



G&W FOODS

416 W. MYRTLE ST.
INDEPENDENCE, KS 67301

Vision Card & WIC Accepted
Postage Stamps & Fax Available

620-331-9500

Prices Effective: Feb. 11 - Feb. 24, 2026 • While Supplies Last



Black Canyon Angus
**Whole in Bag
Ribeye**
13⁹⁹
lb.

\$15⁹⁹
lb.

Black Canyon Angus®
**Boneless
Ribeye Steak**



**Fresh
Florida**

1 Lb.
**Red Ripe
Strawberries**

\$3⁴⁹



**PRAIRIE
FRESH
NATURAL**

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

\$1⁵⁹
lb.



Black Canyon Angus®
**Whole In Bag
Tri Tip Roast**

\$7⁹⁹
lb.



Greenridge
3 Lb.
**Michigan
Gala or Fuji Apples**

\$3⁴⁹



Mountaire
Fresh Young Chickens

\$1⁴⁹
lb.

Mountaire Fresh
Whole Fryer



**FARMER'S
PROMISE**
YELLOW

5 Lb.
**Farmer's Promise
Yellow Potatoes**

\$2⁴⁹



INTRODUCING
Aunt Minnie's
Pork Tenderloin Sandwich

\$5⁹⁹



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

3/\$10



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

2/\$6



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

\$4⁹⁹



14-15 Oz.
Select Varieties
**Green Giant
Canned
Vegetables**

4/\$5



Select Varieties
**Flora
Bath Tissue**
12 Double Roll or 8 Mega Roll
or **Paper Towels**
6 Roll

\$4⁹⁹



100.5-105 Oz.
Select Varieties
**Arm & Hammer
Liquid
Detergent**

\$5⁹⁹

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!

\$1.99

Head of
Lettuce

Super Select
Cucumbers

79¢
ea.

Large Roma
Tomatoes

\$1.19
lb.

\$4.99

13 Oz.
Marzetti
Salad Dressing



2/\$3

5 Oz.
Fresh Gourmet
Croutons



Red
Bell Peppers

99¢
ea.

Hass
Avocados

79¢
ea.



5 Oz.
Dole
Baby Spinach

\$2.79



Imported
Dark Red
Sweet Cherries

\$4.99
lb.



4 Lb.
Sunkist Seedless
Navel Oranges

\$4.99



Fresh Fruit Favorites

15 Lb.
Always Save
Russet Potatoes

\$3.99



Fancy Zucchini or
Yellow Squash

\$1.69
lb.



Jumbo
Red Sweet Onions

\$1.49
lb.



Green
Asparagus

\$3.99
lb.



low prices on everyday organic favorites

1 Lb.
Organic Bolthouse
Baby Peeled Carrots

\$1.99



3 Ct.
Josie's Organics
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

16 Oz.
Hickory or Applewood
Kentucky Legend Bacon
\$4.99

\$5.99
lb.

Family Pack
Black Canyon Angus®
Sirloin Tip Steak

\$6.99
lb.

CAJUN FAVORITES TO CELEBRATE MARDI GRAS

13.5 Oz.
Select Varieties
Johnsonville Andouille, Smoked or Polish Sausage

\$3.79

27.2 Oz.
Select Varieties
Prairie Fresh All Natural
Marinated Pork Loin

\$5.99

35.13 Oz.
Tastee Choice
Seafood and Shrimp Boil

\$13.99

Prairie Fresh All Natural
Baby Back Pork Ribs

\$3.99
lb.

1.5 Lb.
Sea Best Snow Crab Clusters

\$19.99

Black Canyon Angus®
Sirloin Tip Roast

\$5.99
lb.

Black Canyon Angus®
Breakfast Steaks

\$7.99
lb.

Black Canyon Angus®
Sirloin For Stir Fry

\$7.99
lb.

Family Pack
Prairie Fresh All Natural
Center Rib Chops

\$2.49
lb.

Prairie Fresh All Natural
Thick Cut Iowa Chops

\$2.69
lb.

Prairie Fresh All Natural
Bone-In or Boneless
Center Loin Roast

\$2.29
lb.

Seafood

40-60 Ct., 16 Oz.
Paul Piazza Peeled & Deveined Raw Shrimp

\$7.99

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

\$5.49

20 Oz.
Tastee Choice Shrimp Scampi

\$4.99

9 Oz.
Sea Pak Jumbo Butterfly Shrimp

\$5.99

Black Canyon Angus®
90% Lean Ground Beef Patties

\$6.99
lb.

Our Signature
Stuffed Mushrooms

\$6.99
lb.

Bacon Wrapped Stuffed Pork Chops

\$4.49
lb.

Bacon Wrapped Sweet Pepper Poppers

\$9.99
lb.

Mountaire Family Pack
Boneless Chicken Breast

\$2.79
lb.

Mountaire Family Pack
Boneless Chicken Thighs

\$2.79
lb.

Springer Mountain
Chicken Thighs or Drumsticks

\$1.79
lb.

10 Lb. Bag
Sager Creek Farms Chicken Leg Quarters

\$7.99

Manufacturer's Coupon Expires 02/28/2026
\$1.50 OFF ANY ONE
SPRINGER MOUNTAIN FARMS CHICKEN PRODUCT

www.SpringerMTN.com
Social - SMFchicken

18-20.7 Oz.
Beef, Chicken, Egg & Bacon
El Monterey Taquitos

\$7.99

30.4-32 Oz.
Selected Varieties
El Monterey Burritos or Chimichangas

\$5.99

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

\$4.99

42.7 Oz.
State Fair Classic Corn Dogs

\$8.99

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

\$3.79

22 Oz.
Select Varieties
Carl Buddig Mega Pack Lunch Meat

\$5.99

24 Oz.
Select Varieties
Wright Sliced Slab Bacon

\$8.99

10-16 Oz.
Select Varieties
Land-O-Frost Premium Lunch Meat

\$5.99

13-14 Oz.
Select Varieties
Eckrich Smoked Sausage Ropes or Links

\$3.49

40 Oz.
Hickory Smoked or Applewood
Williams or J.C. Potter Sliced Slab Bacon

\$11.99

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



Kretschmar



1 Lb.
Kretschmar Virginia Honey or Smoked Ham

\$5⁹⁹

Kretschmar



1 Lb.
Kretschmar Mesquite or Hickory Smoked Turkey Breast

\$8⁹⁹

Kretschmar



1 Lb.
Kretschmar Colby or Colby Jack Cheese

\$6⁹⁹

RESER'S FINE FOODS



2/**\$6**

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

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!

MADE FRESH HERE!



8 Piece
Aunt Minnie's Fried Chicken

\$8⁹⁹

MADE FRESH HERE!



1 Lb.
Aunt Minnie's Hand Breaded Chicken Tenders

\$6⁹⁹

MADE FRESH HERE!



Aunt Minnie's Fish Fillet

\$6⁹⁹

Tyson



2/**\$5**

Tyson Chicken or Buffalo Chicken & Cheese Crisпитos

2/**\$3**

\$8⁹⁹

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



\$4⁹⁹

12 Ct.
King's Hawaiian Original Rolls



\$5⁴⁹

12 Ct.
Select Varieties
Best Choice Cookies



\$4⁹⁹

13 Oz.
Select Varieties
M Jay's Assorted Brownies



\$5⁴⁹

16 Oz.
Select Varieties
Olson's Sliced Crème Cake



\$5⁹⁹

6 Ct., Cherry, Apple or French Toast
Clyde's Fritters



\$5⁴⁹

12 Ct.
Select Varieties
Clyde's Variety Donuts



\$4⁴⁹

20 Oz.
Sourdough or Roasted Garlic & Black Pepper
Portofino Bread



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



10-14 Oz.
Select Varieties
Marie Callender's Frozen Dinners

2/**\$7**



21 Oz.
Select Varieties
Birds Eye Voila! Meals

\$4⁴⁹



5-12 Oz.
Select Varieties
Morning Star Farms Frozen Meals

\$4⁴⁹



13-16 Oz.
Select Varieties
Hungry Man Frozen Dinners

\$3⁹⁹



10 Oz.
Select Varieties
Birds Eye Frozen Vegetable

2/**\$3**



16-28 Oz.
Select Varieties
Sonic, Arby's, Checkers, Idaho, Red Robin or Nathan's Frozen Potatoes or Onion Rings

\$3⁹⁹



6 Ct.
Select Varieties
Prairie Farms Ice Cream Cones

\$4²⁹



Half Gallon
Select Varieties
Hiland Sherbet

\$4²⁹



48 Oz.
Select Varieties
Hiland Light Ice Cream

\$3⁴⁹

GROCERY FAVORITES

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

2/\$3

7-16 Oz.
Select Varieties
Barilla Pasta



2/\$5

16 Oz.
Select Varieties
Ott's Salad Dressing





24 Oz.
Select Varieties
Hunt's Pasta Sauce

2/\$3



20 Oz.
Select Varieties
Hunt's Ketchup

2/\$3

10-15 Oz.
Select Varieties
Red Gold Canned Tomatoes

\$1.19

4-5 Oz.
Select Varieties
Knorr Pasta or Rice Sides

3/\$5

5 Oz.
Select Varieties
Starkist Canned Tuna

99¢

7.5-16 Oz.
Select Varieties
Zesta or Krispy Saltine Crackers

\$2.99



5 Ct.
Select Varieties
Nature Valley Granola Bars

\$3.99

6-8 Ct.
Select Varieties
Quaker Instant Oatmeal

\$3.49

9-11 Oz.
Select Varieties
General Mills Cheerios

\$3.49

24-28 Oz.
Selected Varieties
Jif Peanut Butter

\$4.49

18 Oz.
Selected Varieties
Smucker's Jams or Preserves

\$4.49



3 Lb.
Select Varieties
Meow Mix Cat Food

\$5.99

40 Lb.
Select Varieties
Ben's Best Dog Food

\$20.99

16-38 Oz.
Select Varieties
Dawn Dish Soap

\$5.99

20-25 Ct.
Select Varieties
Party Cups

\$1.99

21 Oz.
Bob's Red Mill Brownie Mix

\$6.79

16 Oz.
Bob's Red Mill Pie Crust Mix

\$4.99

SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES

Including products from our hometown Hiland Dairy!



\$3.99

52 Oz.
Select Varieties
Florida's Natural Orange Juice

\$2.29

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

2/\$5

Select Varieties
Pillsbury 16.3 Oz. Grands! Biscuits, 12 Oz. Cinnamon Rolls or 8 Oz. Crescent Rolls



Gallon
Select Varieties
Red Diamond Tea

\$3.99

24 Oz.
Select Varieties
Hiland Cottage Cheese

\$3.29

8 Oz.
Hiland Cream Cheese

\$1.69

6 Oz.
Select Varieties
Hiland Yogurt

2/\$1

16 Oz.
Select Varieties
Hiland Cheese Block

\$3.99

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



8 Oz.
Select Varieties
Ruffles
Potato Chips
2/\$7



8-9 Oz.
Select Varieties
Frito-Lay
Cheetos
or Fritos
\$3.99



20 Oz.
Sara Lee
Classic
White
Bread



\$2.49

12 Oz.
Select Varieties
Thomas'
English
Muffins



\$2.99

20-24 Oz.
Bunny
Honey Wheat
or Thin White
Sandwich Bread



\$2.69

specialty foods



16 Oz.
Bob's Red Mill
Chocolate
Cake Mix
\$5.49



22 Oz.
Bob's Red Mill
Chocolate Chip
Cookie Mix
\$7.49



20 Oz.
Bob's Red Mill
Cornbread Mix
\$4.79



24 Oz.
Bob's Red Mill
Biscuit & Baking Mix
\$6.49



16 Oz.
Bob's Red Mill
Bread Mix
\$6.99

Shop Best Choice For Your Best Value



6 Ct.
Select Varieties
Best Choice
Popcorn
\$3.49



5.5-7.3 Oz.
Select Varieties
Best Choice
Mac & Cheese
99¢



28-32 Oz.
Select Varieties
Best Choice Waffle
& Pancake Mix
\$2.79



12 Oz.
Select Varieties
Best Choice
Texas Style Biscuits
3/\$5



8 Oz.
Select Varieties
Best Choice
Flavored
Cream Cheese
2/\$4

Great Party Favorites From Our Deli



7.2 Oz.
Select Varieties
Snack Factory
Pretzel Crisps
\$3.99



10 Oz.
Select Varieties
Sabra
Hummus
\$3.49



8 Oz.
Select Varieties
Sabra Classic
Guacamole
\$3.49



8 Oz.
Select Varieties
Red Apple
Smoked Cheddar
or Gouda Cheese
\$6.49



6 Oz.
Original or Dill
Emmi Roth
Havarti Cheese
\$3.99



5.2 Oz.
Boursin
Garlic & Herb
Cheese
\$4.49

Best Prices for Drinks



8 Pk./12 Oz. Bottles
Select Varieties
Coca-Cola
Products
\$3.99



24 Pk./12 Oz. Cans
Select Varieties
Pepsi
Products
\$12.49



28 Oz. Bottle
Select Varieties
Powerade
Sports Drink



8 Pk./12 Oz. Cans
Select Varieties
Bubly
Sparkling Water
3/\$5



6 Pk./16.9 Oz. Bottles
Select Varieties
Gold Peak
Tea
\$3.99



12 Oz. Cans
Select Varieties
RC Cola or
7-Up Products
12 Pack
\$6.99

.5 Liter Bottles
Select Varieties
RC Cola or
7-Up Products
6 Pack
\$4.99

