



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!



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!



GET THE APP

ROAST BONANZA!



USDA Choice
**Boneless Beef
Arm Roast**

6.99
lb.

USDA Choice, Family Pack
**Boneless Beef
Arm Steaks**

7.99
lb.

**Pork Shoulder
Roast**

2.49
lb.

Market Fresh, Family Pack
**85% Lean
Ground Beef**

5.99
lb.



Whole in Bag
**Boston Butt
Pork Roast**

2.19
lb.



4.99 Smithfield
18-4-23 Oz.
Selected Varieties
Smithfield
Marinated Pork
Tenderloins



2.99
lb.

Smithfield
Whole or Half
Spiral Slice
Hams

2/\$6

24 Oz.
Selected Varieties
**AE
Yogurt**



3.99

24 Oz.
Selected Varieties
**AE Cottage
Cheese**



2/\$6

8 Oz.
Selected Varieties
**UTZ Potato
Chips**



FIRST OF THE Season!



1.99
lb.
Imported
**Red or Green
Seedless
Grapes**

PICKED AT Peak!



3.99
4 lb. Bag
**Navel
Oranges**

3.49
lb.
3 lb. Bag
**Navel
Oranges**

10-10.1 Oz., Regular or Light
Fresh Express Caesar Salad Kit

1.99

2/\$4

8 Ct.
Selected Varieties
**Best Choice
Buns**



WEEKLY Savings!



2.49

11 Oz. Pebbles, 12.5 Oz. Honey Corn, 12.25
14 Oz. Honey Oats, 13.5 Oz. Vanilla Cereal,
14.25 Oz. Golden Crisp, 12.25 Oz. Honey
Mail S'mores or 10 Oz. Oreo Puffs

Post Cereal



2/\$8

19-18.8 Oz. Cheerios, 16.1 Oz. Tix,
18.8 Oz. Cinnamon Toast Crunch, 18.6 Oz.
Lucky Charms, 12.7 Oz. Raisin Puffs, 18.1 Oz.
Cocoa Puffs or 18.3 Oz. Cookie Crisp

General Mills
Cereal

7.99

23-30 Oz.
Selected Varieties
**Lotzza Motzza
Pizza**



2/\$6

13 Oz.
Selected Varieties
**Old Dutch
Tortilla Chips**



Hot DEAL

6.99

2-12 Rolls, Selected Varieties

**Viva and Scott
Paper Towels or Scott
and Cottonelle Bath Tissue**



3.99

48-48 Oz.
Selected Varieties
**Blue Bunny
Ice Cream**



8.4 Oz.
Selected Varieties
**SunnyD
Punch**

1.79



14-20 Oz., Selected Varieties
Arby's Curly Fries

3.99



18.3 Oz. 30cs.
Selected Varieties
**Tom Stone
Pizza**

2/\$7



5.5-8.25 Oz.
Selected Varieties
**Frito-Lay
Cheesitos or Fritos**

2/\$7



5.3 Oz.
Selected Varieties
**Chobani
Yogurt**

10/\$10

3.99

6-9 Oz., Selected Varieties
**Blue Bunny Ice
Cream Sandwiches,
Cones or Bars**



www.northenglish.freemanfoods.net
www.wellman.freemanfoods.net

PRICES EFFECTIVE TUESDAY, MARCH 17 - MONDAY, MARCH 23, 2026

GREAT DEALS DOWN Every Aisle!

269
21.7-28 Oz.
Selected Varieties
Bush's Best
Baked Beans

4/\$5
2.6-3 Oz.
Selected Varieties
StarKist
Tuna Pouches

319
12 Oz.
Selected Varieties
StarKist
Chunk Light Tuna

4/\$5
5.5-7.25 Oz.
Selected Varieties
Kraft Macaroni & Cheese, Premiums or Shapes

2/\$6
15-24 Oz.
Selected Varieties
Bertolli
Pasta Sauce

219
12-14.5 Oz.
Selected Varieties
No Yolks
Noodles or Protein Pasta

199
4.6-4.8 Oz.
Selected Varieties
Idahoan
Hash Browns or Protein Potatoes

299
12-15 Oz.
Selected Varieties
Kraft
Mayonnaise

399
12-15 Oz.
Selected Varieties
Kraft
Miracle Whip

319
28 Oz.
Selected Varieties
Sweet Baby Ray's
BBQ Sauce

529
24 Oz.
Selected Varieties
Hidden Valley Ranch
Salad Dressing

89¢
4.6 Oz.
Original
Armour
Vienna Sausage

2/\$6
27 Oz.
Selected Varieties
Glory, Allens or Margaret Holmes
Vegetables

399
12 Oz.
Selected Varieties
SPAM
Luncheon Meat

TACO BELL SAVINGS FIESTA

249
12 Oz.
Taco Bell
Crunchy Taco Shells

199
7.5-12 Oz.
Selected Varieties
Taco Bell Sauces or Spicy Sauces

299
8.85-14.8 Oz.
Selected Varieties
Taco Bell Dinner Kits

6.99
12.8-22.6 Oz.
Selected Varieties
Taco Bell Craving Kits

89¢
1-1.4 Oz.
Selected Varieties
Taco Bell Seasoning

3.99
15-15.7 Oz.
Selected Varieties
Taco Bell Dips

3.29
15 Oz.
Selected Varieties
Taco Bell Con Queso

SAVE ON Home & Health

7.49
4-8 Rolls
Selected Varieties
ANGEL SOFT
BATH TISSUE OR
SPARKLE PAPER
TOWELS

299
56-57.6 Oz., Selected Varieties
XTRA
LAUNDRY DETERGENT

529
48-56 Oz., Selected Varieties
FABULOSO
ALL-PURPOSE CLEANER

299
20 Oz.
Selected Varieties
Palmolive
Dish Soap

1349
14 Lb.
Selected Varieties
Gravy Train
Dry Dog Food

3/\$4
13.2 Oz.
Selected Varieties
Gravy Train
Wet Dog Food

89¢
1.4 Oz.
Selected Varieties
Purrfect
Cat Broth

BIG FLAVOR, Made Easy



3²⁹
21 Oz.
Success
Boil-In-Bag
White Rice



4/\$5
5 Oz.
Bumble Bee
Solid White
Albacore Tuna



1⁷⁹
15 Oz.
Selected Varieties
Libby's
Country Gravy



2⁷⁹
4.5 Oz.
Selected Varieties
Swanson Chunk
White Chicken

Hot DEALS



3.99
10 Ct.
Selected Varieties
Capri-Sun
Fruit and
Veggie Blends



2/\$5
64 Oz.
Selected Varieties
Capri-Sun
Multi-Serve

Home & Health ESSENTIALS



2 Ct.
Lysol
Toilet Bowl
Cleaner
3⁹⁹



46 Oz.
Selected Varieties
Suavitel
Fabric Softener
4²⁹



50 Ct.
Selected Varieties
Glad
Storage Bags
2/\$3

BIG SAVINGS Across the Store!



4.19

16.9 Oz.
Selected Varieties
**Bertolli d'Italia
Pasta Sauce**



1.99

8.8-16 Oz.
Selected Varieties
**Barilla
Pasta**



2.99

32 Oz.
Selected Varieties
**Creamette
Pasta**



32 Ct.
Selected Varieties
**Green Mountain
Family of Brands
K-Cup Coffee**

21.99



12 Oz.
**Kraft
Chipotle Aioli**

3.99



14 Oz.
Selected Varieties
**Blue Diamond
Almonds and More**

9.99



12-48 Ct.
Selected Varieties
**Poise Pads
or Liners**

7.49

BEST CHOICE Favorites



2.99

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



2.99

24 Oz.
Selected Varieties
**Best Choice
Syrup**



14.5-15.25 Oz.
Selected Varieties
Best Choice Fruit

2.19



16.3 Oz.
**Best Choice
Fudge Brownie Mix**

1.69



2.29

8 Ct.
Selected Varieties
**Best Choice
Toaster Pastry**



1.69

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



1.99

12 Oz., Selected Varieties
**Best Choice
Tartar or
Cocktail Sauce**



1.99

8-15 Oz.
Selected Varieties
**Best Choice
Bread Crumbs**



89¢

3.3-3.9 Oz.
Selected Varieties
**Best Choice
Gelatin or
Instant Pudding**



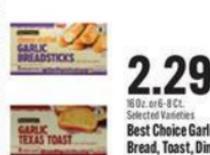
1.79

30 Ft.
**Best Choice
Aluminum Foil**



3.19

4 Lb.
**Best Choice
Granulated
Sugar**



2.29

10-16 or 6-8 Ct.
Selected Varieties
**Best Choice Garlic
Bread, Toast, Dinner
Rolls or Breadsticks**



2.79

10 Ct. or 28-32 Oz.
Selected Varieties
**Best Choice
Hash Brown
Potatoes**



1.99

6 Ct.
**Best Choice
Mini Corn on
the Cob**



3.99

16 Oz.
Selected Varieties
**Best Choice
Butter**



2.69

24 Oz.
Selected Varieties
**Best Choice
Cottage
Cheese**

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

1.25

4.5-8.0 Oz.
Selected Varieties
Knorr Pasta
or Rice Sides



4.99

11.5-19.5 Oz.
Selected Varieties
Nabisco Family
Size Cookies or
Crackers



2/\$6

for
8.8-12.6 Oz.
Selected Varieties
Kellogg's
Cereal



4.79

40 Oz.
Selected Varieties
Mazola
Cooking Oil



4.19

28 Oz.
Minute
White Rice



8.99

12.91-13.79 Oz.
Selected Varieties
Pringles
Snack Stacks

1.99

3 Ct., Selected Varieties
Act II
Popcorn



3.49

64 Oz. or 2 Ct.
Selected Varieties
Juicy Juice



9.99

15 Fl.
Selected Varieties
SunnyD
Punch



2.99

8 Ct., Selected Varieties
 Keebler
Sandwich Crackers



2.49

2.87-5.12 Oz.
Selected Varieties
Frito-Lay
Mini Canisters



2/\$4

5.5-5.75 Oz.
Selected Varieties
Frito-Lay
Lay's Stax



3.79

18.5-20 Oz., Selected Varieties
Ghirardelli
Brownie Mix



DAIRY

4.49

46-52 Oz.
Selected Varieties
Simply
Juice



3/\$5

4-12 Oz., Selected Varieties
 Pillsbury Grand!
Crescents, Cinnamon
Rolls or Flaky Layer
Biscuits



3.99

8.3-12 Oz.
Selected Varieties
Frito Snack
Kits or
String Cheese



3.59

12 Oz.
Selected Varieties
Kraft
String Cheese



7.99

21.8-22.5 Oz.
Selected Varieties
Rana Asian
Take Home Meals



2.69

17.7 Oz.
Selected Varieties
Lender's
Bagels



12.99

39-49 Oz.
Selected Varieties
Rana Take
Home Bakes



4.79

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



6.99

24 Oz.
Selected Varieties
Kraft Streds
or Chunks



6.99

28 Oz.
Selected Varieties
Rana
Family Size
Pasta



4.49

15 Oz.
Kraft Ball
Deluxe American
Slices



5.49

2 Fl., 18 Oz.
Selected Varieties
Kraft
Philadelphia
Cream Cheese



Frozen

1.79

10-10.8 Oz.
Selected Varieties
Birds Eye
Vegetables



3/\$9

8.8-12.75 Oz.
Selected Varieties
Stouffer's
Entrées



5.49

28 Oz.
Selected Varieties
Birds Eye
Voita! Entrées



6.99

40 Oz.
Selected Varieties
Chef Boyardee
Entrées



1.19

16-, Selected Varieties
Banquet Fruit
or Pot Pies
or Swanson
Chicken Pot Pie



3.99

8.5-9 Oz.
Selected Varieties
Cholula Bowls
or Entrées



2/\$5

9-12 Oz.
Selected Varieties
Super Pretzel
Pretzels



14.99

19-30 Oz.
Marie Callender's
Lasagna or
Dolly Parton's
Macaroni & Cheese



2/\$6

19.5-30 Oz.
Selected Varieties
Marie Callender's
Large Pot Pies
or Dinners



3.99

8.8-11.72 Oz.
Selected Varieties
Red Baron
Pizza Singles



2/\$6

20 Oz.
Selected Varieties
Michelina's
Pizza Rolls



8.99

4.8 Oz.
Farn Rich
Mozzarella
Sticks



2.29

8-14 Oz.
Selected Varieties
Picsweet Farms
Favorites or
Southern Classics
Vegetables



5.49

20-26 Oz.
Selected Varieties
Farn Rich
Meatballs



2/\$6

20 Oz.
Selected Varieties
Michelina's
Pizza Rolls



2.79

PREMIUM QUALITY Meat Selections



USDA Choice, Family Pack
BEEF FLAT IRON STEAKS **8⁹⁹** ¢/lb



Family Pack
PORK STEAKS **2⁹⁹** ¢/lb



Family Pack
COUNTRY STYLE RIBS **3⁴⁹** ¢/lb



Family Pack
Chicken Drumsticks **99^c** ¢/lb



Family Pack
Chicken Thighs **1²⁹** ¢/lb



Storemade
Pork Burgers **5⁴⁹** ¢/lb



Ribeye Steaks **14⁹⁹** ¢/lb



24 Oz. Selected Varieties
Smithfield Quarter Boneless Ham **7⁹⁹** ¢/lb



12 Oz. Selected Varieties
Jimmy Dean Bacon **3⁶⁹** ¢/lb

3⁹⁹ 14 Oz., Selected Varieties
Zatarain's Smoked Sausage
2/\$7 10-15 Oz., Selected Varieties
Cacique Crema
2/\$6 24 Oz., Selected Varieties
Simply Potatoes Side Dishes

5⁹⁹ 14 Oz., Selected Varieties
Scott Pete Beef Franks
2/\$4 16 Oz., Selected Varieties
Scott Pete Jumbo Meat or Carnival Franks
6⁹⁹ 32 Oz., Selected Varieties
Banquet Brown 'N Serve Sausage Fully Cooked Links

6⁹⁹ 10 Oz., Selected Varieties
Morey's Wild Salmon
5⁴⁹ 16 Oz., Selected Varieties
Sea Best Perch Fillets
2/\$5 3.3 Oz., Selected Varieties
Oscar Mayer Snacking Plates

19-20 Oz., Selected Varieties
HORMEL SIDE DISHES **3⁴⁹** ¢/lb

16 Oz., Selected Varieties
OSCAR MAYER ECONOWELL LUNCH MEATS **2⁹⁹** ¢/lb

19 Oz., Selected Varieties
JOHNSONVILLE FRESH BRATS OR ITALIAN SAUSAGE LINKS **5⁹⁹** ¢/lb

16 Oz., Selected Varieties
BAR-S MEAT FRANKS OR MEAT BOLOGNA **4/\$5**

3 Lb.
JEMM BURGERS CHICAGO STYLE BEEF PATTIES **12⁹⁹** ¢/lb

7-8 Oz., Selected Varieties
SMITHFIELD PRIME FRESH LUNCHEATS **3⁹⁹** ¢/lb

16 Oz., Selected Varieties
FARMLAND HAM STEAKS OR DICED HAM **4⁴⁹** ¢/lb

8-9 10.7 Oz., Selected Varieties
OSCAR MAYER FUN PACK LUNCHEALS **2/\$5**

2-2.3 Oz., Selected Varieties
OSCAR MAYER P3 PORTABLE PROTEIN **2/\$4**

PRODUCE FRESH from the Farm!



4⁹⁹ 3 lb. Big
Cara Cara Oranges



1⁷⁹ ¢/lb 12 9.6 Oz. Selected Varieties
Salsa
Tomatoes On The Vine



3⁹⁹ ¢/ea.
Cantaloupes



79^c ¢/ea.
Cucumbers



69^c ¢/ea.
Small Hass Avocados



2⁹⁹ 8-12 Oz. Selected Varieties
Fresh Express Salad Kit



2/\$5 Premium
Lettuce



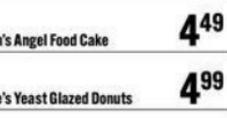
2/\$5 5 lb. Bag
Red or Gold Best Choice Potatoes



5⁹⁹ ¢/lb
Pepper Jack or Cheddar Cheese



4⁹⁹ 8 Oz.
Olson's Angel Food Cake



4⁹⁹ 12 Ct.
Clyde's Yeast Glazed Donuts



5⁹⁹ 14 Oz., Selected Varieties
Snack Factory Pretzel Crisp



3⁹⁹ 24 Ct.
Tourfayan Mini Croissants



8⁹⁹ Single Layer, 18.5 Oz.
Rich's Chocolate Cookies & Creme Cake



3⁹⁹ ¢/lb
Mrs. Gerry's Sweet Pepper Slaw



4⁹⁹ 3 Slices, Quarter Variety
The Father's Table Cheesecake



6⁴⁹ 10-12 Ct., Selected Varieties
Lofthouse Wirecut Cookies



2/\$7 Gallon
Selected Varieties Milo's Tea



22⁹⁹ 1.75 Liter
Selected Varieties Admiral Nelson Rum



250 OFF 24 Pk.
Selected Varieties Busch Light Beer



5⁹⁹ 6 Pk./24 Oz. Bottles
Selected Varieties Pepsi Products



2/\$4 1.25 Liter Bottles
Selected Varieties Pepsi Products