ EA.

Yoplait Yogurt
or GoGurt
Selected Varieties
6-16 Oz.

WITH PURCHASE OF 5
PARTICIPATING PRODUCTS

home & health zone



2.99

12.99

4-6 Rolls
Selected Varieties
Charmin Bath
Tissue or Bounty
Paper Towels



2.99

56-57.6 Oz.
Selected Varieties
Xtra Liquid
Laundry Detergent



9.99

25 Ct.
Selected Varieties
Glad
Trash Bags



9.99

20 Lb.
Selected Varieties
Best Choice
Charcoal Pellets



5.99

3-3.15 Lb.
Selected Varieties
Meow Mix
Dry Cat Food



2.25

13 Oz.
Selected Varieties
Nutrish Wet
Dog Food

-10

rush in for great GAMEDAY SAVINGS!

10-



Kellogg's Cereal
12 Oz. Frosted Flakes,
8.9 Oz. Frost Loops,
16 Oz. Mini Wheats or 8.9 Oz. Apple Jacks

2/\$6

2.4-3.3 Oz., Selected Varieties
Orville Redenbacher's
Popcorn Seasoning



**Maxwell House
Coffee**
Selected Varieties
10.3-11.5 Oz.

6.49

2.99

5 Oz., Selected Varieties
Planters Cashews or Duos



**Nabisco
Chips Ahoy!**
Selected Varieties
9.5-13 Oz.

3.99

4.49

24 Oz. or 4-6 Pk., Selected Varieties
Musselman's Apple Sauce



**Voortman Bakery
Wafers**
Selected Varieties
10.6 Oz.

2/\$5



3.99
Malt-O-Meal Cereal
Selected Varieties, 23-30 Oz.



4/\$5
Best Choice Soft Drinks
Selected Varieties, 67.6 Oz.



1.99
Minute or Success Rice
Selected Varieties, 12-14 Oz.



8.99
Pringles Snack Stacks
Variety Pack, 12.91 Oz.



4.29
Jolly Time Popcorn
Selected Varieties, 8-10 Ct.



2.99
**Orville Redenbacher's Popcorn
or Angie's Boom Chicka Pop**
Selected Varieties, 4.4-7 Oz. or 2-3 Ct.



5.99
Harmony Trail Mix
Selected Varieties, 10-13 Oz.



5.49
Planters Cashews or Mixed Nuts
Selected Varieties, 8-10.3 Oz.



dairy & frozen LINEUP

16 Oz., Selected Varieties
Kraft Singles

4.49



2/\$5
**Kraft
Natural Slices**
Selected Varieties, 7-8 Oz.



3/\$5
**Totino's
Party Pizza**
Selected Varieties, 7-8-10.9 Oz.

8.7-18 Oz., Selected Varieties
InnovAsian Side Dishes

3.99



5.99
**InnovAsian
Entrées**
Selected Varieties, 16-18 Oz.



3.29
**Tropicana
Essentials**
Selected Varieties, 46 Oz.
24-42 Oz. or 4 Pk., Selected Varieties
Chobani Creamer or Flip Yogurt
or La Colombe Coffee

2/\$9

64 Oz., Selected Varieties
International Delight Creamer

6.49



2/\$5
**Borden
Cheese**
5-12 Oz. Selected Varieties



14.1-14.8 Oz., Selected Varieties
De Wafelbakkers Pancakes

2.79



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

3.49



4.79
Starbucks Creamer
28-32 Oz., Selected Varieties
Natural Bliss or Starbucks Creamer

4.79



6.99
**Kraft Natural
Chunks or Shreds**
24 Oz. Selected Varieties



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

2/\$7



2/\$6
**Pagoda
Appetizers**
6-9.8 Oz. Selected Varieties

2/\$6



2.99
**Planet Oat
Oatmeal or Creamer**
32-52 Oz. Selected Varieties

2.99



3.99
**Philadelphia Soft,
Whipped Cream
Cheese or Frosting**
7.5-16 Oz., Selected Varieties

3.99



5.99
**Banquet MEGA
Chicken Filets**
24 Oz. Selected Varieties

5.99



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

2/\$5



5.49
**Starbucks Iced
Coffee or Cold Brew**
40-48 Oz. Selected Varieties

5.49



2.49
Pie Crusts
10-15 Oz. Selected Varieties
Best Choice
Pie Shells

2.49



1.19
Whipped Topping
8 Oz. Selected Varieties
Best Choice
Whipped Topping

1.19



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

10/\$10



4.99
**Galbani Ricotta
or Mozzarella
Cheese**
16-32 Oz. Selected Varieties

4.99



2/\$5
**Marie Callender's
Bowls or Pot Pies**
10-13 Oz. Selected Varieties

2/\$5



2.99
**Birds Eye
Vegetables**
10-17 Oz. Selected Varieties

2.99



3.49
**Best Choice
Sour Cream**
24 Oz. Original
Best Choice
Sour Cream

3.49



5.99
Eggo Waffles
24 Ct. Selected Varieties

5.99



2/\$7
**Farm Rich
Toast Sticks**
12 Oz. Selected Varieties

2/\$7

football grilling ESSENTIALS



18.4-23 Oz., Selected Varieties
SMITHFIELD
SEASONED PORK
TENDERLOINS, LOIN FILETS

4.99

6.89
Lb.
USDA Choice
Arm
Roast

15.99
Lb.
USDA Choice
Family Pack
Boneless
Ribeye Steaks

Previously Frozen
Pork Baby Back Ribs 3.79 Lb.



Family Pack
Country Style Ribs

3.49 Lb.
Family Pack
Pork Steak



7.49 Lb.
USDA Choice
Arm Steak



3.99 Lb.
16 Oz. Selected Varieties
Tennessee Pride
Sausage



7.99 Lb.
9 Oz. Selected Varieties
Cacique
Chorizo



9.99
40 Oz. Selected Varieties
Tennessee Pride
Sausage Patties



2.99
10 Oz. Cacique Queso Fresco



2.99
15 Oz. Original or Bun Size
Ball Park
Meat Franks



3.99
6-9 Oz. Selected Varieties
Oscar Mayer Deli Fresh Shaved, Select,
Strips or Carving Board Lunchmeats



13.99
2 Lb. Holten's
Chop House
Steak Burgers



3.99
20-26.05 Oz. Selected Varieties
Tyson Breaded
Chicken Strips
or Tenders

ON THE GRILL
SATURDAY, OCTOBER 11
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

game day PRODUCE FAVORITES



8.99 32 Original or Flavored
Fifty Tapple
Caramel Apples

5.99 16 Oz. Selected Varieties
Cut Fruit

1.49 Lb. Washington
Premium
Jazz Apples

59¢ Russet Baking Potatoes

1.99 12 Oz. Grimmway
Micro Peeled
Baby Carrots

2.99 5-12 Oz. Selected Varieties
Fresh Express
Salad Mix

79¢ Hass Avocados

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

99¢ Acorn, Butternut,
Spaghetti, Sweet
Dumpling, Turban
or Kabocha Squash

2/\$3 8 Oz. Jumbo Red,
Yellow or Orange
Bell Peppers



1.99 12 Oz. Selected Varieties
Joyba
Bubble Tea

99¢ Jalapeño Peppers

3.99 12 Oz. Selected Varieties
Bolthouse
Salad Dressing

99¢ Tomatillos

1.99 2.5 Oz. Selected Varieties
Seneca
Apple Chips



\$200 OFF

Busch Light Beer
Selected Varieties, 24 Pk. Cans



22.99

Admiral Nelson Rum
Selected Varieties, 1.75 Liter



15.99

Paramount Peppermint Schnapps
Selected Varieties, 1.75 Liter

Deli & Bakery

Not Available at
All Locations.



8.99 Ea.
Whole
Rotisserie Chicken



7.99 Lb.
Sliced To Order, Selected Varieties
Kretschmar
Turkey Breast



5.99 Lb.
Sliced To Order
Mild Cheddar or Provolone
Kretschmar Cheese



6.99
16 Oz. The Father's Table
Variety Cheesecake



6.99
12.3 Oz. Original or With Cheese Cup
Pretzella
Soft Pretzel Bites Tub



4.49
6 Ct. King's Hawaiian
Mini Sub Buns



5.99
12 Ct. Clyde's Glazed
Yeast Donuts



8.99
27 Oz. Lemon Meringue or Key Lime
Jessie Lord Pies



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