

BIG

Just As Well Get The
Best & The Freshest

3 DAY

SALE

FRIDAY, SATURDAY & SUNDAY

PRICES GOOD FROM JANUARY 9TH THRU 11TH, 2026



Sold in Tubes Only
**80% Lean
Ground Beef**

\$4.49
Lb.



Prairie Fresh
All Natural
Family Pack
Pork Steaks

\$1.99
Lb.



Mountaire Fresh
Family Pack
**Chicken
Drumsticks**

99¢
Lb.

BIG

Just As Well Get The
Best & The Freshest

3 DAY

SALE

FRIDAY, SATURDAY & SUNDAY

PRICES GOOD FROM JANUARY 9TH THRU 11TH, 2026



4 Lb.
**Sunkist Seedless
Navel Oranges**

\$3.99



**Best Choice
Soda**
Select Varieties
2 Liter Bottle

98¢



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

\$1.77



G&W FOODS

**416 W. MYRTLE ST.
INDEPENDENCE, KS 67301**

**Vision Card & WIC Accepted
Postage Stamps & Fax Available
620-331-9500**

Prices Effective: Dec. 31, 2025 - Jan. 13, 2026 • While Supplies Last



10 Oz.
**PRE Grass Fed
Ribeye Steak**
14⁹⁹
ea.



12 Oz.
Black Canyon Angus®
**Kansas City
Strip Steak**

\$11⁹⁹
ea.



8 Lb.
**Farmers Promise
Russet
Potatoes**

2⁹⁹



Family Pack
Prairie Fresh All Natural
**Bone-In
Sirloin Chops or
Country Style Ribs**

\$1⁵⁹
lb.



**GROUND
FRESH
DAILY!**

Family Pack
**80% Lean
Ground Beef**

\$4⁹⁹
lb.



3 Lb.
**Yellow
Cooking Onions**

\$2³⁹



Family Pack
Mountaire Fresh
**Chicken
Party Wings**

\$2⁹⁹
lb.



3 Lb.
Gala Apples

\$3⁴⁹



1 Lb.
**Reser's
Macaroni Salad**

2/\$6



2 Liter
Select Varieties
**Coca-Cola
Products**

\$1⁶⁹



7-8 Oz.
Select Varieties
**Frito-Lay
Lay's or
9.25-10.75 Oz.
Doritos**

**BUY 1
GET 1
FREE**



10-18 Oz.
Select Varieties
**Nabisco
Family Size
Oreo Cookies**

\$4⁹⁹



128 Oz.
Select Varieties
**Blue Ribbon
Classics
Ice Cream Pail**

\$5⁹⁹



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

\$2⁹⁹



6-11 Oz.
Select Varieties
**Smart Ones
Frozen Entrees**

\$1⁹⁹

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

10 Oz.
**Dole Classic
Caesar Salad Kit**



Hot House
**Beefsteak
Tomatoes**

\$1⁷⁹
lb.



Super Select
Cucumbers

69¢
ea.

\$1¹⁹

12 Oz.
Bolthouse
**Peeled
Baby Carrots**



89¢
ea.

**Extra Large
Green Bell Peppers**



Washington
Red Delicious Apples

\$1³⁹
lb.



California
**Sunkist Seedless
Navel Oranges**

5/\$3



Washington
Anjou Pears

\$1⁵⁹
lb.

**Seedless
Red Grapes**

\$3⁴⁹
lb.



Pint
**Fresh
Blueberries**

\$3⁷⁹
ea.



**Fancy Yellow or
Zucchini Squash**

\$1⁴⁹
lb.



**Green
Cabbage**

79¢
lb.



**Hass
Avocados**

2/\$1⁴⁹



**Peru Jumbo
Sweet Onions**

\$1³⁹
lb.



2 Lb.
Organic Fuji Apples

\$3⁹⁹

low prices on everyday organic favorites



3 Ct.
**Josie's Organics
Romaine Hearts**

\$4⁹⁹

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

28-32 Oz.
Selected Varieties
Bob Evans
Family Size Sides
4.99

Black Canyon Angus®
Lean & Juicy
Arm or Rump Roast

\$5.99
lb.

Family Pack
Black Canyon Angus®
Patio or
Charcoal Steaks

\$6.99
lb.

SOUPS & STEWS FOR COOL WEATHER COMFORT!

Black Canyon Angus®
Extra Lean
Stew Meat

\$6.99
lb.

GROUND FRESH DAILY!

80% Lean
Course Ground
Chili Meat

\$5.29
lb.

Smoked Pork
Ham Hocks

\$2.29
lb.

Mountaire
Whole
Chicken Legs

\$1.19
lb.

26-30 Ct., 16 Oz.
Sea Best
Cooked &
Peeled Shrimp

\$9.99
ea.

Black Canyon Angus®
Family Pack
Tenderized Bottom
Round Steaks

\$6.49
lb.

Black Canyon Angus®
Family Pack
Cube Steaks

\$6.79
lb.

16 Oz.
Grass Fed
92% Lean
Ground Beef

\$8.49
ea.

Family Pack
Prairie Fresh
All Natural Pork
Pork Steaks

\$2.29
lb.

Prairie Fresh
All Natural Pork
Boneless
Pork Butt Roast

\$2.49
lb.

Prairie Fresh Signature
St. Louis Style
Hickory Smoked
Spare Ribs

\$4.99
lb.

Seafood

7 Oz.
Selected Varieties
Salad of the Sea
Crab or Salmon Dip

\$3.99

16 Oz.
Grill, Bake or Broil
Sea Best
Cod Fillets

\$8.99

16 Oz.
Sea Best
Tuna Steaks

\$8.99

10 Oz.
Best Choice
Shrimp Rings with
Cocktail Sauce

\$6.99

Black Canyon Angus®
Seasoned
Steak Fingers

\$6.99
lb.

Prairie Fresh
Bacon Wrapped
Pork Ribeye

\$3.49
lb.

Mountaire
Chicken Breast
Grillers

\$3.99
lb.

Our Signature
Bacon Wrapped
Asparagus

\$7.99
lb.

Mountaire
Family Pack
Boneless
Chicken
Breast & Thighs

\$2.79
lb.

Springer Mountain
Whole
Fryers

\$2.19
lb.

10 Lb.
Sager Creek
Bagged
Chicken
Leg Quarters

\$4.99
lb.

16 Oz.
Springer Mountain
Ground
Chicken

\$3.99
ea.

Manufacturer's Coupon Expires 02/28/2026

\$1.50 OFF ANY ONE
SPRINGER MOUNTAIN FARMS CHICKEN PRODUCT

www.SpringerMTN.com
Social - SMFchicken

20-20.7 Oz.
Homestyle, Italian
or Cheese Italian
El Monterey
Taquitos, Chicken,
Beef & Breakfast

\$6.99

16 Oz.
Selected Varieties
Prairie Fresh
Pork Sausage Rolls

\$2.99

frozen meat favorites

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

\$4.49

16 Oz.
Selected Varieties
Williams Premium
Sausage Rolls

\$3.79

40 Oz.
Select Varieties
Williams Premium
Sliced Slab Bacon

\$13.99

28 Oz.
Select Varieties
Eckrich
Lil' Smokies

\$5.99

40 Oz.
Wrights
Hickory Smoked
Sliced Bacon

\$14.99

14 Oz.
Select Varieties
Eckrich Smoked
Sausage Ropes

\$3.99

12 Oz.
Select Varieties
Nathan's
All Beef Hot Dogs

\$5.99

16 Oz.
Select Varieties
Farmland
Sliced Bacon

\$4.99

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



Kretschmar



1 Lb.
**Kretschmar Honey or
Original Ham Off The Bone**

\$6⁹⁹

Kretschmar



1 Lb.
**Kretschmar Honey or
Original Turkey Off The Bone**

\$8⁹⁹

Kretschmar



1 Lb.
**Kretschmar
Pepperoni or Hard Salami**

\$8⁹⁹

ZARDA
HICKORY PIT BAR-B-Q



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

\$4⁴⁹

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



**THAT INCLUDES AN ENTRÉE &
2 SIDES PLUS A FREE COOKIE!**

Tyson



1 Lb.
**Tyson
BBQ Boneless Wings**

\$4⁹⁹

**MADE FRESH
HERE!**



8 Piece
**Aunt Minnie's
Dark Meat**

\$7⁹⁹

Tyson



**Tyson
Whole Chicken**

\$8⁹⁹

**MADE FRESH
HERE!**



**Aunt Minnie's
Chicken Sandwich**

\$3⁹⁹

\$9⁹⁹

18.5 Oz.
**Rich's Single
Layer Cookies &
Cream Cake**



\$4⁴⁹

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



\$4⁹⁹

13.5 Oz.
**Select Varieties
Best Choice
Frosted Sugar Cookies**



\$5⁹⁹

13 Oz.
**MJay's Variety
Brownies**



\$3⁴⁹

6.3-7 Oz.
**Select Varieties
Cyrus O'Leary's
Variety Single Serve Pies**



\$2⁹⁹

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



\$4⁹⁹

14 Oz.
**Select Varieties
37th Street
Variety Danishes**



\$3⁹⁹

24 Oz.
**Goldminer
Sourdough
Sliced Bread**



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



6-11 Oz.
**Select Varieties
Lean Cuisine
Frozen Entrees**

4/\$10



24-27 Oz.
**Select Varieties
Banquet
Family Size Meals**

\$3⁹⁹



7-11 Oz.
**Select Varieties
Pillsbury Toaster
Strudel & Scrambles**

\$3²⁹



9-10 Oz.
**Select Varieties
Totino's
Frozen Pizza**

2/\$4



8-12 Oz.
**Select Varieties
Morning Star
Farms Frozen Meals**

\$3⁹⁹



8-11 Oz.
**Select Varieties
TGI Friday
Frozen Appetizers**

\$3⁹⁹



10 Oz.
**Select Varieties
Birds Eye
Frozen Vegetables**

\$1⁴⁹



4 Qt.
**Select Varieties
Hiland
Ice Cream Pail**

\$7⁶⁹



6 Ct.
**Select Varieties
Prairie Farms Ice Cream
Sandwiches, Just Dipped
Bars, Chocolate Eclairs,
Strawberry Shortcakes,
or Krispy Krunch**

\$3⁹⁹

GROCERY FAVORITES

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

\$349

9-10 Oz.
Honey Nut Cheerios,
Cookie Crisp
or Lucky Charms
General Mills



\$199

6 Ct.
Select Varieties
Kool-Aid
Bursts





9-14 Oz.
Select Varieties
Kraft Deluxe
Mac & Cheese
or Velveeta
Shells & Cheese

\$349



10-12 Ct.
Select Varieties
Old El Paso
Taco Shells

\$249



8-13 Oz.
Select Varieties
Old El Paso
Dinner Kits

\$349



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

2/\$4



16 Oz.
Selected Varieties
2 Sisters
Salsa

\$249



12 Oz.
Select Varieties
Frank's
Hot Sauce

\$399



15 Oz.
Wishbone
Salad Dressing

\$269



4 Oz.
Select Varieties
Betty Crocker
Box Potatoes

2/\$4



14.5-15 Oz.
Select Varieties
Hunt's Canned
Tomatoes

\$179



15.5 Oz.
Select Varieties
Trappey's
Black Eye Peas

\$179



8 Ct.
Select Varieties
Swiss Miss
Hot Cocoa

\$299



8 Rolls
Select Varieties
Best Choice
Bath Tissue

\$429



10-20 Ct.
Select Varieties
Hefty
Slider Bags

\$299



12-18 Oz.
Select Varieties
Dawn
Dish Soap

\$329



4 Ct.
Select Varieties
9 Lives
Can Cat Food

\$329



1.25 Oz.
Select Varieties
Kinder's
Dip Mix

\$169

8 Oz.
Select Varieties
Golden Dipt
Cocktail
Sauce

\$289

SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES

Including products from our hometown Hiland Dairy!



\$299

Select Varieties
16.3 Oz.
Pillsbury Grands! Biscuits,
12.4 Oz. Cinnamon Rolls
or 8 Oz. Crescents



2/\$5

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



\$229

64 Oz.
Select Varieties
Sunny Delight
Orange Drink



\$399

Half Gallon
Hiland
Chocolate Milk
or Orange Juice



5/\$3

6 Oz.
Select Varieties
Hiland
Yogurt



\$299

16 Oz.
Select Varieties
Hiland Cottage
Cheese or 32 Oz.
Coffee Creamer



\$219

8 Oz.
Select Varieties
Hiland
Cheese Shreds



3/\$5

8 Oz.
Select Varieties
Hiland Dips or
Sour Cream

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



9.1-11.5 Oz.
Select Varieties
**On The Border
Tortilla Chips**
\$3⁴⁹



10 Oz.
Select Varieties
**Rotel
Tomatoes**
4/\$5



32 Oz.
Select Varieties
**Kraft
Velveeta**
\$7⁹⁹



20 Oz.
**Sara Lee
Honey
Wheat
Bread**



\$2⁹⁹

20 Oz., Sour Dough, Rye,
Wheat Berry, Whole Wheat,
Multi-Grain, Potato or
Country White
**Ozark Hearth
Wide Pan
Breads**



2/\$4

12 Ct.
**Ozark Hearth
Hamburger
Buns**



2/\$5

specialty foods



12.5 Oz.
Select Varieties
**Big Whisk Green
Chili Spread**
\$8⁷⁹



8.25-10 Oz.
Select Varieties
**Mezzetta
Olives**
\$6⁷⁹



12 Oz.
Select Varieties
**Ragin Cajun
Pickle or Relish**
\$6⁸⁹



18 Oz.
Select Varieties
**Stubb's
BBQ Sauce**
\$4⁸⁹



4.25 Oz.
Select Varieties
**Blue Diamond
Nut Thin Crackers**
\$4⁴⁹

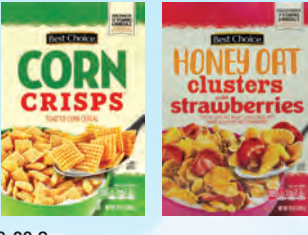
Shop Best Choice For Your Best Value



3 Ct.
Select Varieties
**Best Choice
Microwave Popcorn**
\$1⁷⁹



16 Oz.
Select Varieties
**Best Choice
Peanut Butter**
2/\$5



10-20 Oz.
Select Varieties
**Best Choice
Box Cereal**
\$2²⁹



15 Oz.
Select Varieties
**Best Choice
Canned Pasta**
4/\$5



4 Ct.
Select Varieties
**Best Choice
Fruit Cups**
\$2⁷⁹

Great Party Favorites From Our Deli



7.2 Oz.
Select Varieties
**Snack Factory
Variety
Pretzel Crisps**
\$3⁹⁹



10 Oz.
Select Varieties
**Sabra Variety
Hummus**
\$3⁹⁹



4 Oz.
**Boursin
Garlic & Herb
or Caramelized
Onion Crumbles**
\$3⁹⁹



6 Oz.
Select Varieties
**Kaukauna
Cheesecake**
\$3⁹⁹



12 Oz.
Select Varieties
**Kretschmar
Specialty &
Premium Cheese**
\$7⁹⁹



14 Oz.
**Kretschmar Beef
or Beef & Garlic
Summer Sausage**
\$8⁹⁹

Best Prices for Drinks



24 Pk./12 Oz. Cans
Select Varieties
**Pepsi
Products**
\$10⁹⁹



8 Pk./12 Oz. Bottles
Select Varieties
**Coca-Cola
Products**
\$5⁹⁹



8 Pk./20 Oz. Bottles
Select Varieties
**Gatorade
Sports Drinks**
\$7⁴⁹



16 Oz.
Select Varieties
**BodyArmor
Sports Drink**
\$1⁶⁹



8 Pk./12 Oz. Bottles
Select Varieties
Pepsi Products
\$4⁴⁹

6 Pk./16.9 Oz. Bottles
Select Varieties
**Pepsi
Products**
\$5⁹⁹

Select Varieties
**RC Cola or
7•Up Products**
2 Liters
4/\$5



12 Oz. Cans
Select Varieties
**RC Cola or
7•Up Products**
12 Pack
\$7⁴⁹

