



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!



Bagged
Whole Boston Butt Pork Roast
1.99 Lb.

Family Pack
Pork Steaks
2.99 Lb.

USDA Choice
Family Pack
Chuck Steaks
7.99 Lb.

93% Lean
Ground Beef
6.99 Lb.



Family Pack
Chicken Drumsticks
99¢ Lb.



USDA Choice
Boneless Chuck Roast
6.99 Lb.



Ribeye Steak
14.99 Lb.

4.99 Lb.
Grillmaster Ribs



6.99
23-30 Oz.
Selected Varieties
Lotza Motzza Pizza



2/\$6
13 Oz.
Selected Varieties
Old Dutch Tortilla Chips



2/\$7
16 Oz.
Selected Varieties
Cheryl's Salsa



2.29
12 Oz.
Selected Varieties
AE Cottage Cheese



5.99
Gallon
Selected Varieties
AE Chocolate Milk



2/\$8
9-10.75 Oz.
Selected Varieties
Frito-Lay Doritos



2/\$7
7.25-10.25 Oz.
Selected Varieties
Frito-Lay Ruffles



2/\$6
48 Oz.
Selected Varieties
Turkey Hill Ice Cream



FIRST OF THE Season!

2/\$4
1Lb.
Strawberries

PICKED AT Peak!

2.79 Ea.
6 Oz.
Driscoll Raspberries or Blackberries

Red, Yellow or Orange Bell Peppers
99¢ Ea.

3.19 Bag
Dole Russet Potatoes
99¢ Ea.

10 for \$10 Sale! Mix & Match

4.3-7.2 Oz.
Selected Varieties
Rice-A-Roni or Pasta Roni Sides

10 for \$10!

14.5-15 Oz.
Selected Varieties
Chef Boyardee Pasta

10 for \$10!

Hot DEAL

5.3 Oz.
Selected Varieties
Chobani Yogurt

10 for \$10!

4.85-8 Oz. Selected Varieties
Banquet or Swanson Fruit, Pot Pies or Basic Dinners

10 for \$10!

9-17 Oz.
Selected Varieties
Premium Saline Crackers

3.49

32 Oz.
Wet
Ketchup

SAVE 1¢ WHEN YOU BUY 2 QUANTITIES FROM SAME BRAND

2/\$7

9-12 Rolls
Selected Varieties
Flora Bath Tissue or Paper Towels

4.99

3.99
6 Ct., Selected Varieties
Butterfinger, Baby Ruth or 100 Grand Ice Cream Bars

100 GRAND

10 for \$10 Sale!

Mix & Match



10-15 Oz., Selected Varieties
Red Gold Tomatoes or Sauce



0.97 Oz., Selected Varieties
Slim Jim Giant Meat Stick



7-7.6 Oz., Selected Varieties
Martha White Muffin Mix



4.4 Oz., Selected Varieties
No Yolk Side Pouches



1.5-2.8 Oz., Selected Varieties
Kellogg's Cereal Cups



4.8 Oz., Selected Varieties
Mt. Olive Pickle Pouches



20 Ct., Selected Varieties
Lipton Cup Size Tea Bags



6.5 Oz., Selected Varieties
Pillsbury Pizza Crust Mix



4.25 Oz., Selected Varieties
Mike & Ike Theatre Box Candy



1 Liter Bottle, Selected Varieties
Ice Mountain Sparkling Water



1.51-1.69 Oz., Selected Varieties
Quaker Instant Oatmeal Cups



1-2 Oz., Selected Varieties
Post Cereal Cups



1.4 Oz., Selected Varieties
Delicables Cat Treats

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

2.99
15-24 Oz., Selected Varieties
Bertolli Pasta or Pizza Sauce

4/\$5
3.27-3.42 Oz., Selected Varieties
Nissin Ramen Bowls

2/\$5
18 Oz., Selected Varieties
Sweet Baby Ray's BBQ Sauce

3.29
12 Oz., Selected Varieties
Buffalo Wild Wings Sauce

1.49
6 Oz., Selected Varieties
Louisiana Hot Sauce

1.49
20 Oz., Selected Varieties
Hunt's Ketchup

DON'T MIS THESE Deals!

3/\$5
5.5-6 Oz., Selected Varieties
Annie's Macaroni And Cheese

69¢
8 Oz., Selected Varieties
Red Gold Tomato Sauce

SAVE ON Home & Health

16.99

18 Rolls, Selected Varieties
COTTONELLE BATH TISSUE



52 Oz., Selected Varieties
AJAX DISH SOAP

4.29



2.5-3.15 Lb., Selected Varieties
9LIVES DRY CAT FOOD

5.29



2.29

13 Oz., Selected Varieties
NUTRISH WET DOG FOOD



18.99

13.5-16 Lb., Selected Varieties
MEOW MIX DRY CAT FOOD

YOUR WEEKLY ESSENTIALS *For Less*

8⁹⁹
12.91-13.79 Oz.
Selected Varieties
**Pringles
Snack Stacks**

4⁴⁹
6 Ct.
**Jiffy
Corn Muffin Mix**



8 Pk./12 Oz. Cans
Selected Varieties
**Splash
Sparkling Water**

4⁷⁹



4 Oz.
Selected Varieties
**Diamond
Walnuts**

2⁷⁹



4 Pk.
**Starkist
Chunk Light Tuna**

4⁴⁹



16 Oz.
**Pure Life Aluminum
Bottle Water**

1³⁹



2.4 Oz.
Selected Varieties
**Ben's Original
Rice Cups**

2/\$3



28 Pk./.5 Liter Bottles
**Pure Life
Water**

4⁹⁹



17.75 Oz.
**Pillsbury
Chocolate Chip
Cookie Mix**

2⁷⁹

MAKING MEAL TIME *Easier*

16 Oz.
Selected Varieties
**Rao's
Pasta**

2²⁹



24 Oz.
Selected Varieties
**Rao's
Pasta Sauce**

6⁴⁹



24 Oz.
Selected Varieties
**Kraft
Salad Dressing**

3⁴⁹



16 Oz.
Selected Varieties
**Subway
Sauces**

3²⁹



5.6-5.9 Oz.
Selected Varieties
**Cheetos
Mac 'N Cheese**

3/\$4



14 Oz.
Selected Varieties
**Cracker Barrel
Macaroni & Cheese**

3⁴⁹



15.25 Oz.
Selected Varieties
**Dolly Parton's
Cake Mix**

2/\$5



20 Oz.
**Heinz
Yellow Mustard**

2⁴⁹



12 Oz.
Selected Varieties
**Donut Shop or
McCafe Ground Coffee**

10⁹⁹



10 Ct.
Selected Varieties
**Green Mountain Family
of Brands K-Cups**

9⁴⁹

EVEN MORE SAVINGS ON *Home & Health*



20.99

5 Lb.
Selected Varieties
**Blue Buffalo
Dry Cat Food**



5.99

20-48 Ct.
Selected Varieties
**Always
Discreet Pads**



2.99

24 Oz.
Selected Varieties
**Clorox
Toilet Bowl
Cleaner**

BEST CHOICE *Favorites*



5-8 Oz.
Selected Varieties
**Best Choice
Cooking Spray**

2/\$5



32 Oz.
Selected Varieties
**Best Choice
Fruit Cobbler**

5⁹⁹



8 Oz.
Selected Varieties
**Best Choice or IGA
Whipped Topping**

1²⁹



16 Oz.
Selected Varieties
**Best Choice
French Toast Sticks**

2⁹⁹



24 Oz.
Selected Varieties
**Best Choice
Pasta Sauce**

1⁷⁹



12-16 Oz.
Selected Varieties
**Best Choice
Lasagna**

1⁷⁹



18 Oz.
Selected Varieties
**Best Choice
Trail Mix**

5⁴⁹



2 Liter
Selected Varieties
**Best Choice
Soda**

1¹⁹



12-16 Oz.
Selected Varieties
**Best Choice
Frozen Fruit**

3²⁹



19-20 Oz.
Selected Varieties
**Best Choice
Tortellini or Ravioli**

3⁹⁹



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

2⁹⁹



6-8 Oz.
Selected Varieties
**Best Choice
Chunk or Shredded Cheese**

1⁸⁹



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

1⁸⁹



8 Oz.
Selected Varieties
**Best Choice
Cream Cheese**

1⁷⁹



120 Ct.
Selected Varieties
**Best Choice Fabric
Softener Sheets**

2⁹⁹



16 Lb.
Selected Varieties
**Best Choice
Charcoal**

6⁹⁹

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



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



3.49
10 Oz.
Selected Varieties
Capri-Sun
Drinks

4/\$5
for
1.39-2.5 Oz.
Selected Varieties
Hershey's
Candy Bars



2/\$3
12 Oz.
Selected Varieties
Capri-Sun
Single Serve



2/\$6
10-12 Oz. or 10-12 Oz. or 1.67 Oz.
Selected Varieties
Kool-Aid,
Crystal Light,
MIO, or Country
Time Drink Mix



3.49
6-8 Oz.
Selected Varieties
Kool-Aid,
Country Time or
Tang Drink Mix



2/\$5
6-12 PK.
Selected Varieties
Ice Mountain
Water



4.99
16 Ct. Selected Varieties
Kellogg's
Rice Krispies Treats



2/\$5
14.5-15.25 Oz.
Selected Varieties
Libby's
Canned Fruit



4.99
12-21 Oz.
Selected Varieties
Club, Town House
or Cheez-It
Family Size
Crackers



2.99
8 Oz. or 11 Oz.
Selected Varieties
Kebler
Cracker Packs



4.99
30-34.5 Oz. Selected Varieties
Malt-O-Meal
Cereal



3.99
24 Oz.
Selected Varieties
Mrs. Butterworth's
Syrup



2.49
32 Oz.
Buttermilk
Jiffy
Pancake Mix



3.99
46-48 Oz.
Selected Varieties
Mott's
Applesauce

DAIRY



2/\$5
7.8 Oz.
Selected Varieties
Kraft Natural
Slices



3.49
32 Oz. Selected Varieties
International
Delight Creamer



3/\$5
4.02 Oz. Selected Varieties
Pillsbury Grands!,
Crescents,
Cinnamon Rolls or
Flaky Layer Biscuits



2/\$6
4 Ct. Selected Varieties
Jell-O Pudding,
Gelatin or
Hershey's Pudding



2.99
10 Oz. Selected Varieties
Jell-O
Sweet Pudding



3.99
6.6 Oz. Selected Varieties
Philadelphia
Cheesecake
Crumbles



2/\$6
4.6 Oz. Selected Varieties
Dannon Activia,
YoGurich Yogurt or
Danimals Drinks



4.49
52.64 Oz. Selected Varieties
Lactaid
Milk



4.49
16.64 Oz. Selected Varieties
International
Delight Iced
Coffee, Dunkin'
Donuts or SKI
Creamer or Cold
Foam



2.79
46 Oz. Selected Varieties
Tropicana
Refreshers



4.99
46 Oz. Selected Varieties
Ston Island
Brew Coffee



3/\$10
15-17 Oz. Selected Varieties
Sargento
Balanced Breaks or
Cheese Sticks



5.99
45-48 Oz. Selected Varieties
Starbucks
Iced Coffee



4.29
32-48 Oz. Selected Varieties
California Farms
Oat or Almond
Milk



3.19
12.5 Oz. Selected Varieties
Texas Roadhouse
Butter Spread

Frozen



3.49
23-29 Oz. or 8.1 Oz.
Selected Varieties
PietSweet Farms
Clear Bag
Vegetables



3/\$5
10-14.4 Oz. Selected Varieties
Birds Eye
Vegetables



6.99
14.3-23 Oz. Selected Varieties
Farm Rich
Appetizers



8.99
22-40 Oz. Selected Varieties
Stouffer's
Family Size
Meals



5.49
24-25 Oz. Selected Varieties
Banquet
Bowties
Chicken



5.49
20 Oz. Selected Varieties
Birds Eye/No!k
Skillet Meals



6.49
25.4 Oz. Selected Varieties
Toaster Strudels



5.99
13.7-14.8 Oz. Selected Varieties
Doritos Belgian
Mini Eclairs



2/\$7
30-29 Oz. Selected Varieties
McCain Fries



2/\$7
9.7 Oz. Selected Varieties
Kid Cuisine
Level Up Entrées



10.99
8 Oz. Selected Varieties
Hot Pockets
Frozen Sandwiches



5.49
10 Oz. Selected Varieties
White Castle
Hamburger or
Cheeseburger Bites



7.49
24.48 Oz. Selected Varieties
Tostitos
Ultimate Pizza Rolls

PREMIUM QUALITY Meat Selections



Family Pack
COUNTRY STYLE RIBS

349
Lb.



Family Pack
CHICKEN THIGHS

159
Lb.



BEEF SHORT RIBS

699
Lb.



Gourmet Pub Burgers

699
Lb.



Whole in the Bag
Eye of Round Roast

699
Lb.



USDA Choice, Family Pack
Eye of Round Steaks

749
Lb.



Boston Butt Pork Roast

249
Lb.



7-9 Oz., Selected Varieties Hillsire Farm Ultra Thin or All Natural Sliced Lunchmeats

399



12 Oz., Selected Varieties Smithfield Bacon

399



16 Oz., Selected Varieties Tennessee Pride Pork Sausage Rolls

399



2.4 - 2.9 Oz., Selected Varieties Armour LunchMeats

4/\$5

4/\$5 1.3-1.9 Oz., Selected Varieties Oscar Mayer Value Lunchables

799 28 Oz., Selected Varieties Oscar Mayer Sub Kits

10/\$10 3.8-4 Oz., Selected Varieties El Monterey Single Serve Burritos

2/\$4 16 Oz., Selected Varieties Bar-S Meat Bologna

2/\$3 16 Oz., Selected Varieties Bar-S Meat Franks or Meat Bologna

1299 3 lb., Selected Varieties Jemm Burgers Chicago Style Beef Patties

449 10-12 Oz., Selected Varieties Johnsonville Summer Sausage

599 20 Oz., Selected Varieties Scott Pete Polish Sausage

PRODUCE FRESH from the Farm!



2/\$3
for 3
Mangos



229
Lb.
Sugar Bee Apples



Washington
Red, Bosc or D'Anjou Pears

129
Lb.

99c Ea.
Cara Cara or Navel Oranges



2/\$5
11 lb. Selected Varieties The Little Potato Co.



2/\$6
9.12-13 Oz., Selected Varieties Fresh Express Salads



99c
14 Oz. Dole Coleslaw



349
10 Oz., Selected Varieties NatureSweet Glories, Constellation, Comets or Twilight Brown Cherry Tomatoes

499 13 Oz. Marzetti Slaw Dressing

399 2 lb. Hass Avocados

249 6 Ct. Mini Cucumbers

99c 2 lb. Sweet Yellow Onions

129 11 lb. Grimmway Farms Baby Carrots

329 4 Ct./2 Oz., Selected Varieties ¡Yo Quiero! Guacamole

499 15.2 Oz., Selected Varieties Naked Juice

249 3 Oz., Selected Varieties Harvest Snaps

Deli & Bakery

Not Available at All Locations.

599 Sliced to Order, Selected Varieties Kretschmar Virginia Ham

799 Sliced to Order Kretschmar Baby Swiss Cheese

349 Mrs. Gerry's Macaroni and Cheese

599 15 Ct. Café Valley Petite Croissants

499 8 Oz. Olson's Angel Food Cake

349 4 Ct. Specialty Bakers Vanilla Creme Horns

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

699 26 Oz., Selected Varieties Café Valley Ring Cakes

299 6 Oz., 2 Slice, Selected Varieties The Father's Table Cheesecake

10/\$10 2.25 Oz., Selected Varieties Super Bakery Original Super Donut

ON THE GRILL
SATURDAY, APRIL 18
11 AM-1 PM
North Side of Freeman Foods in Wellman & North English

RIBEYE STEAK SANDWICH
\$10.00

MARINATED CHICKEN BREAST
\$5.00

RIB ON-A STICK
\$4.00

GRILLED TENDERLOIN
\$4.00

HAMBURGER
\$5.00

HOT DOG
\$1.00
OR
\$3.00

219 8 Ct. Selected Varieties Best Choice Buns

2299 1.75 Liter Selected Varieties Admiral Nelson Rum

2299 8 Pk. Cans Selected Varieties High Noon Cocktails