

BIG

Just As Well Get The
Best & The Freshest

3 DAY

SALE

FRIDAY, SATURDAY & SUNDAY

PRICES GOOD FROM AUGUST 1ST THRU 3RD, 2025



Prairie Fresh All Natural
Cut and Wrapped Free!

**Whole
Boneless Loins**

\$1.99
Lb.



**Boston Style
Grind
60% Beef
40% Pork**

\$3.99
Lb.



Mountaire
Sold in 5 Lb. Bags
**Fresh Chicken
Boneless Breast**

\$15.00

Just As Well Get The Best & The Freshest

BIG 3 DAY SALE

FRIDAY, SATURDAY & SUNDAY

PRICES GOOD FROM AUGUST 1ST THRU 3RD, 2025



1 Lb. Container
**Ripe Red
Strawberries**

2/\$5



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

\$4.99



Limit 2 Please

**Niagara
Drinking Water**
24 Pk.

2/\$5



G & W FOODS

101 S. FIRST STREET
IOLA, KS 66749
OPEN 7 DAYS A WEEK
7AM TO 10 PM
620-228-5570

Prices Effective: July 23 - August 5, 2025 • While Supplies Last



17-20 Oz.
Selected Varieties
**Reeser's Signature
Potato Side Dishes**
4.49
ea.

**PRAIRIE
FRESH
NATURAL**
ANTHONY PRODUCTS - AN AMERICAN BUSINESS

Prairie Fresh
All Natural Pork
Family Pack
**Pork Steak or
Western Style Ribs**

\$2.69
lb.

**Buy Now
Freeze Now!**

**Northwest
Cherries**

Northwest Cherries
**Dark Red
Sweet Cherries**

\$2.49
lb.

BLACK CANYON
CATTLE COMPANY
ANGUS BEEF

Black Canyon Angus
**Eye Of Round
Roast**

\$5.99
lb.

BLACK CANYON
CATTLE COMPANY
ANGUS BEEF

12 Oz.
Black Canyon Angus
**Boneless
Ribeye Steaks**

\$14.99

Pints
**Fresh
Blueberries**

\$1.99

Mountaire
FRESH YOUNG CHICKENS

Mountaire
Family Pack
**Fresh Chicken
Boneless Breast
or Thighs**

\$3.49
lb.

Arizona
**Kandy
Cantaloupes**

\$2.99
ea.

**MADE FRESH
HERE!**

8 Pieces
**Aunt Minnie's
Fried Chicken**

\$10.99



2 Liter
Select Varieties
**Coca Cola
Products**

\$1.79



22-25.9 Oz.
Select Varieties
**Folgers
Ground Coffee**

\$10.99



18-20 Oz.
Select Varieties
**Tony's
Frozen Pizza**

\$2.99



8.8-12.2 Oz.
Select Varieties
**Kellogg's
Cereals**

\$1.99



16-24 Oz.
Select Varieties
**Ragú
Pasta Sauce**

2/\$4



48 Oz.
Select Varieties
**Blue Ribbon
Classics Frozen
Dairy Dessert**

\$2.99

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!*

\$2⁹⁹
lb.

**Red or Green
Seedless Grapes**



California
Red Plums

\$1⁹⁹
lb.



**Southern
Yellow
Peaches**

\$1⁷⁹
lb.

\$1⁵⁹

12 Oz.
**Dole Classic
Garden Salad**



\$4⁹⁹

13 Oz.
Selected Varieties
**Marzetti
Salad Dressing**



**On The Vine
Tomatoes**

\$1¹⁹
lb.



**English
Cucumbers**

89¢
ea.



**Jumbo Sweet
Red Onions**

99¢
lb.



\$5⁹⁹
3 Lb. Bag
**Sunrays
Mandarins**



\$2⁹⁹
2 Lb. Bag
Washington
Family Farms
Gala Apples



24 Oz.
Select Varieties
**Tasteful Selections
Bite Size Potatoes**

\$3¹⁹



3 Lb. Bag
**Vidalia
Sweet Onions**

\$3⁹⁹



Michigan
Green Cabbage

79¢
lb.



5 Lb. Bag
New Crop! Kansas
Red Potatoes

\$3⁵⁹

low prices on everyday organic favorites



**Josie's Organic
Celery**



\$1⁷⁹
ea.



5 Oz.
**Organic Girl
Super Greens**



\$4⁵⁹

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!

\$4.99 lb.

80/20% Lean Ground Beef



12 Oz. Original or Thick Smithfield Sliced Bacon
4.49 ea.

Black Canyon Angus® Family Pack Sirloin Tip Steaks
\$6.99 lb.

OUR BUTCHERS' BEST BUYS FOR THE WEEK!



Prairie Fresh All Natural Pork Family Pack Boneless Chops
\$2.49 lb.



Black Canyon Angus Family Pack Sirloin Tip Roast
\$6.99 lb.



Prairie Fresh All Natural Pork Family Pack Pork Cutlets
\$2.59 lb.



Black Canyon Angus Family Pack Cube Steaks
\$6.49 lb.



Black Canyon Angus Thin Sliced Sirloin for Stir Fry or Fajitas
\$6.99 lb.



Black Canyon Angus Breakfast Steaks
\$6.99 lb.



GROUND FRESH DAILY!

90/10% Lean Ground Beef
\$6.59 lb.



Prairie Fresh All Natural Pork Tenderloins
\$3.29 lb.



Prairie Fresh All Natural Pork Half or Whole Pork Butt Roast
\$2.69 lb.



Prairie Fresh All Natural Pork Baby Back or Boneless Country Style Ribs
\$3.29 lb.

Seafood



26-30 Ct., 16 Oz. Sea Best Cooked Shrimp
\$8.99



16 Oz. Sea Best Cod Fillets
\$8.99



16 Oz. Sea Best Tilapia Fillets
\$4.99



16 Oz. Original or Jalapeno Sea Best Hush Puppies
\$2.99



60 Oz. Fisher Boy Fish Sticks
\$8.99



Our Signature Made Bacon Wrapped Chicken Breast or Thigh Grillers
\$3.99 lb.



Prairie Fresh All Natural Pork Market Made Breakfast or Italian Pork Sausage
\$2.99 lb.



Prairie Fresh All Natural Pork Bacon Wrapped Pork Ribeyes
\$2.99 lb.



GROUND FRESH DAILY!

Jalapeno Cheddar Burgers
\$5.99 lb.



Springer Mountain Farms Split Breast
\$2.79 lb.



Springer Mountain Farms Small Pack Drumsticks or Thighs
\$1.99 lb.



Mountaire Fresh Chicken Thin Sliced Boneless Breast
\$3.99 lb.



Mountaire Fresh Chicken Two Pack Whole Legs
\$1.59 lb.



Mountaire Fresh Chicken Family Pack Party Wings
\$2.99 lb.



22.5-24 Oz. Select Varieties Fast Fixin' Breaded Chicken Nuggets, Strips or Patties
\$4.69



30.4-32 Oz. Select Varieties El Monterey Burritos or Chimichangas
\$5.99



20.8-24 Oz. Select Varieties Tyson Chicken Sandwiches and Sliders
\$7.99



13.3-16 Oz. Original or Beef State Fair Corn Dogs
\$4.99



12 Ct./22 Oz. Williams Sausage Biscuits
\$5.99

frozen meat favorites



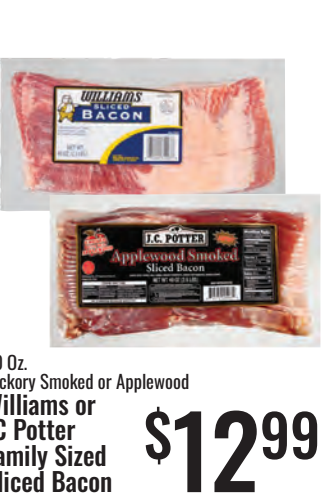
16 Ct./30 Oz. Ball Park Family Size Meat Franks
\$5.99



7-8 Oz. Select Varieties Smithfield Deli Sliced Lunch Meats
\$3.99



13-14 Oz. Select Varieties Eckrich Smoked Link or Rope Sausages
\$3.99



40 Oz. Hickory Smoked or Applewood Williams or JC Potter Family Sized Sliced Bacon
\$12.99



12-16 Oz. Selected Varieties Williams Premium Sausage Rolls, Links or Patties
\$3.69

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



Kretschmar

1 Lb.
**Kretschmar
Black Forest or
Sweet Cherrywood Ham**

\$7⁹⁹

Kretschmar

1 Lb.
**Kretschmar
Yellow or White
American Cheese**

\$5⁹⁹

MADE FRESH HERE!

8 Pieces
**Aunt Minnie's
Dark Meat Chicken**

\$7⁹⁹

MADE FRESH HERE!

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

\$7⁹⁹

Kretschmar

\$17⁹⁹

**Kretschmar
Fully Cooked
Ribs**

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

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

Mrs. Gerry's
1 Lb.
**Mrs. Gerry's
Macaroni & Cheese**

\$2⁹⁹

RESER'S
3 Lb.
**Reser's
Deviled Egg or
Redskin Potato Salad**

\$9⁹⁹

ZARDA
3 Lb.
**Classic or Grandma's
Zarda
Baked Beans**

\$10⁹⁹

Mrs. Gerry's
1 Lb.
**Mrs. Gerry's
Smoked Gouda
Pasta Salad**

\$4⁴⁹

\$5⁹⁹

24 Oz.
**Heartland
Apple Pies**

\$3⁹⁹

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

\$12⁹⁹

32 Oz.
**The Father's Table
Variety Sampler
Cheesecake**

\$4⁹⁹

16 Oz.
**Olson's
Sliced
Crème Cakes**

\$3⁹⁹

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

\$4⁴⁹

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

\$3²⁹

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

\$3⁹⁹

6 Ct.
**Rotella
White or Wheat
Hoagies**

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

Ore-Ida

22-32 Oz..
**Select Varieties
Ore-Ida
Frozen Potatoes**

\$4⁴⁹

Eggo

10 Ct.
**Select Varieties
Eggo
Waffles**

\$2⁹⁹

P.F. Chang's

18-24 Oz.
**Select Varieties
P.F. Chang's
or Bertolli
Frozen Entrées**

\$7⁴⁹

Marie Callender's

11-15 Oz.
**Select Varieties
Marie Callender's
Frozen Dinners**

\$3⁹⁹

BIRD'S EYE

10-15 Oz.
**Select Varieties
Bird's Eye
Frozen Vegetables**

\$2⁹⁹

Stouffer's

6.6-20 Oz.
**Select Varieties
Stouffer's
Frozen Entrées**

\$3⁹⁹

FarmRich

15-22 Oz.
**Select Varieties
Farm Rich
Appetizers**

\$6⁹⁹

Hiland

48 Oz.
**Select Varieties
Hiland Light
Ice Cream**

\$3⁴⁹

Prairie Farms

6 Ct., Selected Varieties
**Prairie Farms Ice Cream
Sandwiches, Just Dipped
Bars, Chocolate Eclairs,
Strawberry Shortcake,
Krispy Krunch Bars**

\$3⁹⁹

GROCERY FAVORITES

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

\$349

5.75-12.4 Oz., Select Varieties

Sunshine
Cheez-It Crackers

\$399

9-15 Oz.
Select Varieties

Keebler Club or
Town House Crackers

Gallon
Select Varieties
Red Diamond
Tea

\$349

16 Oz.
Select Varieties
American Beauty
Dry Pasta

2/\$3

4.1-5.7 Oz.
Select Varieties
Knorr Rice Sides
or Pasta Sides

3/\$5

4.8-8.7 Oz.
Select Varieties
Betty Crocker
Hamburger
Helper

2/\$5

15 Oz.
Select Varieties
Wish-Bone
Salad Dressings

\$249

5.5 Oz.
Select Varieties
Pringles
Potato Crisps

2/\$5

6-10 Ct.
Select Varieties
Quaker
Instant Oatmeal

\$349

16 Oz.
Select Varieties
Planters Peanuts

\$349

Select Varieties
General Mills, Chex
Mix, Bugles,
Gardetto's or
Nature Valley Bars

\$399

30 Oz.
Select Varieties
Hellman's
Mayonnaise

\$699

13 Oz.
Select Varieties
Country Bob's
All Purpose
Sauce

\$399

6 Rolls
Best Choice
Premium
Paper Towels

\$699

12 Rolls
Best Choice
Mega Roll
Bath Tissue

\$699

31-32 Oz.
Select Varieties
Tide Simply
Liquid
Detergent

\$399

14 Lb.
Gravy Train
Dog Food

\$1399

16 Oz.
Select Varieties
Hendrickson's
Salad Dressing
or Marinade

\$439

12.7 Oz.
Select Varieties
Kinder's
Dipping Sauce

\$679

SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES

Including products from our hometown Hiland Dairy!

10.2 Oz.
Select Varieties
Pillsbury Grands!
Biscuits

3/\$5

10.7-12 Oz.
Select Varieties
Kraft
Cheese Singles

\$399

4 Ct. or 21.2 Oz.
Select Varieties
Activia Yogurt

\$399

Quart
Select Varieties
Hiland or
Prairie Farms
Half & Half

\$429

1 Lb. or 16-24 Oz.
Select Varieties
Hiland or
Prairie Farms
Butter, Block Cheese
or Cottage Cheese

\$399

8 Oz.
Select Varieties
Hiland or
Prairie Farms
Cream Cheese

2/\$4

16 Oz.
Select Varieties
Hiland or
Prairie Farms
Sour Cream
or Dips

2/\$5

32 Oz.
Select Varieties
Hiland
Coffee
Creamers

\$299

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



7-8 Oz.
Select Varieties

**Frito-Lay
Lay's Potato Chips**

\$4.49



4-10.5 Oz.
Select Varieties
**Frito-Lay
Baken-Ets, Munchos,
Chester's or Santitas**

2/\$5



15 Oz.
Select Varieties

**Frito-Lay
Jar Dips or Salsas**

\$4.49

20 Oz.
**Sara Lee
Butter Bread**



\$2.79

20 Oz.
**Best Choice
White Sandwich
Bread**



\$1.69

12 Ct.
**Ozark Hearth
Hamburger Buns**



2/\$5

specialty foods



32 Oz.
Bragg
Apple Cider
Vinegar

\$6.79



12 Oz.

Cholula Salsa

\$3.99



8.25-10 Oz.
Select Varieties
Mezzetta Olives

\$6.79



13 Oz.
Select Varieties
**Bonne Maman
Preserves**

\$6.49



1 Liter
Select Varieties
**Waiiaka
Volcanic Water**

\$2.49

Shop Best Choice For Your Best Value



12 Oz.
Select Varieties
**Best Choice
Frozen Vegetables**

\$1.29



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

\$1.49



16 Oz.
Select Varieties
**Best Choice
Peanut Butter**

\$2.29



12 Oz.
Select Varieties
**Best Choice Deluxe
Macaroni & Cheese
and Shells & cheese**

3/\$5



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

\$1.69

Great Party Favorites From Our Deli



8.5-9 Oz./12 Ct.
Select Varieties
Babybel Cheese

\$7.99



6 Oz.
Select Varieties
**Laughing Cow
Wedges**

\$3.99



8 Oz.
**Bel Gioioso
Mozzarella
Balls or Pearls**

\$3.99



10 Oz.
Select Varieties
Sabra Hummus

\$3.99



16 Oz.
Select Varieties
Pancho Queso

\$5.99



1 Lb.
**Aunt Minnie's
Tortilla Chips**

\$2.49

Best Prices for Drinks



6 Pk./16.9 Oz. Bottles
Select Varieties
**Pepsi
Products**

\$4.49



8 Pk./12 Oz. Bottles
Select Varieties
**Coca Cola
Products**

\$4.99



8 Pk./20 Oz. Bottles
Select Varieties
**Gatorade
Sport Drinks**

\$7.49



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

5/\$5



6 Pk./20 Oz. Bottles
Select Varieties
**Body Armor
Sport Drinks**

\$6.99

12 Oz. Cans
Select Varieties
**RC Cola or
7-Up Products
12 Pack**

\$5.99



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

\$4.99

