



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!



Beef Flat
Iron Steak

8⁹⁹
lb.

Arm Steak

5⁹⁹
lb.

Bone In
Chicken Split Fryer
Breasts

2²⁹
lb.

Market Fresh
Family Pack
85% Lean Ground Beef

5⁹⁹
lb.



2 Pk.
Hormel
Smoked Chops

5⁹⁹



1⁹⁹
lb.

Family Pack
Bone-In
Assorted
Pork Chops



6⁹⁹
lb.

Arm
Steak



\$200
OFF

24 Pk.
Selected Varieties
Busch Light
Beer



16⁴⁹

750 ml.
Selected Varieties
Absolut
Vodka



13⁹⁹

1.75 Liter
Selected Varieties
Caliber
Rum



FIRST OF THE Season!

3⁹⁹
lb.

Imported
Fresh
Cherries

Sumo Mandarins

3⁹⁹
lb.



PICKED AT Peak!

3⁴⁹

Imported
Red, Green or
Black Seedless
Grapes

3 Lb. Bag
Navel Oranges

3⁴⁹

THEME OF The Week!



1⁹⁹

8 Ct.
Selected Varieties
Kellogg's
Pop-Tarts



3⁹⁹

13.5-18 Oz.
Selected Varieties
Post
Cereal

Hot DEAL

2/\$5
9-10.3 Oz.
Selected Varieties
Healthy Choice
Café Steamers



2.99

6-10 Ct.
Selected Varieties
Quaker
Instant Oatmeal



9-15 Oz.
Selected Varieties
Toss, Dress, Club
Crackers or
Keebler's Graham's

2/\$7



12-18 Oz.
Selected Varieties
Creamettes
Pasta

10/\$10



23-24 Oz.
Selected Varieties
Prego
Pasta Sauce

2/\$4



14-17.5 Oz.
Selected Varieties
Regino Rising
Crust Pizza

3⁹⁹



13-15 Oz.
Selected Varieties
Chef Boyardee
or Microwave Cups

5/\$5



15.39-24.45 Oz.
Selected Varieties
Red Baron
Pizza

4⁴⁹

GREAT DEALS DOWN Every Aisle!



64 Oz.
Selected Varieties
Welch's
Grape Juice

3.49



10.5-11.5 Oz.
Selected Varieties
Campbell's
Condensed Soup

2/\$3



20 Oz.
Original
Heinz
Ketchup

2.99



2.6-4.5 Oz.
Selected Varieties
Starkist
Tuna Pouches

5/\$5.50



5.5-7.3 Oz.
Selected Varieties
Kraft Macaroni &
Cheese Premium
Shells or Shapes

4/\$5



12-16 Oz.
Selected Varieties
Hidden Valley
Ranch Salad Dressing

4.29



4/\$5
12-16 Oz.
Selected Varieties
San Giorgio
Pasta



2.19
28-29 Oz.
Selected Varieties
Red Gold
Tomatoes or
Tomato Sauce



69¢
8 Oz.
Red Gold
Tomato Sauce



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

2/\$5



2-3 Ct.
Selected Varieties
Orville
Redenbacher's
Popcorn

2.99



16.1-16.3 Oz.
Selected Varieties
Campbell's
Home Style
Soup

4/\$9



32 Oz.
Selected Varieties
Swanson
Broth

2/\$5



3.99
32-5 Oz.
Selected Varieties
Palmolive
Dish Soap



8.99
128 Oz.
Fabuloso
All-Purpose
Cleaner



7.49
4 Pl.
Selected Varieties
Kleenex
Facial Tissue

SAVE ON Home & Health



4-8 Rolls, Selected Varieties
ANGEL SOFT BATH TISSUE OR
SPARKLE PAPER TOWELS

7.49



6.3 Oz., Selected Varieties
NUTRISH SOUP BONES
OR DOG TREATS

2/\$6



13-14 Lb., Selected Varieties
NUTRISH DRY
DOG FOOD

23.49



35 Lb., Selected Varieties
TIDY CATS
CAT LITTER

21.99

FRESH FINDS *Great Prices*



1⁸⁹

14 Oz.
Selected Varieties
Armour
Chili with Beans



2⁹⁹

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



4/\$9

15.25 Oz.
Selected Varieties
Campbell's
Chunky Bowls

Hot DEAL



13 Oz.
Country Bob's
All-Purpose Sauce

3.59

17.99

80 Ct., Selected Varieties
Glad
Trash Bags



10 Oz.
Selected Varieties
Heinz Flavor
Tour Sauces

3⁹⁹



13-14 Oz.
Heinz Reduced or
No Sugar
Ketchup

2⁹⁹



20 Oz.
Heinz
Yellow Mustard

2⁴⁹



2.6-5.5 Oz.
Selected Varieties
Blue Buffalo
Tasteful Cat Food

3/\$5



13-14 Oz.
Selected Varieties
Heinz Flavor
Ketchup

2⁹⁹



4 Lb.
Selected Varieties
Blue Buffalo
Cat Food

22⁹⁹

BUY 3 SAVE \$3

*Save \$3 instantly when you purchase
Any 3 participating products!*



28 Oz.
Selected Varieties
Lysol
Multi-Surface
Cleaner

3.49
-1.00
2.49



21-27 Ct. or 16 Oz.
Selected Varieties
Finish Dish Pods
or Jet Dry

7.49
-1.00
6.49



70-80 Ct.
Selected Varieties
Lysol
Wipes

4.99
-1.00
3.99



12.5 Oz.
Selected Varieties
Lysol
Disinfectant Spray

5.99
-1.00
4.99



22-32 Oz. or 2 Ct.
Selected Varieties
Lysol All Purpose
Clean Triggers
or Toilet Bowl
Cleaner

3.99
-1.00
2.99



41 Oz.
Selected Varieties
Lysol
Laundry Sanitizer

6.99
-1.00
5.99



24 Oz.
Selected Varieties
Lysol
Toilet Cleaner

2.99
-1.00
1.99



10 Oz.
Selected Varieties
Lysol
Air Sanitizer

6.49
-1.00
5.49

ALL ITEMS MUST BE PURCHASED IN A SINGLE TRANSACTION. WITH PURCHASE OF 3 PARTICIPATING PRODUCTS



SAVINGS FIESTA



2⁴⁹
12 Ct.
Taco Bell
Shells

2⁹⁹

8.8-14.8 Oz.
Selected Varieties
Taco Bell
Dinner Kits



2.99
12 Ct., Selected Varieties
Taco Bell
Flavored Shells



3.99
15-15.7 Oz., Selected Varieties
Taco Bell
Dips



3.29
15 Oz., Selected Varieties
Taco Bell
Con Queso



1.79
7.5-12 Oz., Selected Varieties
Taco Bell
Sauces

FRESH PICKS Family Favorites



10.75 Oz.
Campbell's Chicken
or Tomato Soup

4/\$5



18.6-19 Oz.
Selected Varieties
Campbell's
Chunky Soup

2/\$4



16 Oz.
Selected Varieties
Subway
Sauces

3.59

DON'T MISS Deals!



12 Oz., Selected Varieties
Hidden Valley Ranch
Secret Sauce

4²⁹



4.9-5.57 Oz., Selected Varieties
Pringles
Chips

1⁹⁹



5.99
9-12.7 Oz. or 12 Ct.
Selected Varieties
Cheez-It or Keebler
Grahams Caddy Packs



2.99
16.3 Oz.
Selected Varieties
Peter Pan
Peanut Butter



3.49
9-17 Oz.
Selected Varieties
Nabisco
Premium Saltines



4.49
17.49 Oz.
Hostess Powdered
Donettes



4/\$5
1.62-3 Oz., Selected Varieties
Cheez-It, Pringles or
Grab & Go



2.99
20 Oz.
Welch's
Grape Jelly



3.19
24 Oz.
Selected Varieties
Zatarain's
Fish Fri



1.99
4.6-4.8 Oz.
Selected Varieties
Idahoan Protein
Potatoes or
Hash Browns

4⁹⁹

40 Oz.
Selected Varieties
Dunkin' Donuts
Ice Coffee

3⁷⁹

98 Oz.
Selected Varieties
Welch's
Cocktail Juice



2/\$10
15.5-15.5 Oz., Selected Varieties
Maxwell House
Ground Coffee



2/\$7
25 Oz.
Selected Varieties
Iced Creamer



4⁹⁹
48 Oz.
Selected Varieties
Slurpee
Brew Coffee



4⁹⁹
32 Oz.
Selected Varieties
Slurpee
Iced Coffee

2⁹⁹

64 Oz.
Selected Varieties
Silk
Almond Milk

2/\$10

24.8 Oz.
Selected Varieties
Dannon
Activia Danes



2/\$6
6.75-7.25 Oz.
Selected Varieties
Stacy's Pita
or Bagel Chips



2/\$7
15.5-18 Oz.
Selected Varieties
Smucker's
Jelly, Jam or
Preserves



2/\$6
15-16 Oz.
Selected Varieties
Jif Peanut Butter
or Chocolate
Peanut Butter



2⁹⁹
4 Oz.
Selected Varieties
Smucker's
Uncrustables



BEST CHOICE Exceptional Prices



2 Lb., Bleached
BEST CHOICE
ALL-PURPOSE FLOUR

2/\$3



10 Lb.
Best Choice
Granulated Sugar



7.49



14.5-15.25 Oz.
Selected Varieties
Best Choice
Canned Fruit



2.19



6 Pk.
Selected Varieties
Best Choice
Applesauce

2/\$5



128 Oz.
Selected Varieties
Best Choice Vegetable
or Canola Oil

8⁹⁹



12 Oz.
Selected Varieties
Best Choice Frozen
Orange Juice

2⁹⁹



12 Pk./12 Oz. Cans
Selected Varieties
Best Choice
Soft Drinks

3/\$12



21-44 Ct.
Selected Varieties
Best Choice
Jumbo Diapers

5⁹⁹



18 Oz.
Selected Varieties
Best Choice
BBQ Sauce

1⁹⁹



4.5-6 Oz.
Selected Varieties
Best Choice
Stuffed Olives

3⁴⁹



16 Oz.
Selected Varieties
Best Choice
Salad Dressing

1⁹⁹



9.25 Oz.
Selected Varieties
Best Choice
Corn Chips

1⁹⁹



14 Oz.
Selected Varieties
Best Choice
Instant Rice

1⁹⁹



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

99¢



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

2/\$7
for
10-17.3 Oz.
Selected Varieties
Kellogg's
Cereal



2/\$6
for
64 Oz. or 8 Ct.
Selected Varieties
Juicy
Juice

3/\$5
for
11.9-16.3 Oz.
Selected Varieties
Betty Crocker Cake
or Brownie Mix



3.29
18 Oz.
Selected Varieties
Quaker Quick or
Old Fashioned Oats



4.79
40 Oz.
Selected Varieties
Bisquick
Baking Mix



2/\$7
11.2-16.8 Oz. or 5 Ct.
Selected Varieties
General Mills
Cereal, Nature
Valley or Fiber
One Bars



1.79
12-16 Oz.
Selected Varieties
Betty Crocker
Frosting



4.49
6 Pk., Selected Varieties
Jolly Time
Popcorn



3.79
32 Oz.
Selected Varieties
Pearl Milling
Pancake Mix



3.79
24 Oz.
Selected Varieties
Pearl Milling
Pancake Syrup



3.99
5-13 Oz.
Selected Varieties
Nabisco Chips Ahoy!
or BelVita Bars



3.99
17.83-20 Oz.
Selected Varieties
Dolly Parton's
Muffin Mix



2/\$3
7-10 Oz. Selected Varieties
Kraft Marshmallow
Creme or
Jet-Puffed Mini
Marshmallows



3.49
10 Ct.
Selected Varieties
Capri-Sun or
Country Time
Lemonade



5.49
7.4-10.05 Oz.
Selected Varieties
Mars Stand
Up Pouches

DAIRY & Frozen



5/\$5
5.3 Oz.
Selected Varieties
Chobani
Greek Yogurt



1.19
7-8 Oz.
Selected Varieties
Green Giant
Vegetables



2/\$6
10 Ct.
Selected Varieties
Eggo
Waffles



4.79
52 Oz.
Selected Varieties
Florida's
Natural
Orange Juice



3/\$9
8-12.75 Oz.
Selected Varieties
Stouffer's
Frozen Entrees



3.29
20-26 Oz.
Selected Varieties
McCain
Fries



2/\$7
9-16.8 Oz.
Selected Varieties
Pillsbury
Cookies, Grand!
Crescents, or
Puff-Apart Bread
or Pizza Crust



4.99
24-32 Oz.
Selected Varieties
Starbucks or
Coffee-mate
Natural Bliss
Creamers



1.99
8 Oz.
Selected Varieties
Velveeta
Shredded Cheese



4.49
1 Ct.
Selected Varieties
Hot Pocket
Sandwiches



10/\$6
4-6 Oz.
Selected Varieties
Yoplait
Yogurt



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



2/\$6
20 Oz.
Selected Varieties
Michelina's
Pizza Rolls



3.99
24-28 Oz.
Selected Varieties
On-the Border
Frozen Entrees



4.49
24 Oz., Selected Varieties
Chobani
Coffee Creamers



2/\$6
6.4-7 Oz., Selected Varieties
Kraft Cracker Cuts
or Cubes



2.99
45 Oz., Selected Varieties
Blue Bonnet
Margarine Spread



2.99
52 Oz., Selected Varieties
Planet Oat
Oat Milk



3.99
24 Oz.
Selected Varieties
Heluva Good!
French Onion Dip



2.99
32 Oz., Selected Varieties
Planet Oat
Creamers



3.99
15-16 Oz., Selected Varieties
Bob Evans
Egg Beaters



7.99
7.8-22.5 Oz.
Selected Varieties
Ramen
Noodles



6.99
30-32 Oz.
Selected Varieties
Marie Callender's
Hash Browns



3.59
18-24 Oz.
Selected Varieties
Bertolli or
P.F. Chang's
Frozen Entrees



6.29
18-24 Oz.
Selected Varieties
Louisa
Frozen Entrees



4.49
14-19 Oz.
Selected Varieties
Dolly Parton's
Macaroni &
Cheese



2.99
8-10 Oz.
Selected Varieties
Butter



3.49
24 Oz.
Selected Varieties
Daisy
Sour Cream



2/\$6
10.5-15 Oz.
Selected Varieties
Marie Callender's
Dimmers or
Pot Pies



2.79
5.7-8.8 Oz.
Selected Varieties
Pagoda or
Biligo
Appetizers



3.29
8-9.8 Oz.
Selected Varieties
Pagoda or
Biligo
Appetizers

PREMIUM QUALITY Meat Selections



USDA Choice
**BONELESS
BEEF STEW MEAT**

7⁹⁹ lb.



**BABY BACK
PORK RIBS**

3⁹⁹ lb.



Family Pack
**BONE-IN
CENTER CUT
PORK CHOPS**

2⁴⁹ lb.



**Gourmet
Pub Burgers**

6⁴⁹ lb.



**Minute
Steak**

7⁹⁹ lb.



**Seasoned
Chicken
Fajita Meat**

3⁹⁹ lb.



2/\$4
8 Ct.
Selected Varieties
Best Choice Buns



12 Oz.
Selected Varieties
**Smithfield
Sliced Bacon**

4⁴⁹



4.49
16 Oz.
Selected Varieties
**Tennessee Pride
Pork Sausage Roll**



4.49
9.6-12 Oz.
Selected Varieties
**Johnsonville Fresh or
Fully Cooked Breakfast
Sausage Links**



2/\$7
8 Oz.
Selected Varieties
Old Dutch Crunch Chips



11⁹⁹
40 Oz.
Wright Brand Sliced Bacon



8⁹⁹
40 Oz., Individually Fresh Frozen
**Tyson Boneless
Skinless Chicken Tenders**



7⁹⁹
30 Oz.
Oscar Mayer Value Size Beef Hot Dogs



4⁹⁹ lb.
**Grillmaster
Ribs or Bites**

PRODUCE FRESH from the Farm!



3⁹⁹
Pint
Blueberries
or 6 Oz. Driscoll's
**Raspberries or
Blackberries**



3⁴⁹
3 lb. Bag, Michigan
**Red Delicious, Fuji,
Pink Lady or
Gala Apples**



3²⁹
2 lb. Bag
**SUNKIST
RASPBERRY NAVELS**



59¢ ea.
**Fresh
Avocados**



1⁷⁹ lb.
**Tomatoes
On the Vine**



3⁹⁹ ea.
**Fresh
Cantaloupes**



2⁹⁹
6 Ct.
**Mini
Cucumbers**



2/\$5
5-12 Oz.
Selected Varieties
**Dole
Salad Blends**

Not Available at All Locations.



9⁹⁹ lb.
Roast Beef



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



5⁹⁹
8 Oz.
Athenes Traditional Chunk Feta Cheese



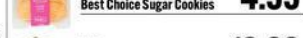
3⁴⁹
4.2 Oz., Selected Varieties
Babybel Mini Cheese



1⁹⁹
12 Oz., Selected Varieties
Tostitos Pita Bread



4⁹⁹
12 Ct.
Best Choice Sugar Cookies



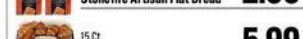
16⁹⁹
24 Oz.
Funfetti Ice Cream Cake



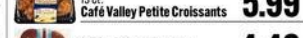
2⁹⁹
14 Oz.
Stonefire Artisan Flat Bread



5⁹⁹
15 Ct.
Café Valley Petite Croissants



4⁴⁹
4-6 Ct., Selected Varieties
Pretzella Burger Buns



2⁹⁹
13.5 Oz., Selected Varieties
Shirley's No Bake Cookies



3⁴⁹
Half Gallon
Selected Varieties
AE Chocolate Milk



2/\$4
12 Oz.
Selected Varieties
AE Cottage Cheese