



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!



Whole
BONELESS PORK LOIN
2.49 lb.

Boneless Pork Loin Roast **2.69** lb.
Chicken Leg Quarters **8.99**

FRIGHTENINGLY
fresh produce

Honeycrisp Apples **1.49** lb.

2.99
8 Lb. Bag
Dole Idaho Potatoes

Hass Avocados **3/\$2**

3 Lb. Bag
Medium Yellow Onion **3/\$5**

3/\$5
2 Lb. Bag
Bunny Luv Carrots



Previously Frozen
Boneless Skinless Chicken Breast
2.99 lb.



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



Family Pack, USDA Choice
Ribeye Steak
13.99 lb.



4.99 lb.

Grillmaster Ribs



50¢ OFF

AE Milk
Gallon, White or Chocolate



10/\$9

AE Yogurt
6 Oz., Selected Varieties



2/\$7

Sterzing's Chips
6 Oz., Selected Varieties



6.99

Lotzza Motzza Pizza
23-30 Oz., Selected Varieties



3.49

Milo's Tea
Gallon, Selected Varieties



4/\$5

Rotel Tomatoes
10 Oz., Selected Varieties



5.99

Folgers Coffee
3-10 Oz. or 10 Ct., Selected Varieties



1.99

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



7.49

Velveeta Loaf
32 Oz., Selected Varieties



1.99

Crystal Farms Chunk or Shredded Cheese
7-8 Oz., Selected Varieties



2/\$7

Frito-Lay Doritos
6-10.75 Oz., Selected Varieties



3.99

Frito-Lay Cheetos or Tostitos
5.5-13 Oz., Selected Varieties



2/\$4

Creamette, Mueller's, Ronco, San Giorgio or Light 'n Fluffy Pasta
8-16 Oz., Selected Varieties



2/\$4

Ragu or Kettle Pasta Sauce
16-24 Oz., Selected Varieties



1.19

Best Choice Soda
2 Liter, Selected Varieties



2/\$7

Blue Bunny Premium Ice Cream or Novelties
46-48 Oz. or 6-9 Ct., Selected Varieties



2.99

Niagara Water
24 Pk./5 Liter Bottles or 24 Pk./8 Oz. Bottles

Check Out Our Weekly Ad Specials Online!
www.northerniowa.freemanfoods.net
www.wellman.freemanfoods.net

Prices Effective
October thru November 2025

tues 28 wed 29 thurs 30 fri 31 sat 01 sun 02 mon 03

GLBASE

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ghoulishy good **GROCERY DEALS**

Kraft Easy Mac, Velveeta Shells & Cheese Cups, Flavors or Family Size
2.69-11 Oz., Selected Varieties



2/\$3

Kraft Deluxe Macaroni & Cheese, Velveeta Shells & Cheese or Skillet
9.4-14 Oz., Selected Varieties

2/\$6

Campbell's Tomato or Chicken Noodle Soup
10.75 Oz., Selected Varieties



4/\$5

Manwich Sloppy Joe Sauce
15-16 Oz., Selected Varieties



4/\$5

Crisco Cooking Spray
8 Oz., Selected Varieties



2.99

3.79

Crisco Cooking Oil
40 Oz., Selected Varieties



3.49

Mott's Applesauce
46-48 Oz., Selected Varieties



2/\$5

Heinz Mustard
20 Oz.

Wolf No Bean Chili
15 Oz.



1.99

Wolf Chili with Beans
15 Oz., Selected Varieties

2.59

Kraft Miracle Whip, Aioli or Heinz 57 Flavor Your Sauces
10-15 Oz., Selected Varieties



3.99

2.99

Kraft Mayonnaise
12-15 Oz., Selected Varieties



2/\$4

Contadina Crushed Tomatoes or Tomato Sauce
28-29 Oz., Selected Varieties



12.99

Maxwell House Wake Up Roast
28.4 Oz.



3.99

Hunt's Snack Pack Family Size Pudding or Gelatin
12 Ct., Selected Varieties



3/\$5

Veg-All Vegetables
15 Oz.



1.99

Rosarita Refried Beans
16 Oz., Selected Varieties

Ortega Taco Shells
12 Oz.



2/\$3

Ortega Green Chiles
4 Oz.

Del Monte Tomatoes
14.5 Oz., Selected Varieties



4/\$5

69¢

Red Gold Tomato Sauce
8 Oz.



89¢

Jiffy Baking Mix or Pizza Crust
6.5-9 Oz., Selected Varieties



2/\$7

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

Best Choice Stuffing Mix
8 Oz., Selected Varieties



2.29

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

Buy 3 Save \$6

SAVE \$6 INSTANTLY WHEN YOU PURCHASE ANY 3 PARTICIPATING PRODUCTS!

ALL ITEMS MUST BE PURCHASED IN A SINGLE TRANSACTION



6.99

-2.00

4.99

Lysol Laundry Sanitizer
41 Oz.

WITH PURCHASE OF 3 PARTICIPATING PRODUCTS



3.49

-2.00

1.49

Lysol Multi-Surface Cleaner
28 Oz., Selected Varieties

WITH PURCHASE OF 3 PARTICIPATING PRODUCTS



3.99

-2.00

1.99

Lysol Household Cleaner
32 Oz. or 2 Ct., Selected Varieties

WITH PURCHASE OF 3 PARTICIPATING PRODUCTS



4.99

-2.00

2.99

Lysol Wipes or Toilet Bowl Cleaner
19.9-13.5 Oz., Selected Varieties

WITH PURCHASE OF 3 PARTICIPATING PRODUCTS



7.49

-2.00

5.49

Finish Dish Pods or Jet Dry
21-32 Ct. or 16 Oz., Selected Varieties

WITH PURCHASE OF 3 PARTICIPATING PRODUCTS



4.99

-2.00

2.99

Lysol All Purpose Cleaner Triggers
22-32 Oz., Selected Varieties

WITH PURCHASE OF 3 PARTICIPATING PRODUCTS

home for all things **HAUNTED**



10.99

Charmin Essentials Bath Tissue
12 Rl., Selected Varieties



8.49

Suavitel Fabric Softener
100-105 Oz., Selected Varieties

2.49

23.49

Nutrish Dog Food
13-14 Lb., Selected Varieties

6.99

Crest Toothpaste or Oral Rinse
8.6-50.7 Oz., Selected Varieties

Friskies Cat Food
2.1 Oz., Selected Varieties

1.49

Nutrish Soup Bone Dog Treats
6-3 Oz., Selected Varieties

2.79

Best Choice Parchment Paper
43Rl.

2.99

Pantene Conditioner or Shampoo
10.9-13.5 Oz., Selected Varieties

7.99

Prilosec OTC Tablets
42 Ct.

23.99

Vicks Vapoalcohol
12 Oz.

8.49

Air Wick Essential Mist, Scented Oil or Freshmatic Refills
3.89 Oz. or 1-2 Pk., Selected Varieties

2.99

Lysol Sanitizing Spray
12 Oz., Selected Varieties

4.99

Premier Protein Shakes
4 Pk., Selected Varieties

9.99

spooktacular **STOREWIDE SAVINGS**



General Mills Cereal
11.2-16.8 Oz., Selected Varieties

2/\$7



Zesta Saltine Crackers
16 Oz., Selected Varieties

2.99



Cheez-It Crackers
5.75-12.4 Oz., Selected Varieties

4/\$5



Nabisco Snack Crackers
6.5-8.5 Oz., Selected Varieties

3.99



Chi-Chi's Chips or Salsa
11-16 Oz., Selected Varieties

2.99



Hostess Powdered Donuts
17.49 Oz.

4.49



Voortman Bakery Wafers
10.6 Oz., Selected Varieties

2/\$5



Mott's Juice
6 Ct., Selected Varieties

2/\$5



Pringles Chips
4.9-5.57 Oz., Selected Varieties

1.99



Jolly Time Popcorn
3 Ct., Selected Varieties

2/\$5



Sunny Delight Punch
18 Pk., Selected Varieties

6.99



Quaker Chewy Granola Bars
5-8 Ct., Selected Varieties

2/\$5



Badia Spices
16.5-27 Oz., Selected Varieties

6.99



Victor Allen Coffee
12 Oz., Selected Varieties

6.99



Sensible Portions Veggie Straws or Chips
5-7 Oz., Selected Varieties

2/\$7



Best Choice Pancake or Waffles
12.3 - 16 Oz., Selected Varieties

1.99

bone chilling **DAIRY & FROZEN**



Welch's Cocktail Juice
59 Oz., Selected Varieties

3.69



CoffeeMate Creamer, Iced Coffee or Cold Foam
14-50 Oz., Selected Varieties

3.99



Totino's Party Pizza
9-11 Oz., Selected Varieties

2.99



Tombstone or DiGiorno Classic Crust Pizza
9-11-21.3 Oz., Selected Varieties

1.79



Country Crock Spread
14.3-15 Oz., Selected Varieties

2.99



Jell-O Gelatin or Pudding Cups
4 Ct., Selected Varieties

2/\$6



Michelina's Entrees
4.5-8.5 Oz., Selected Varieties

4/\$5



Borden Cheese
5-12 Oz., Selected Varieties

2/\$4



Pillsbury Grands!, Crescents or Cinnamon Rolls
8-16.3 Oz., Selected Varieties

2/\$5



Dannon Activia, YoCrunch Yogurt or Danimals Drinks
4-6 Ct., Selected Varieties

2/\$6



Banquet Mega Bowls or Meals
11.5-16.95 Oz., Selected Varieties

2/\$6



Smart Ones Entrees
6.49-10.25 Oz., Selected Varieties

2/\$4



Best Choice Cottage Cheese
24 Oz., Selected Varieties

2.99



Ore-Ida Just Crack An Egg Scrambles or Oscar Mayer Scramblers
2.25-3 Oz., Selected Varieties

2/\$4



DeVour Big Bowls or TGIF Snacks
8-14 Oz., Selected Varieties

3.49



Jose Ole Chimichangas
5 Oz., Selected Varieties

2/\$3



Rana Lasagna or Enchilada Bake
38-40 Oz., Selected Varieties

11.99



Frigo Snack Kits or String Cheese
6.3-12 Oz., Selected Varieties

4.99



Alexia Sweet Potato Fries or Onion Rings
13.5-20 Oz., Selected Varieties

5.49



Banquet Boneless Chicken
24-32 Oz., Selected Varieties

5.49



Chobani Flips or Creations Yogurt
4.5-5.3 Oz., Selected Varieties

8/\$10



Borden Cheese Sticks
6 Oz., Selected Varieties

2/\$5



Farm Rich French Toast Sticks
12 Oz., Selected Varieties

2/\$7



Marie Callender's Cream Pies
6-7.5 Oz., Selected Varieties

2.99



Frigo Ricotta, Mozzarella or Parmesan Cheese
10-32 Oz., Selected Varieties

5.49



Yoplait Go-Gurt
16 Oz. or 8 Ct., Selected Varieties

2/\$5



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

3.29



Birds Eye Vegetables
6-12.7 Oz., Selected Varieties

2.99

spooktacular savings from
THE MEAT DEPARTMENT



2⁹⁹
lb.

Family Pack

**BONELESS
PORK CHOPS**

Family Pack
Boneless Country Pork Ribs 3.49 lb.



4⁴⁹
lb.
Whole or Half
**Kretschmar
Bavarian
Boneless Ham**

24 Oz., Selected Varieties
Smithfield Quarter Sliced Boneless Ham 7.99



6⁹⁹
lb.
USDA Choice
Whole In Bag
**Eye of Round
Roast**

Family Pack, USDA Choice
Boneless Beef Stew Meat 7.79 lb.



7.49 lb.
USDA Choice
**Eye of Round
Steak**



2/\$7
13-14 Oz.
Selected Varieties
**Hillshire Farm
Smoked Sausage**



7.99 lb.
Family Pack
Minute Steak



2.99
12-24 Oz.
Selected Varieties
**Bob Evans
Side Dishes**



5/\$5
2.44-2.9 Oz.
Selected Varieties
**Armour
LunchMakers**



3.99
12 Oz.
Selected Varieties
**Hillshire Farm Beef
Smoked Sausage**



2/\$7
16 Oz.
Selected Varieties
**Jimmy Dean
Sausage**



3.99
10-14 Oz.
Selected Varieties
**Nathan's Famous
Beef Franks**



2.69
2 Lb.
Selected Varieties
**Vienna
Sauserkraut**



4.99
16 Oz.
Selected Varieties
**Kentucky Legend
Sliced Bacon**



2/\$7
5-6 Oz.
Selected Varieties
**Hormel Sliced
Pepperoni**



6.49
12 Oz.
Selected Varieties
**Vienna Beef Franks
or Bagel Dogs**

fang-tastic

PRODUCE SAVINGS

3⁴⁹

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

2.5 Oz.
Selected Varieties
**Seneca
Apple Chips 2/\$4**

1⁴⁹
lb.

**Bosc, Anjou
or Bartlett
Pears**

9-12 Oz.
Selected Varieties
**Fresh Express
Salad 2/\$5**



6 Oz.
**Driscoll's
Raspberries**



2/\$7



12 Oz.
Selected Varieties
**Joyba
Tea 2/\$4**



16 Oz.
Selected Varieties
**Fresh Fruit
Chunks or Spears**

5.99

14 Oz.
Selected Varieties
**Fresh Express
Coleslaw 1/79**



1.49^{ea.}

**Beefsteak
Tomatoes 1⁰⁰**
lb.



**Zucchini or
Yellow Squash 1.49**
lb.

10-16 Oz.
Selected Varieties
**Grimmway
Carrots 2/\$4**



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



**Jalapeno Peppers
or Tomatillos 99¢**
lb.

12 Oz.
Selected Varieties
**Bolthouse Farms
Dressing 3⁹⁹**



2/\$5



Best Choice Split Top Wheat Bread
Selected Varieties, 20 Oz.

16.99

Tito's Vodka
Selected Varieties, 750 mL



2.00 OFF

Black Box Wines
Selected Varieties, 3 Liters

Deli & Bakery

Not Available at
All Locations.



**8 Piece
Fried
Chicken 8.99**



Sliced to Order
Selected Varieties
**Kretschmar
Virginia Hams 5.99** lb.



Sliced to Order
Selected Varieties
**Kretschmar
Mini Horn Cheese 5.99** lb.



16 Oz., Selected Varieties
**Brill Sliced
Cakes 5.99**

24 Oz.
Selected Varieties
**Jessie Lord Strawberry
Rhubarb Pie 6.99**



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



22 Oz., Selected Varieties
**Jessie Lord
Fruit Pies 6.99**



10.5 Oz.
Selected Varieties
**Two-Bite
Double Chocolate Brownies 4.99**

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