



119 N Main, North English, IA • 319.654.3453
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!



Boneless Beef
Arm Roast

4⁹⁹
lb.

Ribeye
Steak

14⁹⁹
lb.

Family Pack, USDA Choice
Boneless Beef
Shoulder Steaks

5⁴⁹
lb.

Grillmaster
Bites

4⁹⁹
lb.



Whole
Boneless
Pork Loin

2¹⁹
lb.



99¢
lb.

Family Pack
Chicken
Drumsticks



2⁹⁹
lb.

Family Pack
Boneless
Pork Chops

2/\$7

6-10.75 Oz.
Selected Varieties
Frito-Lay
Doritos



2/\$8

6.25-7.62 Oz.
Selected Varieties
Frito-Lay
Baked Lay's



7.99

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



FIRST OF THE Season!

3⁹⁹

3 lb. Bag
Navel
Oranges



Fresh Avocados

2/\$1

PICKED AT Peak!

2⁹⁹

Pint
Fresh
Blueberries



10 Oz.
Dole Caesar Salad Kit

1⁹⁹

BUY 5 SAVE \$5

Save \$5 instantly when you purchase Any 5 participating products!



Smart Ones Frozen Entrées
or Kool-Aid Burst
Selected Varieties, 6.49-10.25 Oz. or 6 Pk.

1.99
ea.
-1.00

99¢
ea.

WITH PURCHASE OF 5
PARTICIPATING PRODUCTS

BUY 5 SAVE \$5

Save \$5 instantly when you purchase Any 5 participating products!



4.99
ea.
-1.00

3.99
ea.

ALL ITEMS MUST BE PURCHASED IN A SINGLE TRANSACTION.
WITH PURCHASE OF 5 PARTICIPATING PRODUCTS.



2.99
ea.
-1.00

1.99
ea.

Nature Valley, Fiber One,
General Mills Cereal or Bars
or Betty Crocker Fruit Snacks
Selected Varieties
5.34-10.8 Oz. or 4-10 Ct.

WITH PURCHASE OF 5
PARTICIPATING PRODUCTS



3.99
ea.
-1.00

2.99
ea.

Ore-Ida Frozen Potatoes
Selected Varieties
19-32 Oz.

WITH PURCHASE OF 5
PARTICIPATING PRODUCTS



3.29
ea.
-1.00

2.29
ea.

Kraft Natural Chunks,
Shreds or Crumbles
Selected Varieties
5-8 Oz.

WITH PURCHASE OF 5
PARTICIPATING PRODUCTS



3.99
ea.
-1.00

2.99
ea.

Ragù
Pasta Sauce
Selected Varieties
45 Oz.

WITH PURCHASE OF 5
PARTICIPATING PRODUCTS



2.99
ea.
-1.00

1.99
ea.

Pillsbury Grands!,
Crescents or
Cinnamon Rolls
Selected Varieties
9-16.3 Oz.

WITH PURCHASE OF 5
PARTICIPATING PRODUCTS



5.99
ea.
-1.00

4.99
ea.

Kraft Macaroni &
Cheese Spirals
Original
4 Pk.

WITH PURCHASE OF 5
PARTICIPATING PRODUCTS



4.99
ea.
-1.00

3.99
ea.

Kraft Macaroni
& Cheese
Original
5 Pk.

WITH PURCHASE OF 5
PARTICIPATING PRODUCTS

Hot DEAL

3/\$4

7.5-10.9 Oz.
Selected Varieties

Totino's Pizza
or Pizza Rolls



10/\$8

6 Oz.
Selected Varieties
AE Yogurt



2/\$8

24 Oz.
Selected Varieties
AE Cottage
Cheese



2/\$13

23-30 Oz.
Selected Varieties
Lotza Motzza
Pizza



BUY 5 SAVE \$5

Save \$5 instantly when you purchase Any 5 participating products!



4.99
-1.00

32 Oz.
Heinz Ketchup

3.99



7.99
-1.00

40-42 Oz.
Selected Varieties
Birds Eye Voila!
Skillet Meals or
Chef Boardee
Entrées

6.99



5.99
-1.00

12 Pk.
Selected Varieties
Danimals
Drinks

4.99



2.99
-1.00

12 Oz.
Selected Varieties
Starkist
Chunk Light Tuna

1.99



7.99
-1.00

10-12 Ct.
Selected Varieties
Maxwell House or
Gevalia
Coffee Pods

6.99



4.99
-1.00

22-30 Oz.
Selected Varieties
Kraft
Mayonnaise

3.99



3.69
-1.00

6-4.7 Oz.
Selected Varieties
Kraft Cracker Cuts
or Cubes

2.69



5.49
-1.00

18.85-30.88 Oz.
Selected Varieties
Freschetta
Pizza

4.49



6.99
-1.00

64 Oz.
Selected Varieties
International
Delight Creamer

5.99



3.99
-1.00

24 Oz.
Original
Daisy Sour Cream

2.99



13.99
-1.00

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

12.99



3.49
-1.00

9-14 Oz.
Selected Varieties
Kraft Deluxe Macaroni
& Cheese or Velveeta
Shells & Cheese

2.49



3.99
-1.00

4 Pk. or 52 Oz.
Selected Varieties
Chobani Yogurt
or Oat Milk

2.99



7.49
-1.00

17.06-28.79 Oz.
Selected Varieties
Red Baron Stuffed
Crust or Fully
Loaded Pizza

6.49



3.99
-1.00

4 Pk.
Selected Varieties
Dannon Light & Fit,
Oikos or Danimals

2.99



9.49
-1.00

12 Oz.
Selected Varieties
Gevalia
Ground Coffee

8.49



5.49
-1.00

19-30 Oz.
Selected Varieties
Kraft
Miracle Whip

4.49



3.49
-1.00

8-24 Oz.
Selected Varieties
Classico Pasta Sauce
or Philadelphia
Cream Cheese

2.49



1.99
-1.00

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

99¢



3.49
-1.00

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

2.49



2.49
-1.00

8-12 Ct. or 8.8 Oz.
Selected Varieties
Old El Paso Taco
Shells, Tortillas,
Beans or Rice

1.49



3.79
-1.00

9-14 Oz.
Selected Varieties
Devour
Entrées

2.79

ALL ITEMS MUST BE PURCHASED IN A SINGLE TRANSACTION. WITH PURCHASE OF 5 PARTICIPATING PRODUCTS

SAVE ON Home & Health



92-144 Oz. or 32-60 Ct. Selected Varieties
TIDE, DREFT OR GAIN
DETERGENT

15.99



24 Oz. Selected Varieties
DOWNY OR GAIN
FABRIC SOFTENER

15.99



7 Oz.
SUCCESS
WHITE RICE

1.69



4 Ct. Selected Varieties
9 LIVES
WET CAT FOOD

3.29



6-6.35 Oz. Selected Varieties
BEGGIN' STRIPS
DOG TREATS

3.49



6 Lb. Selected Varieties
NUTRISH
DOG FOOD

10.99

BEST CHOICE *Great Prices*

3/\$5

4 Oz.
Selected Varieties
**Betty Crocker
Potatoes**



1.89

8.8 Oz.
Selected Varieties
**Minute
Rice Cups**



0.85-1 Oz., Selected Varieties
**OLD EL PASO
TACO SEASONING**

99¢



12-16 Oz., Selected Varieties
**PRINCE
PASTA**

4/\$5



8 Ct., Selected Varieties
**SWISS MISS
HOT COCOA**

2.99



15 Oz., Selected Varieties
**RICOS
CHEESE SAUCE**

2.99

EVEN MORE SAVINGS ON *Home & Health*



12 Oz. or 8 Pk.
Selected Varieties
**Vicks
Cough & Cold**

11.89



100-105 Oz.
Selected Varieties
**Suavitel Liquid
Fabric Softener**

8.49



70 Ct.
Selected Varieties
**Suavitel Fabric
Softener Sheets**

3.29



169 Oz.
Lavender Scent
**Fabuloso All-Purpose
Cleaner**

10.99

GROCERY AND HOME *Goodies*

15 Oz.
Wolf Chili
No Beans



2/\$5

24 Pk./5 Liter Bottles
Ice Mountain
Spring Water



5⁴⁹



12-14 Oz.
Selected Varieties
Minute or
Success Rice

1⁹⁹



128 Oz.
Crisco
Vegetable Oil

11⁹⁹



28-36 Ct.
Selected Varieties
Finish
Dish Pods

10⁹⁹



8-12 Rolls
Selected Varieties
Charmin
Bath Tissue

14⁹⁹



6 Rolls
Selected Varieties
Bounty
Paper Towels

14⁹⁹



4 Pk.
Selected Varieties
Puffs
Facial Tissue

6⁹⁹



10-20 Ct., Selected
Varieties
Hefty Slider
Storage Bags

2⁹⁹



20-45 Ct., Selected Varieties
Hefty
Trash Bags

8⁹⁹



32 Oz., Selected Varieties
Formula 409 or Clorox
Household Spray Cleaner

3⁵⁹



25 Ct.
Selected Varieties
Clorox
Wipes

2/\$6



30-32 Oz., Selected Varieties
Clorox
Household Cleaner

4⁹⁹



3-8.5 Oz.
Selected Varieties
Best Choice
Candy

2/\$3



8 Oz.
Best Choice Mini
Garlic Bread Loaf

1⁶⁹



6 Pk.
Selected Varieties
Best Choice
Applesauce Cups

2/\$5



4 Pk.
Selected Varieties
Best Choice
Fruit Cups

2.79



6 Oz.
Best Choice
Raisins

3/\$5



2 Liter
Selected Varieties
Best Choice
Soft Drinks

4/\$5



110 Oz.
Selected Varieties
Best Choice
Granola

3.29



9-16 Oz.
Selected Varieties
Best Choice
Saltine Crackers

1.69



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

2.19



64 Oz.
Selected Varieties
Best Choice
Cranberry
Juice

2.99



16 Oz.
Selected Varieties
Best Choice
Peanut Butter

2.19

BUY 5 SAVE \$5

Save \$5 instantly when you purchase
Any 5 participating products!



4 Pk.
Selected Varieties
Dannon Oikos
Protein Shakes

8.99
EA.



10.7-12 Oz.
Selected Varieties
Kraft
Singles

2.99
EA.



2 Ct. Selected Varieties
Philadelphia
Cheesecake
Crumbles

3.49
EA.



56-64 Ct.
Selected Varieties
Huggies
Wipes

1.79
EA.



21-44 Ct.
Selected Varieties
Huggies
Snug & Dry Diapers

8.99
EA.



9-32 Ct. Selected Varieties
Huggies Goodnites,
Pull-Ups, Little Movers
or Snugglers Diapers

10.99
EA.



9.8 Oz.
Selected Varieties
Quaker
Instant Grits

2.99
EA.



7-8.6 Oz.
Selected Varieties
General Mills Cheer Mix,
Bugles or Gardetto's

1.99
EA.



8 Pk., Selected Varieties
Mason Perrier
or San Pelligrino
Sparkling Water

4.99
EA.



12.5-16 Oz.
Selected Varieties
Kraft Salad Dressing,
Pull-Ups, Little Movers
or Snugglers Diapers

1.99
EA.



7 Oz.
Selected Varieties
Jel-O-Girl
Scouts Desserts

1.79
EA.



10 Pk.
Selected Varieties
Kool-Aid
Jammers

1.99
EA.



19.8-22.2 Oz.
Selected Varieties
Home Bake
Main Entrées

9.99
EA.



15-22.2 Oz.
Selected Varieties
Home Bake
Side Dishes

4.99
EA.



7.2-12 Oz.
Selected Varieties
Pillsbury Toaster Strudels,
Scrambles or Mini-Cinnis
Pull-Apart Rolls

1.99
EA.



32 Oz.
Selected Varieties
Velveeta
Loaf

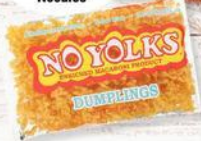
6.99
EA.

ALL ITEMS MUST BE PURCHASED IN A SINGLE TRANSACTION, WITH PURCHASE OF 5 PARTICIPATING PRODUCTS

DON'T MISS OUT ON THESE *Great Savings!*

2²⁹

12 Oz.
Selected Varieties
**No Yolks
Noodles**



2/\$6
for

9.6-16.1 Oz.
Selected Varieties
**Kellogg's
Cereal**



5⁹⁹

12 Ct.
Selected Varieties
**Pringles
Snack Stacks**



2/\$6

10-12 Oz. or 9-10 Ct.
Selected Varieties
**Crystal Light
Drink Mix**



2/\$6

1.62 Oz. Selected Varieties
**Mio, Crystal Light,
Kool-Aid or Tang
Liquid Drink Mix**



4⁹⁹

8-19.5 Oz.
Selected Varieties
**Nabisco Family
Size Cookies or
Crackers**



2/\$5

24 Pk./5 Liter Bottles
**Niagara
Water**



2.29

6 Pk./5 Liter Bottles
Selected Varieties
**Splash Blast
Water**



1.79

3 Ct.
Selected Varieties
Cousin Willie's Popcorn



3.99

24 Oz.
Selected Varieties
Mrs. Butterworth's Syrup



4.99

20 Oz. Selected Varieties
**Premier Protein
Pancake Mix**



2.99

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

DAIRY & Frozen



3/\$10
for

18.56-20.6 Oz.
Selected Varieties
**Tony's
Pizza**



3.99

24-28 Oz.
Selected Varieties
**Banquet Family
Size Entrées**

2.99

19.3-21.3 Oz.
Selected Varieties
**Tombstone
Pizza**



1.69

6-8 Oz.
Selected Varieties
**Daisy Sour Cream
or Cottage Cheese**



2/\$5

8 Ct or 16 Oz.
Selected Varieties
GoGurt



7.79

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



2.99

16 Oz.
Selected Varieties
**Bob Evans
Egg Whites**



2.99

20 Oz.
Selected Varieties
**Simply
Potatoes**



4⁹⁹

8-40 Ct.
Selected Varieties
**Premier Protein
Waffles or
Pancakes**



4⁴⁹

48 Oz.
Selected Varieties
**Califia Farms
Almond or
Oat Milk**



3⁷⁹

14-50 Oz.
Selected Varieties
**Coffee-mate
Iced Coffee or
Cold Foam**



1⁹⁹

12.3-16.5 Oz.
Selected Varieties
**Best Choice
Pancakes or
Waffles**



99¢

10 Oz.
Best Choice
**Chopped
Spinach**



2⁹⁹

8 Oz.
Selected Varieties
**Best Choice
Grated Parmesan
Cheese**



3⁹⁹

5.25-12 Oz. or 4 Ct.
Selected Varieties
**MorningStar
Farms Entrées**



3⁶⁹

8 Oz.
Best Market
**Atkins
Entrées**



8⁴⁹

3 Lb. Family Pack
**Banquet
Chicken Nuggets**



14⁹⁹

30 Oz.
**Marie
Callender's
Family Size
Lasagna**



13⁴⁹

12 Ct.
Selected Varieties
**Hot Pockets
Sandwiches**



2⁹⁹

6-12.7 Oz.
Selected Varieties
**Birds Eye
Vegetable Blends**



PREMIUM QUALITY Meat Selections



93% LEAN
GROUND BEEF

6⁹⁹
/lb.



MINUTE
STEAK

7⁹⁹
/lb.



Family Pack
CHICKEN
THIGHS

1⁸⁹
/lb.



Family Pack, USDA Choice
**Boneless Beef
Stew Meat**

7⁹⁹
/lb.



**Boneless Pork
Loin Roast**

2⁶⁹
/lb.



**Boneless
Pork Tenderloins**

3⁹⁹
/lb.



20-29 Oz., Selected Varieties
Tyson Frozen Fully Cooked Chicken
Nuggets, Patties or Popcorn Chicken

5⁹⁹



5⁹⁹
12-16 Oz.
Selected Varieties
Farmland
Sliced Bacon



3⁹⁹
12-16 Oz.
Selected Varieties
Bob Evans
Pork Sausage



7⁹⁹
2.5 Lb., Selected Varieties
Tyson Boneless
Skinless Chicken
Breast



6⁹⁹
40 Oz.
Individually Quick Frozen
Tyson
Chicken Wings

PRODUCE FRESH from the Farm!



4⁹⁹
/lb.
Imported
Cherries



3⁹⁹
/lb.
Imported
Red, Green or
Black Seedless
Grapes



3 Lb. Bag
TEXAS RED GRAPEFRUIT
OR CARA CARA ORANGES

4⁹⁹

2/\$1
for
Lemons or
Limes

4⁹⁹
/lb.



3⁹⁹
/lb.

2 Lb. Bag
Blood
Oranges



1²⁹
/lb.
Fancy
Zucchini or
Yellow Squash

1.99
10 Oz.
Grape Tomatoes

99¢
Sweet Yellow Onions

3.49
1 Lb., Selected Varieties
Little Potato Company
Potatoes

99¢
1 Lb. Bag
Bunny-Luv Baby Carrots

2.49
3 Oz., Selected Varieties
Harvest Snaps Snacks

1.99
2.5 Oz., Selected Varieties
Seneca Apple Chips

3/\$5

2 Liter Bottles
Selected Varieties
Dr. Pepper Products



2/\$7

10 Oz.
Selected Varieties
Sterling's Chips



2/\$7

9 Oz.
Selected Varieties
Old Dutch Ripples Chips



Deli & Bakery

Not Available at All Locations.



Sliced to Order, Selected Varieties
Kretschmar Virginia Ham

5.99
/lb.



Mrs. Gerry's Supreme
Seafood Salad

6.99
/lb.



7.9-8.6 Oz., Selected Varieties
Market Sandwich Wraps

5.49



6 Oz. / 2 Slice, Selected Varieties
The Father's Table Cheesecake

2.99



4-5.5 Oz., Selected Varieties
Our Specialty Cake Parfaits

3.49



16 Oz.
Gonnella French Bread

3.99



7.05 Oz.
Stonefire Mini Naan Bread

2/\$5



46 Oz.
Reese's Peanut Butter Ice Cream Cake

18.99



10 Oz., Selected Varieties
Ann Marie's Sugar Free Mini Muffins

5.99



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

2.99

2/\$7

750 mL
Selected Varieties
Fireball Whiskey



15.99