



219 N Main, North English, IA • 319.654.3453
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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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BONELESS BEEF ARM ROAST
USDA Choice

Lean Stew Meat **7.99** lb.

Fryer Thighs **1.89** lb.



3.49 lb.
Boneless Pork Loin Chops
Family Pack



1.19 lb.
Fryer Drumsticks



4.99
Smithfield Seasoned Pork Tenderloins, Loin Filets
18.4-23 Oz., Selected Varieties



Michigan Honeycrisp Apples **1.49** lb.

1 Ctl. Selected Varieties
Afta Tapple Caramel Apple **1.99**

2.99

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



6-8 Oz. Selected Varieties
Apple Cider **3.49**

2/\$5

Fresh Pumpkins

Buy 5 Save \$5

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

ALL ITEMS MUST BE PURCHASED IN A SINGLE TRANSACTION



2.99
-1.00
1.99

Club, Townhouse, Toasted Crackers, Zesta Saltines or Keebler Graham's
6-16 Oz., Selected Varieties
WITH PURCHASE OF 5 PARTICIPATING PRODUCTS

Eggo Waffles **2.99**
10 Ct., Selected Varieties
-1.00 **1.99**

Kellogg's Pop-Tarts **2.99**
12 Ct. or 5 Oz., Selected Varieties
-1.00 **1.99**

Morningstar Farms Entrees **4.49**
5.25-12 Oz., Selected Varieties
-1.00 **3.49**

Pringles Snack Stacks **5.99**
12 Ct., Selected Varieties
-1.00 **4.99**

Cheez-It **5.99**
12 Ct., Selected Varieties
-1.00 **4.99**

Club, Townhouse or Cheez-It Family Size Crackers or Caddy Packs **4.99**
9-21 Oz. or 12 Ct., Selected Varieties
WITH PURCHASE OF 5 PARTICIPATING PRODUCTS

Quaker Instant Oatmeal **2.99**
6-10 Ct., Selected Varieties
-1.00 **1.99**

Keebler Cracker Packs, Pringles Party Stacks or Mingles **1.99**
5.5-11 Oz. or 8 Ct., Selected Varieties
WITH PURCHASE OF 5 PARTICIPATING PRODUCTS



11.99

Dr. Pepper Products
24 Pk. Cans, Selected Varieties



2.99

Quaker Instant Oatmeal
6-10 Ct., Selected Varieties



3/\$5

Best Choice Chunks or Shreds
6-8 Oz., Selected Varieties



3.99

Frito-Lay Doritos or Ruffles
6-10.5 Oz., Selected Varieties



3.49

AE Chocolate Milk
Half Gallon, Selected Varieties



4.19

AE Sour Cream
24 Oz., Selected Varieties



3.49

Milo's Tea
Gallon, Selected Varieties



2/\$7

Old Dutch Crunch Chips
8 Oz., Selected Varieties



2/\$15

Lotzza Motzza Pizza
23-30 Oz., Selected Varieties



3.99

Halo Top Ice Cream or Bars
16 Oz. or 4 Ct., Selected Varieties



3.99

Butterfinger or 100 Grand Ice Cream Bars
6 Ct.



6.99

Nestlé Drumsticks, Mickey Mouse Bars or Oreo Novelties
6-20 Ct., Selected Varieties

Prices Effective October 2025

www.northeasternfreemanfoods.net www.wellman.freemanfoods.net

tues 14 wed 15 thurs 16 fri 17 sat 18 sun 19 mon 20

GROCERY FAVORITES

Kraft Miracle Whip
19-20 Oz., Selected Varieties



4.99

Kraft Mayonnaise
22-30 Oz.,
Selected Varieties

3.99



2/\$4

Old Orchard Juice
64 Oz., Selected Varieties



4/\$5

Swanson Broth
14-14.5 Oz., Selected Varieties

Williams Chili Seasoning
1 Oz.

4/\$5



2/\$5

Red Gold Ketchup, Salsa,
Tomato or Vegetable Juice
15.5-46 Oz., Selected Varieties



4.99

Mazola Cooking Oil
40 Oz., Selected Varieties

Pam Cooking Spray
5-6 Oz., Selected Varieties

4.49



4/\$5

Pillsbury Muffin Mix
7-7.6 Oz., Selected Varieties

Banquet Homestyle Bakes
27.3-30.9 Oz., Selected Varieties

2/\$7



3.79

Idahoan Potatoes
12 Oz., Selected Varieties



Campbell's Chicken Noodle,
Tomato, Cream of Chicken
or Mushroom Soup
10.5-10.75 Oz., Selected Varieties

4/\$5



Nabisco
Premium Saltines
9-16 Oz.,
Selected Varieties

3.49



2/\$4

Heinz Mustard
14 Oz.



2.49

Best Choice Flour
5 Lb., Selected Varieties



2.69

Best Choice Apple Pie Filling
20 Oz.



1.99

Best Choice Corn Chips
9.25 Oz., Selected Varieties



2/\$3

Kraft Macaroni & Cheese
Flavors or Family Size
7.25-11 Oz., Selected Varieties



69¢

Jiffy Corn Muffin Mix
8.5 Oz., Selected Varieties



4/\$5

Starkist Chunk Light Tuna
5 Oz., Selected Varieties



2/\$4

Zatarain's Box Dinners
7-8 Oz., Selected Varieties



Chef Boyardee Pizza Kits
31-9 Oz., Selected Varieties

5.49

Olive Garden Salad Dressing
24 Oz., Selected Varieties



2/\$4

Red Gold Tomatoes or Sauce
28-29 Oz., Selected Varieties

4.99

Pompeian Olive Oil
25-32 Oz., Selected Varieties



5/\$5

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



8.99

Stouffer's Family Size Entrees
22-40 Oz., Selected Varieties

Kraft Easy Mac or Velveeta
Shells & Cheese Big Bowls
21.5-21.75 Oz., Selected Varieties

2.99



7.49

Kraft Deluxe Macaroni & Cheese
or Velveeta Shells & Cheese
3 Pk.

Gevalia Coffee
17 Oz., Selected Varieties

8.99



7.49

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



2/\$5

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



3.99

V8 Energy, Vegetable or Hot & Spicy Juice
4-8 Ct., Selected Varieties

Barilla Al Dente Pasta
18 Oz., Selected Varieties

1.49



4.49

Louisa Pasta
16-22 Oz., Selected Varieties

Best Choice Garlic Bread, Texas
Toast, Breadsticks or Dinner Rolls
10.5-10 Oz. or 6-8 Oz., Selected Varieties

2/\$5



2/\$7

Ragu Pasta Sauce
45 Oz., Selected Varieties

HOME & HEALTH

Fabuloso All Purpose Cleaner
33.8 Oz., Selected Varieties

4.29



4.49

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

Quinol C0Q10 or Magnesium Supplements
60-120 Oz., Selected Varieties

12.99

Dymalize Protein Powder
20-22.9 Oz., Selected Varieties

34.99



2.89

Palmolive Dish
Soap
20 Oz., Selected Varieties

Think! Protein Bars
1.4-2.1 Oz., Selected Varieties

1.79

Crest Toothpaste
2-4.5-4.8 Oz., Selected Varieties

3.99



9.99

Scott Bath
Tissue or Paper
Towels
8-18 Rolls

8/\$6

8.59



2/\$6

9Lives Wet Cat
Food
4 Ct., Selected Varieties

Scope Mouthwash
33.8 Oz., Selected Varieties

4.99



4.29

Solo Cups
30-40 Ct.,
Selected Varieties

Milk-Bone Dog Treats
4.5-24 Oz., 4-9 Ct., Selected Varieties

3.99

Blue Buffalo Beef or Chicken Bites Dog Treats
11 Oz., Selected Varieties

7.99



4/\$5

Gravy Train Wet
Dog Food
13.2 Oz.,
Selected Varieties

Blue Buffalo Wild Dog Treats - Grain Free
Chicken Bits
10 Oz.

11.39

DON'T MISS OUT ON THESE GREAT SAVINGS!



Juicy Juice
64 Oz. or 8 Ct.,
Selected Varieties

2⁹⁹



Hostess Donuts
9.5-10.75 Oz.,
Selected Varieties

2/\$4



General Mills Cereal
18-19.7 Oz.,
Selected Varieties

2/\$6

Pillsbury Frosting
12-16 Oz., Selected Varieties

1.79



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

2/\$3

Crystal Baking Sugar
2 Lb., Selected Varieties

2/\$6



3.49
Crystal Granulated Sugar
4 Lb.

Mott's Applesauce
8 Ct., Selected Varieties

2.99



3.39
Mott's Juice
64 Oz. or 8 Ct., Selected Varieties



1.79
Kool-Aid Bursts
6 Pk., Selected Varieties

Cousin Willie's Popcorn
3 Ct., Selected Varieties

2/\$3



4.49
IBC Soda
48 Oz., Selected Varieties

Sunny Delight Punch
10 Pk., Selected Varieties

8.99



3.29
Hawaiian Punch or Clamato Cocktail Juice
32-128 Oz., Selected Varieties

Diamond Pie Crust
8 Ct., Selected Varieties

3.99



4.29
Bisquick Pancake Mix
40 Oz., Selected Varieties



4.99
M&M's Stand Up Pouch
7.4-10.05 Oz., Selected Varieties

Karo Syrup
16 Oz., Selected Varieties

2.99



4.99
Ghirardelli Baking Chips
10-12 Oz., Selected Varieties

State Latte Iced Coffee
11 Oz., Selected Varieties

2/\$5

DAIRY & FROZEN



Lactaid Milk
52-64 Oz.,
Selected Varieties

3⁹⁹



Velveeta Loaf
32 Oz.,
Selected Varieties

7⁴⁹



Totino's Pizza Rolls
7.5 Oz.,
Selected Varieties

3/\$5

Farm Rich Mozzarella Cheese Sticks
10-12 Oz.

4.49



Jack's Pizza
13.8-15.8 Oz.,
Selected Varieties

3/\$10



3/\$5
Pillsbury Grands!, Croissants, Cinnamon Rolls or Flaky Layer Biscuits
4-12 Oz., Selected Varieties



2/\$4
Best Choice Jumbo Biscuits
16 Oz., Selected Varieties



14.99
Marie Callender's Lasagna or Dilly Parton's Macaroni & Cheese
76-90 Oz., Selected Varieties



4.49
Birds Eye Voila! Pancakes
21 Oz., Selected Varieties



2/\$6
Sargento Slices
6.67-8 Oz., Selected Varieties



2/\$3
Yoplait Dui or Ratio Yogurt
5-5.3 Oz., Selected Varieties



6.99
Best Choice Cobbler
32 Oz., Selected Varieties



2.99
DeVour Frozen Entrees
9-12 Oz., Selected Varieties



2.29
Kemp's Cottage Cheese or Sour Cream
12-16 Oz., Selected Varieties



7.49
Country Crock Vegetable Spread
67.5 Oz., Selected Varieties



3.99
Lunchable Grilled Cheesies
5.71-6.2 Oz., Selected Varieties



5.29
Bibigo Entrees or Pagoda Egg Rolls
16-24 Oz., Selected Varieties



2.49
Best Choice Ricotta Cheese
15 Oz., Selected Varieties



2/\$7
Silk Almond Milk
64 Oz., Selected Varieties



2/\$7
Best Choice Frozen Potatoes
20-32 Oz., Selected Varieties



3.99
De Wafelbakkers Pancakes
16-60 Ct., Selected Varieties



4.99
Dannon Activia Yogurt
24.8 Oz., Selected Varieties



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



9.99
Texas Tamales
12 Ct., Selected Varieties



3.29
SuperPretzel Pretzels or Pretzel Bites
9-21.78 Oz., Selected Varieties



2.99
Best Choice Grated Parmesan Cheese
8 Oz., Selected Varieties



1.79
Best Choice Cream Cheese
8 Oz., Selected Varieties



4/\$5
Best Choice Vegetables
12 Oz., Selected Varieties



1.19
Best Choice Whipped Topping
8 Oz., Selected Varieties



4.99
Best Choice Heavy Whipping Cream
32 Oz.



2.99
Best Choice Half & Half
32 Oz., Selected Varieties



3.99
Bridgford Monkey Bread
16 Oz.



4.49
Hola Churros
8-9.8 Oz., Selected Varieties

PREMIUM QUALITY MEATS



BONELESS BEEF ARM STEAK

USDA Choice

6.49
lb.

Beef Flat Iron Steak Family Pack **8.99** lb.



3.99
lb.
Pork Tenderloins Family Pack



14.99
lb.
Ribeye Steak Family Pack USDA Choice

GROUND FRESH DAILY



6.99 lb.
93% Lean Ground Beef



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



3.99
Jimmy Dean Sliced Bacon 12 Oz., Selected Varieties



3.49
Oscar Mayer Turkey Bacon 12 Oz.



2/\$6
Armour Homestyle Meatballs 14 Oz., Selected Varieties



6.99
Scott's Pete Beef Polish Sausage 20 Oz., Selected Varieties



4.99
Scott's Pete Smoked Sausage 20 Oz., Selected Varieties



3.99
Farmland Ham Steaks & Diced Ham 16 Oz., Selected Varieties

ON THE GRILL SATURDAY, OCTOBER 18 11 AM-1 PM

North Side of Freeman Foods in Wellman & North English

RIBEYE STEAK SANDWICH \$7.00

MARINATED CHICKEN BREAST \$4.00

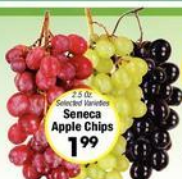
SMOKED CHOP ON-A-STICK \$4.00

FRESH BRAT \$3.00

PORK BURGER \$3.00

HOT DOG \$1.00 OR \$2.00

PRODUCE FRESH PICKS



2.99 lb.
Red, Green or Black Seedless Grapes



3.99 ea.
Fresh Cantaloupes



79¢ ea.
Hass Green Avocados



99¢ lb.
Sweet Onions



2.49
5 Lb. Bag Best Choice Red or Gold Potatoes



79¢ lb.
Acorn, Butternut, Spaghetti, Turban, Sweet Dumpling or Kabocha Squash



3.99
10.6-12.25 Oz. Selected Varieties Dole Chopped! Salad Blends



3.99
16.5 Oz. NatureSweet Cherubs Tomatoes

Deli & Bakery

Not Available at All Locations.



5.99 lb.
Virginia Ham Sliced to Order



7.99 lb.
Kretschmar Baby Swiss Cheese Sliced to Order



6.99
King's Hawaiian Rolls 24 Ct., Selected Varieties



5.99
The Father's Table Cheesecake 16 Oz., Selected Varieties



5.99
Our Specialty Sweet Middles Cookies 15.5 Oz., Selected Varieties



8.99
Rich's Single Layer Chocolate Cookies & Cream Cake 18.5 Oz.



4.49
Gonnella Clean Label French Bread 16 Oz.



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



15.99
Absolut Vodka Selected Varieties, 750 mL



15.99
Fireball Whiskey Selected Varieties, 750 mL