



G&W FOODS

416 W. MYRTLE ST.
INDEPENDENCE, KS 67301

Vision Card & WIC Accepted
Postage Stamps & Fax Available

620-331-9500

Prices Effective: July 9 - July 22, 2025 • While Supplies Last



Black Canyon Angus®
Top Sirloin Steak

\$9.99
lb.



Northwest Cherries
Dark Red
Sweet Cherries

\$2.99
lb.



GROUND
FRESH
DAILY!

Family Pack
Boston Style
Grind 60% Beef
40% Pork

\$3.99
lb.



Prairie Fresh All Natural Pork
Old Fashion Bone In
Sirloin Chops or
Country Style Ribs

\$1.69
lb.



Arizona
Sweet
Cantaloupes

\$3.49
ea.



Mountaire
Family Pack
Split
Chicken Breast

\$1.79
lb.



Iceberg
Lettuce

\$1.79
ea.



1 Lb.
Virginia Honey or Smoked
Kretschmar
Ham

\$5.99



24 Pk./12 Oz. Cans
Select Varieties
Pepsi
Products

\$10.99



7.5-15 Oz.
Select Varieties
Chef Boyardee
Can or
Microwave Pasta

99¢



4 Ct.
Select Varieties
Hunt's
Snack Pack
Pudding

99¢



46-48 Oz.
Select Varieties
Blue Bunny
Premium
Ice Cream

\$3.69



16.3 Oz.
Select Varieties
Pillsbury Grands!
Biscuits

2/\$5



7-8 Oz.
Select Varieties
Best Choice
Cheese Shreds
or Chunks

\$1.88

DOWNLOAD OUR APP TODAY FOR GREAT RECIPES, FLASH SPECIALS
Plus Great Savings On Digital Coupons

AS YOU ARE AWARE, THE CURRENT SUPPLY LEVEL ON SOME ITEMS HAS CREATED A LOWER THAN NORMAL INVENTORY IN OUR STORES.
WE ARE WORKING DAILY WITH OUR SUPPLIERS AND WILL CONTINUE DO OUR BEST TO PROVIDE THE LARGEST SELECTIONS AVAILABLE.

FARM TO TABLE FRESHNESS

Triple Inspected
Daily for Quality!

\$1.59
lb.

Arkansas
Roma
Tomatoes



Arkansas
Fancy Yellow
or Zucchini
Squash

\$1.39
lb.



10 Oz.
Sweet Grape
Tomatoes

\$1.99

\$5.49
lb.

Northwest
Rainier
Cherries



JULY 11
NATIONAL RAINIER
CHERRY DAY!

\$1.59
lb.

Southern
Yellow
Peaches



Washington
Gala Apples

\$1.79
lb.



3 Lb. Bag
Sunray's
Mandarins

\$5.49



2 Lb. Bag
Lemons

\$3.99



12 Oz.
Select Varieties
Bing
Energy Drink

2/\$3



California
Red
Plums

\$1.99
lb.



Pint
Blueberries

\$2.99
ea.



1 Lb. Container
Ripe Red
Strawberries

\$3.29



On The Vine
Tomatoes

\$1.39
lb.



Extra Large
Green
Bell Peppers

99¢
ea.



5 Oz., Fresh
Gourmet
Croutons

\$1.69



Jumbo
Red Onions

\$1.29
lb.



24 Oz.
Select Varieties
Tasteful Selections
2 Bite Potatoes

\$2.99

low prices on everyday organic favorites



Josie's Organic
Celery

\$1.99
ea.



3 Pk.
Josie's Organic
Romaine Hearts

\$3.99

100% GUARANTEED ORGANIC

Don't forget to check in store
for more organic produce specials!

FRESH QUALITY MEATS

Fully Staffed Meat Shops, Where Our Butchers Are Always Happy To Provide Special Cuts At Your Request
Providing Quality And Freshness With USDA Choice Black Canyon Angus Beef, Prairie Fresh All Natural Pork And Springer Mt. All Natural Poultry



GROUND FRESH DAILY!

80/20% Lean Ground Beef

\$4.99 lb.



12 Oz. Thick or Applewood Smoked Smithfield Sliced Bacon
3.99 ea.

Black Canyon Angus® Family Pack Sirloin Tip Steaks

\$5.99 lb.

OUR BUTCHERS' BEST BUYS FOR THE WEEK!



PRAIRIE FRESH NATURAL

Prairie Fresh All Natural Pork Family Pack Thick Cut Butterfly or Boneless Chops

\$2.99 lb.



PRAIRIE FRESH NATURAL

Prairie Fresh All Natural Pork Family Pack Thick Cut Butterfly or Boneless Chops

\$2.99 lb.



PRAIRIE FRESH NATURAL

Prairie Fresh All Natural Pork Family Pack Boneless Loin Cut Country Style Ribs

\$2.99 lb.



PRAIRIE FRESH NATURAL

Prairie Fresh All Natural Baby Back Pork Ribs

\$2.99 lb.



BLACK CANYON ANGUS BEEF

Black Canyon Angus® Thin Sliced Sirloin for Stir Fry or Fajitas

\$6.99 lb.



BLACK CANYON ANGUS BEEF

Black Canyon Angus® Breakfast Steaks

\$6.99 lb.



GROUND FRESH DAILY!

90/10% Lean Ground Beef

\$6.49 lb.



PRAIRIE FRESH NATURAL

Prairie Fresh All Natural Pork Tenderloins

\$3.29 lb.



PRAIRIE FRESH NATURAL

Prairie Fresh All Natural Pork Bone In Center Cut Rib Chops

\$2.49 lb.



PRAIRIE FRESH NATURAL

Prairie Fresh All Natural Pork Bone In Sirloin Roast

\$1.59 lb.

Seafood



Fresh Atlantic Salmon Fillets

\$12.99 lb.



Mrs. Paul's

19-24.6 Oz. Select Varieties Mrs. Paul's Breaded Fish Sticks or Fillets

\$6.99



SEA BEST

16 Oz. Sea Best Salmon Fillets

\$6.99



SEA BEST

10 Oz., 51-60 Ct. Sea Best Cooked Shrimp

\$4.99



ORCA BAY

16 Oz. Orca Bay Tuna Steaks

\$7.49

Signature meat items



GROUND FRESH DAILY!

Fresh Market Made 90/10% Lean Ground Beef Patties

\$6.99 lb.



Our Signature Made Jalapeño Poppers

\$9.99 lb.



GROUND FRESH DAILY!

Fresh Market Made Jalapeño & Cheddar Ground Beef Patties

\$5.99 lb.



Our Signature Made Bacon Wrapped Asparagus

\$6.99 lb.



Springer Mountain Farms

Springer Mountain Farms Ground Chicken

\$2.99 lb.



Springer Mountain Farms

Springer Mountain Farms Whole Chicken Fryers

\$1.89 lb.



Mountaire

Mountaire Fresh Chicken Family Pack Chicken Drumsticks

\$1.29 lb.



Mountaire

Mountaire Fresh Chicken Family Pack Boneless Breast Tenders

\$3.99 lb.



Manufacturer's Coupon Expires 07/31/2025

\$1.50 OFF ANY ONE SPRINGER MOUNTAIN FARMS CHICKEN PRODUCT

www.SpringerMTN.com
Social - SMFchicken



Williams

22 Oz. Williams Premium Sausage Biscuits

\$5.99



Fast Fixin'

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

\$4.79



tyson

23-32 Oz. Select Varieties Tyson Fully Cooked Nuggets, Tenders or Patties

\$7.99



Jimmy Dean

12.8-18.8 Oz. Select Varieties Jimmy Dean Breakfast Sandwiches

\$6.49



Oldham's

6 Lb. Oldham's Jumbo Roll Sausage

\$17.99

smoked meats



Williams & JC Potters

40 Oz. Original and Applewood Williams & JC Potters Sliced Slab Bacon

\$12.99



Williams

12-16 Oz. Select Varieties Williams Premium Sausage Rolls, Links or Patties

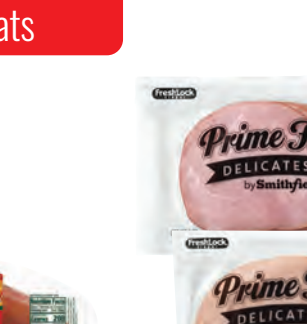
2/\$7



Eckrich

13-14 Oz. Select Varieties Eckrich Smoked Link or Rope Sausages

\$3.49



Smithfield

7-8 Oz. Select Varieties Smithfield Prime Deli Sliced Meats

\$3.49



Lunchables

13.9-16.1 Oz. Selected Varieties Oscar Mayer Uploaded Lunchables

\$3.99

ALWAYS SOMETHING GOOD COOKIN' AT AUNT MINNIE'S
HOME OF THE BEST HAND-BREADED FRIED CHICKEN YOU WILL FIND ANYWHERE!



Kretschmar



1 Lb.
**Hickory or Mesquite
Smoked Turkey**

\$9⁹⁹

Kretschmar



1 Lb.
Colby Cheese

\$7⁴⁹



1 Lb.
Coleslaw, Potato Salad, Mustard Potato
Salad, Macaroni Salad
**Reser's
Variety Salads**

2/\$6



1 Lb.
**Reser's Deviled
Egg Potato Salad**

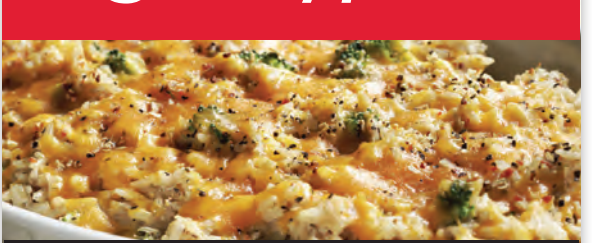
\$4⁴⁹

ZARDA
HICKORY PIT BAR-B-Q

1 Lb.
**Classic or Grandma's
Zarda Baked
Beans**

\$4⁴⁹

**VISIT OUR DELI
FOR GREAT LUNCH OR
DINNER MEALS**



**That Includes An Entrée And
2 Sides, Plus A Free Cookie.**



**Tyson
Whole Chicken**

\$8⁹⁹



1 Lb.
**Aunt Minnie's
Hand Breaded
Chicken Tenders**

\$7⁹⁹



1 Lb.
**Tyson
BBQ Boneless Wings**

\$4⁹⁹



**Tyson Chicken &
Cheese Buffalo
Chicken Crisпитos**

2/\$3

\$3⁹⁹

16 Oz.
Lemon or Chocolate
**Café Valley
Glazed Cakes**



\$3⁹⁹

12 Ct.
**King's Hawaiian
Original or Savory
Butter Rolls**



\$5⁴⁹

13 Oz.
Select Varieties
**MJAY Assorted
Brownies**



2/\$5

4.5-5 Oz.
Select Varieties
**Rich's
Parfait Cups**



\$3⁹⁹

8 Oz.
**Olson's
Sliced Angel
Food Cake**



\$3⁹⁹

4 Ct.
Select Varieties
**Café Valley
Muffins**



\$3⁴⁹

12 Oz.
Select Varieties
**Clyde's
Donut Holes**



\$4⁹⁹

16 Oz.
**Olson's
Sliced
Crème Cakes**



shop great selections of frozen entrées, fruits & veggies, pizzas & desserts



11-21 Oz.
Select Varieties
Red Baron Pizzas

\$4⁴⁹



7.2-12 Oz.
Select Varieties
**Pillsbury Toaster
Strudel or
Toaster Scrambles**

\$3²⁹



24-32 Oz.
Select Varieties
**Mr. Dell's
Hash Brown Potatoes**

\$3⁶⁹



12 Oz.
Select Varieties
**Flav-R-Pac
Vegetables**

2/\$3



8.8-12.75 Oz.
Select Varieties
**Stouffer's
Entrées**

\$3⁴⁹



6-9 Ct.
Select Varieties
**Blue Bunny Ice Cream
Cones, Bars or Sandwiches**

\$3⁹⁹



12.3-16.5 Oz.
Select Varieties
**Best Choice
Pancakes or Waffles**

2/\$4



6 Ct.
Select Varieties
**Prairie Farms
Nutty Royale, Fudge, or
Cookie Ice Cream Cones**

\$4²⁹



48 Oz.
Ice Cream, Frozen Yogurt
or No Sugar Added
**Hiland Premium
Ice Cream**

\$4⁹⁹

GROCERY FAVORITES

Find Great Savings on National Brands and Private Label Products
Along With Extra Savings All "Pink Tag" Items

\$4.99

11-20 Oz., Select Varieties

**Nabisco Family Size
Oreos, Chips Ahoy or
Snack Crackers**



\$4.99

8 Pk./12 Oz. Bottles
Select Varieties

**Powerade
Sport Drinks**



24 Pk./8 Oz. or 16.9 Oz Bottles

**Pure Life
Water**

\$3.99



24 Oz.
Select Varieties
**Hunt's
Pasta Sauce**

2/\$3



24 Oz.
Select Varieties
**American Beauty
Pasta**

2/\$5



16 Oz.
Select Varieties
**Ott's
Salad Dressings**

2/\$5



16 Oz.
Select Varieties
**Pace Picante
or Salsa**

\$3.29



8-12 Ct. or 8.8 Oz.
Select Varieties
**Old El Paso
Taco Shells,
Tortillas, Rice
or Beans**

\$2.99



10-16 Oz.
Select Varieties
**Old El Paso
Refried Beans or
Enchilada Sauce**

\$2.29



4.3-6.8 Oz.
Select Varieties
**Rice-A-Roni
or Pasta Roni
Side Dishes**

2/\$3



18 Oz.
Select Varieties
**Silver Dollar City
BBQ Sauces**

2/\$4



6 Ct.
Select Varieties
**Maruchan
Ramen Noodles**

\$2.19



11-12 Oz.
Select Varieties
**Post Honey
Bunches of
Oats Cereal**

\$3.49



6-12 Rolls
Select Varieties
**Scott Paper
Towel or
Bath Tissues**

\$4.99



15.4 Lb.
**Royal Oak
Charcoal
Briquettes**

\$6.99



16-24.3 Oz.
Select Varieties
**Dawn
Spray or
EZ Squeeze
Dish Soaps**

\$4.99



14 Lb.
**Gravy Train
Dog Food**

\$14.99



5-6.25 Oz.
Select Varieties
**Kinder's
Seasoning**

\$5.49



10 Oz.
Select Varieties
**Zatarain's
Fish Fry**

\$1.79

SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES

Including products from our hometown Hiland Dairy!



\$2.49

14-16 Oz.
Select Varieties
**Daisy Squeeze
Sour Cream or Dips**



2/\$6

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



\$4.29

46 Oz.
Select Varieties
**Tropicana
Orange Juice**



16 Oz. or Half Gallon
Select Varieties
**Hiland or
Prairie Farms
Cottage Cheese
or Buttermilk**

\$2.99



8 Oz.
Select Varieties
**Hiland or
Prairie Farms
Sour Cream
or Dips**

3/\$5



64 Oz.
Select Varieties
**Hiland
Iced Coffee or
Orange Juice**

\$4.99



8 Oz.
Select Varieties
**Hiland or
Prairie Farms
Butter Quarters**

2/\$5



64 Oz.
Select Varieties
**Hiland or
Prairie Farms
Lemonade**

\$1.99

SCAN THE CODE TO VISIT OUR WEBSITE FOR *More Great Recipes!*



5.5-12 Oz.
Select Varieties
**Frito-Lay
Ruffles or Tostitos**

\$3.99



5-6 Oz.
Select Varieties
**Frito-Lay
Funyuns**

\$4.49



15.5 Oz.
Select Varieties
**Frito-Lay
Tostitos Salsa**

\$3.99

20 Oz.
**Sara Lee
Classic
White Bread**



\$3.29

20 Oz.
**Ozark Hearth
Wheat Sandwich
Bread**



\$1.69

8 Ct.
**Bunny
Hamburger or
Hot Dog Buns**



\$2.29

specialty foods



10 Oz.
Golden Dipp
Hush Puppy Mix
\$2.79



8 Oz.
Calhoun
Bend Mill
Awesome
Onion Mix
\$3.79



10 Oz.
Select Varieties
**Kentucky Kernel
Cornbread Mix**

\$2.99



12 Oz.
Ragin' Cajun
Jalapeno Relish

\$6.99



16 Oz.
Select Varieties
**Talk O' Texas
Pickled Okra**

\$4.29

Shop Best Choice For Your Best Value



20-24 Oz.
**Best Choice
Ketchup or Mustard**

2/\$3



28 Oz.
Select Varieties
**Best Choice
Baked Beans**

3/\$5



30 Oz.
Select Varieties
**Best Choice
Mayonnaise or
Whipped Dressing**

\$3.99



4 Qt.
Select Varieties
**Best Choice
Ice Cream Pails**

\$5.99



20 Ct.
**Best Choice
Party Cups**

2/\$4

Great Party Favorites From Our Deli



8 Oz.
**Bel Gioioso
Mozzarella Pearls**

\$2.99



8 Oz.
**Bel Gioioso
Mozzarella Balls**

\$2.99



8 Oz.
Select Varieties
**Bel Gioioso
Mozzarella
Sliced Log**

\$2.99



8.5 Oz.
Select Varieties
Babybel Cheese

\$7.99



14 Oz.
**Kretschmar Beef
or Beef & Garlic
Summer Sausage**

\$8.99



5 Oz.
**Kretschmar
Hard Salami
or Pepperoni**

\$3.49

Best Prices for Drinks



12 Pk./12 Oz. Cans
Select Varieties
**Coca Cola
Products**

\$5.99



12 Pk./12 Oz. Bottles
Select Varieties
**Gatorade
Sport Drinks**

\$7.99



28 Oz.
Select Varieties
**Powerade
Thirst Quencher**

5/\$5



2 Liter
Select Varieties
**Pepsi
Products**

\$2.19



12 Pk./16 Oz. Cans
Select Varieties
**Monster
Energy Drink**

\$19.99

.5 Liter Bottles
Select Varieties
**RC Cola or
7-Up Products
6 Pack**

3/\$10



2 Liter
Select Varieties
**RC Cola or
7-Up Products**

\$2.29

