



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!



Pork Roast

2⁹⁹ lb.



Country Style
Pork Ribs

3⁴⁹ lb.

Pork Steak

3¹⁹ lb.

Grillmaster
Ribs or Bites

4⁹⁹ lb.



2⁷⁹ lb.

Fresh
Boneless
Skinless
Chicken Breast



4⁹⁹ lb.

Family Pack
Fresh
Ground
Chuck

USDA Choice, Family Pack
Boneless Beef
Ribeye Steaks

14⁹⁹ lb.

2/\$6

10 Oz.
Selected Varieties
On the Border
Chips



2/\$15

23-30 Oz.
Selected Varieties
Lotzza Motzza
Pizza



FIRST OF THE Season!

2⁹⁹

6 Oz.
Driscoll
Raspberries or
Blackberries

3⁴⁹

3 Lb.
Navel
Oranges

PICKED AT Peak!

2⁹⁹ lb.

Crisp
Green
Asparagus

3/\$2 ea.

Ripe
Fresh
Avocados

5⁹⁹

Gallon
Selected Varieties
AE Chocolate
Milk



BUY 5 SAVE \$5

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



2.49 EA
-1.00

10-14.75 Oz.
Selected Varieties
Post Cereal

1.49 EA



13.99 EA
-1.00

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

12.99 EA



2.99 EA
-1.00

5-9 Oz. Selected Varieties
Kraft Shreds
or Chunks

1.99 EA

3⁴⁹

24 Oz.
Selected Varieties
AE Sour
Cream



Hot DEAL

99¢

12.16 Oz.
Selected Varieties
Creamette
Pasta



2/\$10

14.1-29.3 Oz.
Selected Varieties
DiGiorno
Pizza



2/\$7

24-28 Oz.
Selected Varieties
Banquet
Family Size
Entrées



4/\$5

14.5-15.25 Oz.
Selected Varieties
Libby's
Vegetables

2/\$7

10 Oz.
Selected Varieties
Sterlings
Chips



2/\$5

24.75 Oz. (3 Liter) Bottles
Niacora
Water



2/\$5

5-9 Oz. Selected Varieties
Frito-Lay
Lay's Chips



2/\$8

9-10.75 Oz. Selected Varieties
Frito-Lay
Doritos



16⁹⁹

34.5 Lb. Original
Kingsford
Charcoal

BUY 5 SAVE \$5

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



2.99 EA
-1.00

48 Oz. Selected Varieties
Blue Ribbon
Classics Frozen
Dairy Dessert

1.99 EA

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

BUY 5 SAVE \$5

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



2.99 EA.
-1.00

7.8 Oz. Selected Varieties Kellogg's Pop-Tarts or Rice Krispies Treats

1.99 EA



2.99 EA.
-1.00

10 Oz. Selected Varieties Kool-Aid Jammers

1.99 EA



3.49 EA.
-1.00

8 Oz. Selected Varieties Philadelphia Cream cheese

2.49 EA



3.69 EA.
-1.00

6.4-7 Oz. Selected Varieties Kraft Cracker Cuts or Cubes

2.69 EA



4.49 EA.
-1.00

6.5 Oz. Selected Varieties Philadelphia Cheesecake Crumbles

3.49 EA



4.49 EA.
-1.00

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

3.49 EA



6.79 EA.
-1.00

24-32 Oz. Selected Varieties Edwards Pies

5.79 EA



2.99 EA.
-1.00

4-10 Oz. Selected Varieties Betty Crocker Fruit Snacks, Nature Valley or Fiber One Bars

1.99 EA



3.99 EA.
-1.00

10.7-12 Oz. Selected Varieties Kraft Singles

2.99 EA



7.99 EA.
-1.00

32 Oz. Selected Varieties Velveeta Loaf

6.99 EA



6.99 EA.
-1.00

6 Pl. Selected Varieties San Pelligrino Flavored Water

5.99 EA



4.99 EA.
-1.00

18-48 Oz. Selected Varieties Chobani Creamer or Flips

3.99 EA



3.99 EA.
-1.00

24-48-74-8 Oz. Selected Varieties Totino's Pizza Rolls

2.99 EA



5.49 EA.
-1.00

35-37 Oz. Selected Varieties Mrs. Smith's Fruit Pies

4.49 EA



2.99 EA.
-1.00

7.8-9 Oz. Selected Varieties Chex Mix, Bugles or Garden of Eatin's

1.99 EA



2.99 EA.
-1.00

4 Oz. Selected Varieties Jell-O Gelatin or Pudding

1.99 EA



3.99 EA.
-1.00

24 Oz. Selected Varieties Dairy Sour Cream or Cottage Cheese

2.99 EA



2.69 EA.
-1.00

4.9-5.57 Oz. Selected Varieties Pringles Chips

1.69 EA



3.49 EA.
-1.00

18.56-20.6 Oz. Selected Varieties Tony's Pizza

2.49 EA



6.49 EA.
-1.00

18-24 Oz. Selected Varieties Pagoda Appetizers

5.49 EA



2.99 EA.
-1.00

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

1.99 EA



2.99 EA.
-1.00

10 Oz. Selected Varieties Eggo Waffles

1.99 EA



3.49 EA.
-1.00

8.1-24 Oz. Selected Varieties Classico Pasta Sauce

2.49 EA



3.99 EA.
-1.00

7.5-15 Oz. Selected Varieties Town House, Club, Cheez-It Crackers or Keebler Grahams

2.99 EA



9.49 EA.
-1.00

12 Oz. Selected Varieties Gevalia Ground Coffee

8.49 EA



2.99 EA.
-1.00

16 Oz. Selected Varieties Kraft Salad Dressing

1.99 EA



8.49 EA.
-1.00

45-48 Oz. or 24 Oz. Selected Varieties OxiClean Stain Remover

7.49 EA



1.99 EA.
-1.00

6.49-10.25 Oz. Selected Varieties Smart Ones Entrées

99¢ EA



4.49 EA.
-1.00

16-19 Oz. Selected Varieties Louisa Toasted or Stuffed Ravioli

3.49 EA

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

BIG FLAVOR, Made Easy



3³⁹

15 Oz.
Selected Varieties
Kikkoman Soy or Teriyaki Sauce



4²⁹

12 Oz.
Selected Varieties
Texas Roadhouse Sauces



4⁷⁹

20 Oz.
Selected Varieties
Buffalo Wild Wings Sauces

Home & Health ESSENTIALS



50-104 Ct.
Selected Varieties
Huggies Diapers or Pull-Ups
29⁹⁹



56-64 Ct.
Selected Varieties
Huggies Wipes

2⁷⁹



12 Rolls
Selected Varieties
Flora Bath Tissue

7⁹⁹



6 Rolls
Flora Paper Towels

7⁹⁹



30-50 Ct.
Selected Varieties
Glad Freezer Bags

2⁹⁹



73 Oz.
Selected Varieties
All Laundry Detergent

12⁹⁹



66.1 Oz.
+ SuperFresh
Snuggie Fabric Softener

7⁹⁹



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

5⁹⁹



15.4-25 Lb.
Selected Varieties
Fresh Step Cat Litter

14⁹⁹



3.5 Lb.
Selected Varieties
Kibbles 'n Bits Dog Food

6⁷⁹

FIND MORE Savings DOWN EVERY AISLE



9-12.7 Oz. or 12 Ct.
Selected Varieties
Caddy Packs

5.99



Gallon
Selected Varieties
Pure Life
Water

1.99



6 Pk.
Selected Varieties
Jolly Time
Popcorn

4.49



18 Oz.
Selected Varieties
Best Choice
BBQ Sauce

1.89



12 Oz.
Selected Varieties
Best Choice Brown,
Honey or Dijon Mustard

1.89



5 Oz.
Selected Varieties
Best Choice Chunk
Light Tuna

79¢



16 Oz.
Selected Varieties
Pompeian
Olive Oil

6.49



1.41-2.75 Oz.
Selected Varieties
Pioneer Roasted
or White Gravy Mix

4/\$5



2.99
28-32 Oz., Selected Varieties
Best Choice Pancake
or Waffle Mix



2.99
24 Oz., Selected Varieties
Best Choice
Syrup



2.29
6-8 Ct. or 16 Oz., Selected Varieties
Best Choice Garlic Bread, Texas
Toast, Bread Sticks or Dinner Rolls

2/\$5
2 lb.
Selected Varieties
Best Choice
Brown or
Powdered Sugar

3.19
4 lb.
Best Choice
Granulated
Sugar



2.49
16 Oz.
Original
Best Choice
Whipped Topping

1.69
12-16 Oz.
Selected Varieties
Best Choice
Lasagna Pasta



BUY 5 SAVE \$5

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



169 Oz.
Lavender
Fabuloso
All-Purpose
Cleaner
10.99 EA.
-1.00
9.99 EA.



100-1005 Oz.
Selected Varieties
Suavitel Liquid
Fabric Softener

8.99 EA.
-1.00
7.99 EA.



70 Ct.
Selected Varieties
Suavitel
Fabric Softener
Sheets

3.29 EA.
-1.00
2.29 EA.



90 Oz.
Lemon or Orange
Ajax Ultra
Dish Detergent

6.29 EA.
-1.00
5.29 EA.



20 Oz.
Selected Varieties
Softsoap
Body Wash

4.99 EA.
-1.00
3.99 EA.



4.2 Oz.
Selected Varieties
Colgate 360
Toothpaste

3.99 EA.
-1.00
2.99 EA.



28.6-30 Oz.
Selected Varieties
Irish Spring Bar
Soap or Body Wash

5.99 EA.
-1.00
4.99 EA.



3-4.2 Oz. or 2 Pk.
Selected Varieties
Colgate
Toothpaste

5.99 EA.
-1.00
4.99 EA.



9-14 Oz.
Selected Varieties
DeVour Entrées
or Big Bowls

3.79 EA.
-1.00
2.79 EA.



19.8-22.2 Oz.
Selected Varieties
HomeBake
Main Entrées

9.99 EA.
-1.00
8.99 EA.



15.5-22.2 Oz.
Selected Varieties
HomeBake
Side Dishes

5.99 EA.
-1.00
4.99 EA.



4 Oz.
Selected Varieties
Betty Crocker
Potatoes

1.99 EA.
-1.00
99¢ EA.



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

3.49 EA.
-1.00
2.49 EA.



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

1.99 EA.
-1.00
99¢ EA.



6-10 Ct.
Selected Varieties
Maxwell House or
Gevalia K-Cups

7.99 EA.
-1.00
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!

<p>2/\$7 10-17.3 Oz. Selected Varieties Kroger's Cereal</p>	<p>3.49 64 Oz. or 8 Ct. Selected Varieties Juicy Juice</p>	<p>4.99 8-19.5 Oz. Selected Varieties Nabisco Family Size Cookies or Crackers</p>	<p>2/\$7 8 Ct. Selected Varieties Orville Redenbacher's Popcorn</p>
<p>2/\$3 11.9-16.3 Oz. Selected Varieties Betty Crocker Cake or Brownie Mix or Frosting</p>	<p>2/\$5 14.5-15.25 Oz. Selected Varieties Libby's Canned Fruit</p>	<p>4/\$5 1.62-3.3 Oz. or 2 Ct. Selected Varieties Cheez-It, Pringles, Pop-Tarts or Rice Krispies Treats Grab & Go</p>	<p>2/\$5 2.2-3.5 Oz. Selected Varieties Hershey's King Size Candy Bars</p>

BUY 5 SAVE \$5

Save \$5 instantly when you purchase participating products!

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

<p>6.49 EA -1.00 5.49 EA 8.5-10 Oz. or 10 Ct., Selected Varieties Folgers Ground or K-Cup, Pilon or Café Bustello Brick Pack Coffee</p>	<p>4.99 EA -1.00 3.99 EA 32 Oz. Heinz Ketchup</p>	<p>5.49 EA -1.00 4.49 EA 10-30 Oz., Selected Varieties Kraft Miracle Whip</p>
<p>4.99 EA -1.00 3.99 EA 23-30 Oz., Selected Varieties Kraft Mayo/aise</p>	<p>4.49 EA -1.00 3.49 EA 4-5 Pk., Selected Varieties Kraft Macaroni & Cheese or Spirals</p>	<p>4.99 EA -1.00 3.99 EA 2-4 Pk., Selected Varieties Kraft or Velveta Macaroni & Cheese Cups</p>

DAIRY

<p>2.99 22.5 Oz., Selected Varieties Planet Oat Oat Milk or Creamer</p>	<p>10/\$12 4.5-5.3 Oz., Selected Varieties Dannon Oikos, Light & Fit or Too Good Yogurt</p>	<p>3.49 14-50 Oz. Selected Varieties Coffee-mate Cold Foam, Iced Coffee or Creamer</p>
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<p>1.99 4-12 Oz. Selected Varieties Pillsbury Grand! Biscuits, Crescents or Cinnamon Rolls</p>	<p>7.79 88 Oz. Selected Varieties Florida's Natural Orange Juice</p>	<p>4.49 32-64 Oz. Selected Varieties International Delight Iced Coffee, Silk or Dunkin' Donuts Creamer</p>	<p>Chill DEALS</p> <p>2/\$5 7-8 Oz. Selected Varieties Kraft Natural Slices</p>
<p>2.99 12.8 Oz. Turkey Hill Lemonade, Sweet Tea or Fruit Punch</p>	<p>2/\$3 3-5.3 Oz. Selected Varieties Yogurt Ratio or Dai Yogurt</p>	<p>2.99 14-18 Oz. Selected Varieties Country Crock Spread or Plant Butter</p>	<p>3.99 32 Oz. Galbani Ricotta a Cheese</p>

<p>2.79 10 Ct. Best Choice Hashbrown Patties</p>	<p>1.99 6 Ct. Best Choice Mini Cob Corn</p>	<p>2.99 15 Oz. Best Choice Rolled Pie Crust</p>	<p>2.99 10 Oz. Best Choice String Cheese</p>	<p>2.29 6.5 Oz., Selected Varieties Best Choice Whipped Topping</p>
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Frozen

<p>2.29 9-14 Oz. Selected Varieties Picsweet Farms Favorites or Southern Classics</p>	<p>5.99 24 Oz. Selected Varieties Banquet MEGA Chicken Fillets</p>	<p>9.99 60 Oz. Selected Varieties Farm Rich Meatballs</p>
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<p>3.99 9-11 Oz., Selected Varieties Healthy Choice Entrées or Bowls</p>	<p>5.49 16 Oz., Selected Varieties Hungry-Man Selects Dinners</p>	<p>5.29 18 Oz., Selected Varieties White Castle Burger Bites</p>
<p>14.99 78-90 Oz. Marie Callender's Lasagna or Dolly Parton's Macaroni & Cheese</p>	<p>7.99 22-24 Oz., Selected Varieties Bertolli Frozen Meals</p>	<p>2.99 12-14-16 Oz., Selected Varieties Mrs. T's Pierogies</p>
<p>2.99 12 Oz., Selected Varieties Farm Rich French Toast Sticks</p>	<p>3.99 5.25-12 Oz. or 4 Ct., Selected Varieties MorningStar Farms Entrées</p>	<p>2.99 10-17 Oz. Selected Varieties Birds Eye Vegetables</p>

PREMIUM QUALITY Meat Selections



18.4-23 Oz., Selected Varieties
SMITHFIELD
MARINATED PORK
TENDERLOINS **4.99** ea.



THINLY SLICED
RIBEYE FOR
SANDWICHES **15.99** lb.



GOURMET
PUB BURGERS **6.99** lb.



Boneless
Pork Chops **3.49** lb.



Fresh
Baby Back
Pork Ribs **3.99** lb.



USDA Choice
Boneless Beef
Stew Meat **7.99** lb.



12 Oz., Selected Varieties
Jimmy Dean
Sliced Bacon **3.69**



3.99
12-16 Oz., Selected Varieties
Bob Evans Sausage
Rolls, Links or Patties



5.99
12.8-22.8 Oz., Selected Varieties
Jimmy Dean Breakfast
Sandwiches, Snacks
or Hashbrowns

2.99
16 Oz., Selected Varieties
Oscar Mayer Econowell
Lunch Meats

7.99
28 Oz., Selected Varieties
Johnsonville Family
Pack Smoked Sausage

2.99
24 Ct., Party Pack
Holten's Quarter
Pound Beef Patties

5.49
15 Oz., Selected Varieties
Oscar Mayer Beef
Hot Dogs

10.99
38 Oz., Family Pack
Johnsonville Original
or Beer Bratwurst

5.49
14-18 Oz., Turkey or Angus Beef
Oscar Mayer
Natural Franks

2/\$7
9 Oz.,
Steak-umm Steak
Sandwiches

4.99
32-40 Oz., Selected Varieties
Bar-S Smoked
Sausage

6.99
40 Oz., Individually Fresh Frozen
Tyson Chicken Wing
Sections

PRODUCE FRESH from the Farm!



4.99 ea.
3 lb. Bag
Poppies Mandarin
Oranges



1.49 lb.
Washington
Cosmic Crisp
Apples



39¢ ea.
14 Oz.
Fresh Express Coleslaw



4.99 lb.
Fresh
Sumo
Mandarins



99¢ ea.
Crisp
Hothouse
Cucumbers

1.99 ea.
9-12 Oz., Selected Varieties
Fresh Express
Salads

3.49 ea.
8 Oz., Chunked
Cantaloupe,
Pineapple or
Watermelon

2.89 lb.
Ripe
Heirloom
Tomatoes

1.99 ea.
5 lb. Bag, Gold or Red
Best Choice Potatoes

1.69
3 lb. Bag
Yellow Onions

3.99 lb.
10.35-13.5 Oz., Selected Varieties
Taylor Farms Chopped Salad Kits

99¢
Extra Large
Green Bell Peppers

2.99
12 Oz., Selected Varieties
Chick-fil-A Salsa or Dressings

2.79
8 Oz., Selected Varieties
Yo Quiero! Dips

3.79
4-5 Oz., Selected Varieties
Fresh Gourmet Croutons

Deli & Bakery

7.99 lb.
Sliced to Order, Selected Varieties
Kretschmar Turkey Breast

10.99
32 Oz., Variety Sampler
The Father's Table Cheesecake

6.99 lb.
Sliced to Order
Colby or Cheddar Cheese

12.99
16 Oz.
Jenny Lee Chunky Cinnamon Bread

7.49
12 Oz., Selected Varieties
Kretschmar Cheese Platters

4.99
30 Oz.
Rich's Double Layer Cookies
and Creme Cake

4.99 lb.
Selected Varieties
Tyson Boneless Wings

4.99
8 Ct.
Bakerly Brioche Dinner Rolls

3.99
8 Oz.
Olson's Sliced Angel Food Loaf

5.49
10 Oz., Selected Varieties
Ann Marie's Sugar-Free Mini Muffins

BUY 5 SAVE \$5

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4.99 ea. -1.00
3.99 ea.

Oscar Mayer Shaved Lunch Meats WITH PURCHASE OF 5 PARTICIPATING PRODUCTS

3.79 ea. -1.00
2.79 ea.

Oscar Mayer Salami or Bologna Stack Packs WITH PURCHASE OF 5 PARTICIPATING PRODUCTS

3.79 ea. -1.00
2.79 ea.

Oscar Mayer Hot Dogs WITH PURCHASE OF 5 PARTICIPATING PRODUCTS

REST UP & LIVE!

2/\$6

13 Oz., Selected Varieties
Old Dutch Restaurante Chips

16.99

750 mL, Selected Varieties
Tito's Vodka

28.99

750 mL, Selected Varieties
Jack Daniel's Whiskey

5.99

6 PK./24 Oz. Bottles
Selected Varieties
Pepsi Products