

Just As Well Get The Best & The Freshest

BIG

3 DAY SALE

FRIDAY, SATURDAY & SUNDAY

PRICES GOOD FROM APRIL 24TH THRU 26TH, 2026



Prairie Fresh All Natural
**Whole Boneless
Pork Loin**

\$1.99
Lb.



**Johnsonville
Rope Sausage**
12-13.5 Oz.
Select Varieties

2/\$5



CATCH OF THE DAY!
**EZ Peel
Shrimp**
24 Oz. Bag, 21-25 Ct.

\$6.99

Just As Well Get The Best & The Freshest

BIG 3 DAY SALE

FRIDAY, SATURDAY & SUNDAY

PRICES GOOD FROM APRIL 24TH THRU 26TH, 2026



Kellogg's Kids Cereals
8-12 Oz.
Select Varieties

\$1.99



Cheez-It Crackers
7 Oz.

99¢



Totino's Frozen Pizzas
9.2-10.7 Oz.
Select Varieties

4/\$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: Apr. 22 - May 5, 2026 • While Supplies Last



19-20 Oz.
Selected Varieties
**Hormel
Side Dishes**
3.59



Black Canyon Angus®
12 Oz.
Boneless Ribeye Steaks

\$14.99 lb.



Fresh Florida

3 Pk.
**Florida Bi
Color Sweet Corn**

\$2.49



PRAIRIE FRESH NATURAL

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

\$1.59 lb.



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

\$3.99 lb.



1 Lb.
**California
Strawberries**

\$2.49 ea.



Mountaire
Fresh Young Chicken

Family Pack
Mountaire Fresh
**Split Chicken
Breast**

\$1.59 lb.



First of the Season

**Vidalia Jumbo
Sweet Onions**

\$1.29 lb.



Aunt Minnie's
Hand Breaded
Chicken Tenders

\$6.99 lb.



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

\$3.99



9.25 Oz.
Select Varieties
**Frito Lay
Doritos**

2/\$6



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

\$3.49



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

\$2.99



24-32 Oz.
Select Varieties
**Ore Ida Frozen
Potatoes**

\$3.99



10 Oz.
Select Varieties
**Rotel Can
Tomatoes**

4/\$5

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!

\$1.79

Head
Lettuce



Red, Yellow
or Orange
Bell Peppers

\$1.39



10 Oz.
Naturesweet
Glory Tomatoes

\$2.99

\$1.79

16 Oz.
Naturesweet
Mini Cucumbers



\$2.89
lb.

Heirloom
Tomatoes



Red Seedless
Grapes

\$2.99
lb.



6 Oz.
Fresh
Blackberries

\$2.49

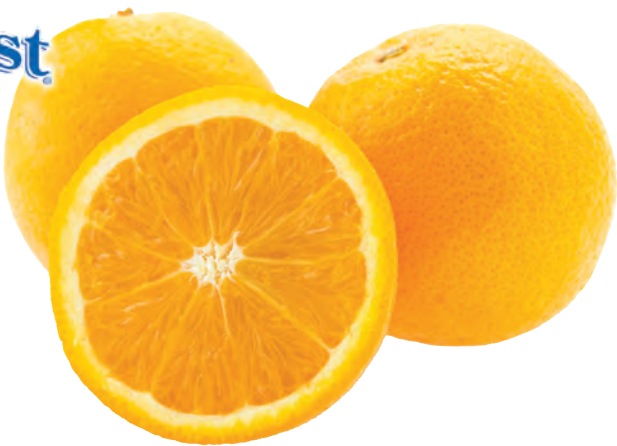


Jumbo
Cantaloupes

\$3.99

Sunkist

4 Lb.
Sunkist
Navel Oranges
\$3.99
ea.



WASHINGTON

Fuji, Pink Lady,
Granny Smith or Red Delicious
Washington
Premium Apples
\$1.39
lb.



Fresh Fruit Favorites



Jumbo
Baking Potatoes

49¢
lb.



Fancy Yellow or
Zucchini Squash

\$1.29
lb.



Jumbo Sweet
Red Onions

\$1.59
lb.



5 Lb.
Farmers Promise
Red or Yellow
Potatoes

\$2.99



8 Oz.
Organic
Mini Sweet Peppers

\$3.29

low prices on everyday organic favorites



10 Oz.
Select Varieties
Organic Girl
Salad Blends

\$5.99

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!

Family Pack
80% Lean Ground Beef

\$5.99 lb.



BLACK CANYON
ANGUS BEEF

Black Canyon Angus®
Eye of Round or Arm Roast

\$6.99 lb.

Seafood



SEA BEST

Sea Best
Salmon Fillets

\$7.99



SEA BEST

16 Oz.
Sea Best Tilapia Fillets

\$4.99



SEA BEST

16 Oz.
Sea Best Hush Puppies

\$3.79



SEA BEST

16 Oz.
Sea Best Bay Scallops

\$7.99

BUY BIG, SAVE BIG ON THESE SIZZLING DEALS!



PRAIRIE FRESH NATURAL

Prairie Fresh All Natural
2 Pk.
Whole Pork Butt

\$1.99 lb.



BLACK CANYON
ANGUS BEEF

In Bag
Black Canyon Angus®
Whole Eye of Round Roast

\$5.99 lb.



80% Lean Ground Beef
Sold in Tube Only

\$4.99 ea.



Mountaire
10 Lb. Bag
Mountaire Chicken Drumsticks

\$9.99



SEA BEST

5 Lb.
Sea Best Whole Cooked Crawfish

\$19.99



BLACK CANYON
ANGUS BEEF

Family Pack
Black Canyon Angus®
Patio or Charcoal Steak

\$7.99 lb.



BLACK CANYON
ANGUS BEEF

Family Pack
Black Canyon Angus®
Eye of Round or Cube Steaks

\$7.79 lb.



BLACK CANYON
ANGUS BEEF

Black Canyon Angus®
Lean Stew Meat

\$7.49 lb.



PRAIRIE FRESH NATURAL

Family Pack
Prairie Fresh All Natural
Butterfly or Boneless Pork Chops

\$2.99 lb.



PRAIRIE FRESH NATURAL

Family Pack
Prairie Fresh All Natural
Pork Steak

\$2.29 lb.



PRAIRIE FRESH NATURAL

Prairie Fresh All Natural
Baby Back Ribs

\$3.99 lb.



BLACK CANYON
ANGUS BEEF

Black Canyon Angus®
Seasoned Steak Fingers

\$7.99 lb.



Our Signature Made
Jalapeno Poppers

\$9.99 lb.



Our Signature Made
Bacon Wrapped Pork Grillers

\$3.99 lb.



Our Signature Made
Pork or Chicken Kabobs

\$5.99 lb.



Mountaire
Family Pack
Boneless Chicken Breast or Thighs

\$3.49 lb.



SPRINGER
Mountain Farms
Thin Sliced Boneless
Breast or Tenderloins

\$4.99 lb.



SPRINGER
Mountain Farms
Boneless Chicken
Breast

\$4.69 lb.



SPRINGER
Mountain Farms
Ground Chicken

\$3.69 lb.



12 Oz. Butterball Turkey Bacon

2/\$6



Fast Fixin'
Breaded Chicken Patties,
Strips or Nuggets

\$4.99



EL MONTEREY

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

\$5.99



Jimmy Dean

28.8-36 Oz.
Selected Varieties
Jimmy Dean Breakfast Sandwiches

\$11.99



Tyson

20-26.05 Oz., Selected Varieties
Tyson Chicken Anytizers, Wings or Tenderloins

\$9.99



ARMOUR

14 Oz.
Armour Original Italian Meatballs

\$3.99



WILLIAMS
COUNTRY SAUSAGE

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

\$3.79



Smithfield

7-8 Oz.
Select Varieties
Smithfield Prime Lunchmeats

\$3.99



UPLOADED

13.92-16.1 Oz.
Select Varieties
Oscar Mayer Uploaded Lunchables

\$3.99



HILLSHIRE FARMS

12-14 Oz.
Select Varieties
Hillshire Farms Smoked Sausage

\$3.99



WILLIAMS
COUNTRY SAUSAGE

40 Oz.
Select Varieties
Williams Premium Sliced Slab Bacon

\$12.99



WILLIAMS
COUNTRY SAUSAGE

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

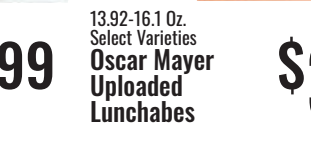
\$3.79



Smithfield

7-8 Oz.
Select Varieties
Smithfield Prime Lunchmeats

\$3.99



UPLOADED

13.92-16.1 Oz.
Select Varieties
Oscar Mayer Uploaded Lunchables

\$3.99



HILLSHIRE FARMS

12-14 Oz.
Select Varieties
Hillshire Farms Smoked Sausage

\$3.99



WILLIAMS
COUNTRY SAUSAGE

40 Oz.
Select Varieties
Williams Premium Sliced Slab Bacon

\$12.99

ALWAYS SOMETHING GOOD COOKIN' AT AUNT MINNIE'S

HOME OF THE BEST HAND-BREADED FRIED CHICKEN YOU WILL FIND ANYWHERE!



Kretschmar

\$6⁹⁹ lb.

Kretschmar Honey or Original Ham Off the Bone

Kretschmar

\$9⁹⁹ lb.

Kretschmar Honey or Original Turkey Off the Bone

Kretschmar

\$7⁹⁹ lb.

Kretschmar Pepperoni or Hard Salami

Kretschmar

\$6⁹⁹ lb.

Kretschmar Yellow or White American Cheese

RESER'S FINE FOODS

\$8⁹⁹

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

VISIT OUR DELI FOR GREAT LUNCH OR DINNER MEALS.

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

8 Piece Aunt Minnie's Fried Chicken

\$8⁹⁹

Tyson

\$4⁹⁹ lb.

Tyson Boneless Chicken Wings

Aunt Minnie's Pork Tenderloin Sandwich

\$4⁹⁹

Kretschmar

\$14⁹⁹

Kretschmar Fully Cooked Ribs

Tippin's

\$6⁴⁹

8 Inch, 24 Oz. Select Varieties Tippin's Apple or Cherry Pie

King's Hawaiian

\$4⁴⁹

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

Best Choice

\$3⁹⁹

13.5 Oz. Select Varieties Best Choice Frosted Sugar Cookies

Sweet P's

\$8⁹⁹

12 Ct., Select Varieties Sweet P's Brownie Trio Iced Platter

Olson's

\$3⁴⁹

11 Oz. Select Varieties Olson's Angel Food Bar

Cafe Valley

\$4⁹⁹

4 Ct. Select Varieties Cafe Valley Muffins

Clyde's

\$5⁹⁹

12 Ct. Select Varieties Clyde's Donuts

Olson's

\$4⁹⁹

16 Oz. Select Varieties Olson's Sliced Creme Cake

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

Stouffer's

\$3⁴⁹

9-12 Oz. Select Varieties Stouffer's Entrees

Birdseye

\$4⁹⁹

26-30 Oz. Select Varieties Birdseye Viola! Meals

PAGODA

\$6⁹⁹

22-24 Oz. Select Varieties Pagoda or Bibigo Egg Rolls, Wontons or Pot Stickers

Pillsbury

\$3²⁹

7-11 Oz. Select Varieties Pillsbury Toaster Strudels or Scrambles

Furlani's

\$2²⁹

6 Ct./10 Oz. Select Varieties Furlani's Garlic Bread or Garlic Toast

Banquet

\$4⁴⁹

24-28 Oz. Select Varieties Banquet Family Size Meals

Best Choice

\$3²⁹

8 Oz. Select Varieties Best Choice Frozen Appetizers

Best Choice

\$1³⁹

8 Oz. Select Varieties Best Choice Frozen Whipped Topping

Blue Ribbon

\$5⁹⁹

12-20 Ct. Fudge Bars, Star Bars, Strawberry Short Cake, Vanilla Sandwich, Orange Dream, Root Beer Bars, Chocolate Eclairs or Toasted Almond Bars Blue Ribbon Classics Novelties

GROCERY FAVORITES

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

\$2.88

8 Ct. Selected Varieties
Kellogg's Pop-Tarts



\$2.99

12 Oz. Selected Varieties
Post Honey Bunches of Oats Cereal



46 Oz. Select Varieties
Tropicana Premium Orange Juice

2/\$7

64 Oz. Select Varieties Ocean Spray Cranberry Juice	\$2.99	21-28 Oz. Select Varieties Bush's Best Baked Beans	\$2.99	15 Oz. Select Varieties Wishbone Salad Dressing	\$2.99	20 Oz. Hunt's Ketchup	\$1.59	20 Oz. Best Choice Yellow Mustard	\$1.49

4-5 Oz. Select Varieties Knorr Rice & Sauce or Pasta & Sauce Sides	2/\$3	24 Oz. Select Varieties Hunt's Pasta Sauce	2/\$3	6.24-9 Oz. Pouch Selected Varieties Hershey's Candy Bars	\$5.99	64 Oz. Selected Varieties Old Orchard Juices	\$3.29	16 Oz. Selected Varieties Chi Chi's Salsa	\$2.59

100.5-105 Oz. Select Varieties Arm & Hammer Liquid Detergent	\$6.99	8 Lb. Royal Oak Lump Charcoal	\$7.49	3 Lb. Select Varieties Meow Mix Dry Cat Food	\$5.99	12-16 Lb. Select Varieties Kingsford Charcoal	\$13.99	15 Oz. El Rio Nacho Cheese Sauce	\$3.49	9 Oz. Herdez Street Taco Sauce	\$3.99

SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES Including products from our hometown Hiland Dairy!

2/\$5	\$3.99	\$3.99			
Select Varieties Pillsbury 16.3 Oz. Grands! Biscuits, 8 Oz. Crescent Rolls or 12-13 Oz. Cinnamon Rolls	10-12 Oz. Select Varieties Kraft Singles	21.24 Oz. Select Varieties Chobani 4 Pack Yogurt			

16 Oz. Select Varieties Hiland Cottage Cheese	32 Oz. Select Varieties Hiland Coffee Creamers	16 Oz. Select Varieties Hiland Cheese Blocks	Half-Gallon Select Varieties Hiland Orange Juice	Half-Gallon Select Varieties Hiland Orange Juice	Half-Gallon Select Varieties Hiland Chocolate Milk	Half-Gallon Select Varieties Hiland Chocolate Milk	
\$2.99	\$3.29	\$3.79	\$3.69	\$3.69	\$3.99	\$3.99	

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



7-8 Oz.
Select Varieties
**Frito Lay
Potato
Chips**
2/\$5



15 Oz. Jar
Select Varieties
**Frito Lay
Dips**
\$3.99



13-18 Oz.
Family Size
Select Varieties
**Nabisco
Oreo
Cookies**
\$4.99



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



\$2.29

8 Ct.
**Ball Park
Hamburger or
Hot Dog Buns**



\$2.79

24 Oz.
**Bunny Thin
White Sandwich
Bread**



\$2.79

specialty foods

15 Oz.
Select Varieties
**Herdez
Salsa**
\$3.29



15 Oz.
**La Preferida
Spanish
Rice**
\$1.79



16 Oz.
**La Preferida
Refried
Beans**
\$1.59

11.5 Oz.
**La Preferida
Jalapeño
Nacho Slices**
\$2.79



16 Oz.
**La Preferida
Refried
Black Beans**
\$1.79

Shop Best Choice For Your Best Value



16 Oz.
Select Varieties
**Best Choice
Sour Cream**
\$1.79



.87-1.5 Oz.
Select Varieties
**Best Choice
Seasoning Packets**
79¢



14.5-15.25 Oz.
Select Varieties
**Best Choice
Canned
Vegetables**
5/\$5.50



10-12 Ct.
Select Varieties
**Best Choice
Frozen Pancakes
or Waffles**
2/\$5



4 Quart
Select Varieties
**Best Choice
Ice Cream Pails**
\$5.99

Great Party Favorites From Our Deli



**Aunt Minnie
7 Layer Bean Dip**
\$4.99
lb.



16 Oz. White or Original
**Pancho's
Queso**
\$5.99



7 Oz.
**Sabra Classic
Guacamole**
\$3.49



**Aunt Minnie
Tortilla Chips**
\$2.49
lb.



5 Oz.
**BelGioioso
Grated Queso
Cotija Cup**
2/\$5



5 Oz.
**BelGioioso
Shredded Oaxaca
or Quesadilla Cup**
2/\$5

Best Prices for Drinks



12 Pk./12 Oz. Cans
Select Varieties
**Pepsi
Products**
\$7.99



2 Liter Bottles
Select Varieties
**Coca-Cola
Products**
\$1.99



10 Pk./7.5 Oz. Mini Cans
Select Varieties
**Pepsi
Products**
\$5.49



6 Pk./16.9 Oz. Bottles
Select Varieties
**Pepsi
Products**
\$4.99



59 Oz.
Select Varieties
**Gold Peak
Tea**
\$3.99

Select Varieties
**RC Cola or
7-Up
Products**
2 Liters
\$2.39



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

