



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!



Chuck Roast

6⁹⁹
lb.



Whole Boneless
Pork Loin

1⁹⁹
lb.

Family Pack
Boneless
Pork Chops

3¹⁹
lb.

Family Pack
Boneless Pork
Country Style Ribs

3⁴⁹
lb.



2⁹⁹
lb.

Boneless
Skinless
Chicken
Breasts



2⁹⁹
lb.

Best Choice
Spiral Sliced
Ham



5⁴⁹
lb.
Storemade
BBQ Pork



2/⁶

8 Oz.
Selected Varieties
Old Dutch
Crunch Chips



2/³

8 Oz.
Selected Varieties
AE
Chip Dips



MOST VALUABLE Produce!

4⁹⁹

3 lb. Bag
Poppies
Mandarin

5 Lb. Bag
Best Choice Russet Potatoes

1⁶⁹



SLAM DUNK Fresh!

99¢
lb.

Washington
Granny Smith, Fuji, Red
Delicious or Pink Lady
Apples

5-6 Oz., Selected Varieties
Fresh Express

2/⁵

Score Big ON WEEKLY FAVORITES



19⁹⁹

BUY 2 & GET 1 FREE!
9-18 Oz. or 14-132 Oz.
Selected varieties
Tide Detergent,
Bounty Paper Towels,
Charmin Bath Tissue or
Cascade

Hot DEAL



3⁴⁹

32 Oz.
Heinz
Ketchup



3⁴⁹

40 Oz.
Vegetable or Canola
Crisco Oil



25-42 Oz.
Selected Varieties
Marie Callender's
Cream or Fruit Pies

FROZEN FOOD MONTH

5⁹⁹

3 DAY Only SALE Friday, March 27 - Sunday, March 29



4.5 & 5.6 Oz.
Sauced Varieties
Michelin's Frozen Entrées

89¢



8 Ct.
Sauced Varieties
Kellogg's Pop-Tarts

99¢



8 Rolls
Sauced Varieties
Flora Bath Tissue

3⁹⁹



2/⁷

7.25-10.75 Oz.
Selected Varieties
Frito-Lay Doritos or
Ruffles

GREAT DEALS DOWN Every Aisle!



2.05-2.39 Oz.
Original
**Kraft or Velveeta
Macaroni & Cheese Cups** **2/\$3**



8 Oz.
Selected Varieties
**Kraft
Salad Dressing** **1⁰⁰**



22-27.9 Oz.
Selected Varieties
**Maxwell House
Coffee or Decaf** **10⁴⁹**



2/\$6
7.5-16 Oz.
Selected Varieties
**Zesta Saltine
Crackers**



2/\$8
8-12 Oz.
Selected Varieties
**Hershey's
Baking Chips**



2/\$4
14.5-15.25 Oz.
Selected Varieties
**Del Monte
Fruit**



2/\$5
9.3-19.1 Oz.
Selected Varieties
**Betty Crocker
Cookie, Muffin
or Premium
Brownie Mix**



2/\$3
12-16 Oz.
Selected Varieties
**Pillsbury
Frosting**



2⁹⁹
2 Lb.
**Crystal Brown
or Powdered
Sugar**



3⁴⁹
4 Lb.
**Crystal
Granulated
Sugar**



4²⁹
12-16 Oz.
Selected Varieties
**Hidden Valley
Ranch Salad
Dressing**



1⁷⁹
0.4-1.1 Oz.
Selected Varieties
**Hidden
Valley Ranch
Dressing Mix**

3⁴⁹
45 Oz.
Selected Varieties
**Ragu
Pasta Sauce**

2⁸⁹
32 Oz., Selected Varieties
**Creamette
Spaghetti or
Elbow Macaroni**

2⁴⁹
32 Oz.
Selected Varieties
**Kitchen Basics
Core Stock**

2⁹⁹
6-10 Oz.
Selected Varieties
**Quaker Instant
Oatmeal**

2/\$5
6-8.8 Oz.
Selected Varieties
**Ben's Original
Ready Rice**

1⁹⁹
9-10 Oz.
Selected Varieties
**Viasic
Relish**

DON'T MISS Deals!



32 Oz., Selected Varieties
**Viasic
Sauerkraut** **3¹⁹**



16-24 Oz., Selected Varieties
**Viasic
Pickles** **2/\$5**

SAVE ON Home & Health



8-12 Rolls, Selected Varieties
**QUILTED NORTHERN BATH TISSUE
OR BRAVNY PAPER TOWELS**

15⁹⁹



32 Oz., Selected Varieties
**FORMULA 409 OR
CLOROX ALL-PURPOSE
CLEANER**

3⁵⁹



32.5 Oz., Selected Varieties
**PALMOLIVE
DISH SOAP**

4⁵⁹



52-100 Ct.
Selected Varieties
**Luvs
Diapers**

18⁹⁹



16 Lb.
Selected Varieties
**Kibbles 'n Bits
Dry Dog Food**

16⁹⁹

GREAT SAVINGS WITH *Great Prices!*

1.49
5.25 Oz. Selected Varieties
David's Sunflower Seeds

4.29
6-10 Ct. Selected Varieties
Orville Redenbacher's Popcorn

2/\$3
2.2-2.4 Oz. Selected Varieties
Ben's Original Rice Cups

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

79¢
1.61 Oz.
Pioneer Brown Gravy Mix

1.29
1.41-1.67 Oz. Selected Varieties
Pioneer Roasted Beef Gravy Mix

4.49
6 Ct., Original
Jiffy Corn Muffin Mix

3.99
8 Oz.
Diamond Chopped Walnuts

32 Oz. Selected Varieties
College Inn Broth

2.19

23-24 Oz. Selected Varieties
Mott's Applesauce

2.99

UNBEATABLE PRICES *Down Every Aisle!*

2/\$5

15 Oz.
Famous Dave's
Corn Bread Mix



3⁷⁹

24 Oz.
Selected Varieties
Famous Dave's
Pickles



2.99

19-20 Oz.
Selected Varieties
Famous Dave's
BBQ Sauce



1.19

1 Oz.
Original
Hormel
Chili
Seasoning



4.99

9.6 Oz.
Selected Varieties
SuperPretzel
Mini Pretzel
Dogs



2.49

10.69-12.21 Oz.
Selected Varieties
Totino's
Ultimate Pizza



5.99

22-24 Oz.
Selected Varieties
Bertolli Multi-
Serve Meals



4.29

8-9.8 Oz.
Selected Varieties
Hola!
Churros



BEST *Choice*



12 Ct.
Selected Varieties
Best Choice
Coffee Pods
5¹⁹



20 Oz.
Selected Varieties
Best Choice
Yellow
Mustard
1³⁹



5 Lb.
Selected Varieties
Best Choice
Flour
2⁴⁹



30 Fl.
Best Choice
Aluminum Foil
1.79



75 Fl.
Best Choice
Wax Paper
1.59



2.99
4.5-6 Oz. Selected Varieties
Best Choice
Stuffed Olives



1.79
5.75-6 Oz. Selected Varieties
Best Choice
Ripe Pitted
Olives



1.39
5 Oz. Selected Varieties
Best Choice
Groutons



3.99
30 Oz. Selected Varieties
Best Choice
Mayonnaise
or Whipped
Dressing



2.49
10-12 Oz. Selected Varieties
Best Choice
Pie Shells



3.49
20-32 Oz. Selected Varieties
Best Choice
Frozen Potatoes



3.99
10-20 Oz. Selected Varieties
Best Choice
Tortellini or
Ravioli



1.29
8 Oz. Selected Varieties
Best Choice
Whipped
Topping



1.79
16 Oz. Selected Varieties
Best Choice
Sour Cream



1.79
8 Oz. Selected Varieties
Best Choice
Cream Cheese

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

3.99

9.5-13 Oz.
Selected Varieties
**Nabisco Chips Ahoy!
Cookies**



2.99

64 Oz.
Selected Varieties
**Old Orchard
Juice**



2.29

1.77-4.2 Oz.
Selected Varieties
**Mars Share
Size Candy**



19.3-19.5 Oz.
Selected Varieties
**Pringles
Snack Stacks**

10.99



5-8.8 Oz.
Selected Varieties
**belVita
Breakfast Biscuits**

3.99



3 Oz.
Selected Varieties
**Act II
Popcorn**

1.99



16 Oz.
Selected Varieties
**Ken's
Salad Dressing**

2.99



9.49

19.1-20 Oz.
Original
**Cheez-It
Crackers**



3.49

6.5 Oz.
Selected Varieties
**Vlasic
Pickle Balls**



4/\$5

2 Oz. or 1.62-3.3 Oz.
Selected Varieties
**Kellogg's Pop-Tarts,
Rice Krispies Treats,
Pringles or Cheez-its
Grab & Go**



6.49

12 Oz. or 30-30 Oz.
Selected Varieties
**Orville
Redenbacher's
Popcorn**



8.3-18 Oz.
Selected Varieties
**Kashi
Cereal**

3.49

DAIRY & Frozen



2/\$5

6-8 Oz.
Selected Varieties
**Sargento
Sliced Shreds**



7.99

69 Oz.
Selected Varieties
**Tropicana
Orange Juice**



2.99

64 Oz.
Selected Varieties
**Silk
Almond Milk**



2.79

16 Oz.
Selected Varieties
**Daisy Cottage
Cheese or Dips**

2.99

12 Oz.
Selected Varieties
**Velveeta
Slices**



3.69

52 Oz.
Selected Varieties
**Florida's
Natural Juice**



2.79

59 Oz.
Selected Varieties
**Florida's Natural
Lemonade**



3.19

8-16 Oz.
Selected Varieties
**P.F. Chang's
It's Not Butter
Spread or Spray**



2.99

8-8 Oz.
Selected Varieties
**Cracker Barrel
Cheese**



2.99

129 Oz.
Original
**Turkey Hill
Lemonade**



2.99

16.9 Oz.
Doritos
**Country Crock
Heavy Whipping
Cream**



2.49

5 Oz.
Selected Varieties
**Galbani
Ricotta**



2.99

8.5-16.95 Oz.
Selected Varieties
**Banquet MEGA
Meals or Bowls**

3.79

6-20 Oz.
Selected Varieties
**Stouffer's
Entrées**

3.49

30-20 Oz.
Selected Varieties
**Mr. Dell's
Hash Browns**



5.99

24 Oz.
Selected Varieties
**Eggo
Waffles**

4.99

8.4 Oz. or 10-12 Oz.
Original
**Eggo Protein
Waffles**

5.99

22 Oz.
Selected Varieties
**P.F. Chang's
Multi-Serve
Meals**



6.99

40-48 Oz.
Selected Varieties
**AloY's or
Checkers
Famous Fries**



1.29

7-8 Oz.
Selected Varieties
**Green Giant
Boil in A Bag
Vegetables**



4.99

15-16 Oz.
**Red Lobster
Frozen Biscuits**



1.99

7.6-10.25 Oz.
Selected Varieties
**Banquet
Classic Dinners**



7.99

20 Oz.
Original
**White Castle
Chicken Rings**



4.49

9 Oz.
Selected Varieties
**White Castle
Hamburger Bites**



4.49

18 Oz.
**Bridgford
Monkey Bread**



8.99

3 Lbs. Family Pack
**Banquet
Boneless
Chicken
Nuggets**



4/\$5

10-16 Oz.
Selected Varieties
**Birds Eye
Steam Fresh
Vegetables**



5.99

9 Oz.
Selected Varieties
**P.F. Chang's
Frozen Meals**



4.49

9 Oz.
Selected Varieties
**Bertolli
Appetizers**

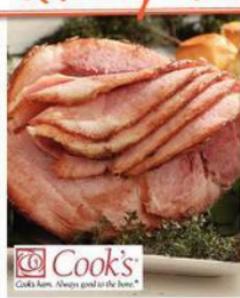


NOTHING BUT GOOD *Quality Meats!*



CHUCK STEAK

749 lb.



COOK'S SHANK PORTION HAM

239 lb.



BEEF SHORT RIBS

799 lb.



Pork Tenderloins

399 lb.



USDA Choice Boneless Beef Stew Meat

779 lb.



Boneless Pork Loin Roast

219 lb.



Cook's Butt Portion Ham

269 lb.



399

10-12 Oz. Selected Varieties
Nathan's Famous Beef Hot Dogs
4/\$5
12 Oz. Selected Varieties
Bar-S Meat Franks or Bologna



499

22 Oz. Selected Varieties
Carl Buddig Mega Size Lunchmeats
399
7-9 Oz. Selected Varieties
Hillshire Farm Lunchmeats



3.99

Gallon Selected Varieties
Milo's Tea

399 12 Oz. Selected Varieties
Smithfield Bacon

999 2 Lb. Selected Varieties
Moo and Oink Sausage Links

399 22.5-24 Oz. Selected Varieties
Fast Fixin' Breaded Chicken Strips, Nuggets or Patties

899 30 Oz. Family Pack
Jimmy Dean Pancake & Sausage

349 16 Oz.
Seafarer Imitation Crab

1199 32 Oz.
Holtzen Smashed Burger Patties

799 18-20.7 Oz. Selected Varieties
El Monterey Tacos

3 DAY ONLY SALE
Friday, March 27 - Sunday, March 29

8.5-14 Oz. Selected Varieties
Eckrich Smoked Sausage **2/\$5**

24 Oz. Selected Varieties
Wright Stack Bacon **699**



19.99

1.75 Liter Selected Varieties
Black Velvet Whiskey

SCORES ON THE BEST *Produce*



449 ea.
Mini Watermelons



40¢ ea.
LEMONS



8 Oz. CANTALOUPE, WATERMELON OR PINEAPPLE CHUNKS

349



499 3 Lb.
TEXAS RED GRAPEFRUIT



199 8 Oz.
White or Cremini Mushrooms



89¢ ea.
Hothouse Cucumbers



399 3 Pk.
Romaine Hearts

299 1 Lb.
Sweet Peppers

69¢ ea. Size Details, Selected Varieties
Hass Avocados

249 8 Oz. Selected Varieties
Yo Quiero! Guacamole

999 36 Oz.
Taylor Farm Vegetables Tray w/ Dip

2/\$5 10-12 Oz. Selected Varieties
Taylor Farm Vegetables

449 12 Oz. Selected Varieties
Chick-Fil-A Dressing

349 2 Lb. Bag.
Avocados

299 450 mL Selected Varieties
Bolthouse Farms Dressing

Deli & Bakery

Not Available at All Locations.

899 Tyson
Rotisserie Chicken

699 lb. Hireschmer
Sliced to Order, Selected Varieties
Kretschmar Salami or Pepperoni

349 5.4 Oz. Selected Varieties
The Laughing Cow Wedges

699 26 Oz. Selected Varieties
Café Valley Ring Cakes

349 4 Ct.
Specialty Bakers Vanilla Creme Horns

599 15 Ct.
Café Valley Petite Croissants

1599 Single Layer, 42.5 Oz.
Rich's Double Layer Carrot Cake

1399 40 Oz.
The Father's Table New York Style Cheesecake

449 12 Oz.
Best Choice Mini Cinnamon Rolls

399 12 Ct. Selected Varieties
Best Choice Mini Cupcakes

2/\$4

1.25 Liter Bottles Selected Varieties
Pepsi Products

3 DAY ONLY SALE
Friday, March 27 - Sunday, March 29

12 Ct., 8 Oz.
Two Bite Raised Iced Mini Donuts **399**

Sliced to Order Selected Varieties
Kretschmar Smoked Ham **599** lb.