

Just As Well Get The Best & The Freshest

# BIG 1 DAY SALE

SATURDAY

PRICES GOOD JUNE 20<sup>TH</sup>, 2026



**1 DAY ONLY!**

Limit 2 Please

**80% Lean Ground Beef**  
Sold in 10 Lb. Tube Only

**\$4.99**  
Lb.



**1 DAY ONLY!**



Limit 2 Please

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

**\$1.89**  
Lb.



**1 DAY ONLY!**



Mountaire Fresh Chicken  
**Boneless Breast**  
Sold In 5 Lb. Bag

**\$12.99**

Just As Well Get The Best & The Freshest

# BIG 1 DAY SALE

SATURDAY

PRICES GOOD JUNE 20<sup>TH</sup>, 2026



Limit 2 Please

Farmer's Promise  
**Russet Potatoes**  
4 Lb. Bag

**\$1.49**



Limit 4 Please

**Niagara Water**  
24 Pk./16.9 Oz. Bottles

**2/\$5**



Limit 2 Please

4 Quart Pails  
Selected Varieties  
**Blue Ribbon Classics Frozen Dairy Dessert**

**\$4.99**



# G & W FOODS

**FREDONIA, KANSAS  
OPEN 7 DAYS  
7AM TO 9PM**

VISION CARD/WIC • FAX AVAILABLE  
CUSTOMER DELIVERY • SENIOR CITIZENS DISCOUNT  
POSTAGE STAMPS AVAILABLE

**620-378-3612**

Prices Effective: June 17 - June 30, 2026 • While Supplies Last




**BLACK CANYON**  
ANGUS BEEF

Black Canyon Angus®  
**T-Bone Steaks**  
Any Size Package

**\$14<sup>99</sup>**  
lb.



**Northwest**  
Cherries

**Dark Red**  
**Sweet Cherries**

**\$4<sup>99</sup>**  
lb.



**PRAIRIE FRESH**  
NATURAL

Prairie Fresh All Natural  
Family Pack  
**Assorted**  
**Pork Chops**

**\$1<sup>99</sup>**  
lb.



**GROUND FRESH DAILY!**

Family Pack  
**Boston Style Grind**

**\$4<sup>49</sup>**  
lb.



Arkansas  
**Slicer Tomatoes**

**\$2<sup>49</sup>**  
lb.



**Mountaire**  
Fresh Young Chicken

Family Pack  
**Mountaire Fresh**  
**Chicken Tenders**

**\$2<sup>99</sup>**  
lb.



**Red Seedless**  
**Grapes**

**\$1<sup>99</sup>**  
lb.



**MADE FRESH HERE!**

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

**\$7<sup>99</sup>**



**LIMIT 4 TOTAL PLEASE**

6 Pk./16.9 Oz. Bottles  
Selected Varieties  
**Coca Cola**  
Products

**\$3<sup>99</sup>**



1.44 Qt.  
Selected Varieties  
**Turkey Hill**  
**Ice Cream**

**\$3<sup>49</sup>**



**LIMIT 4 TOTAL PLEASE**

7-8 Oz.  
Select Varieties  
**Frito-Lay**  
**Lay's**  
**Potato Chips**

**2/\$5**



22-28 Oz.  
Selected Varieties  
**Bush's Best**  
**Baked Beans**

**2/\$5**



9-13.7 Oz.  
Selected Varieties  
**Keebler**  
**Townhouse or**  
**Club Crackers**

**\$3<sup>99</sup>**



8.8-12.6 Oz.  
Selected Varieties  
**Kellogg's**  
**Kids Cereals**

**2/\$6**

**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**  
lb.

**Southern  
Yellow Peaches**



California  
**Black Plums**

**\$2.59**  
lb.



Pint  
**Fresh  
Blueberries**

**\$3.49**

**\$3.99**  
lb.

**Cotton Candy  
Grapes**



**\$2.39**  
lb.

California  
**Yellow  
Nectarines**



9-12 Oz.  
**Dole Greener Select or  
Classic Romaine Salad**

**\$1.99**



Extra Large  
**Red Bell Peppers**

**\$1.49**  
ea.



6 Ct.  
**Red Sun Farms  
Mini Cucumbers**

**\$1.69**

3 Lb.  
Ruby Sensation,  
Honey Gold  
or American Blend  
**Tasteful Selections  
B Size Potatoes**

**\$3.49**



3 Lb.  
**Vidalia Jumbo  
Sweet Onions**

**\$3.49**



## Arkansas Grown Products



**Arkansas  
GROWN**

6 Oz.  
**Fresh  
Blackberries**

**\$2.39**  
ea.



**Arkansas  
GROWN**

**Fancy Yellow or  
Zucchini Squash**

**\$1.79**  
lb.



**Arkansas  
GROWN**

**Green  
Cabbage**

**79¢**  
lb.



**Arkansas  
GROWN**

10 Oz.  
**Sweet Grape  
Tomatoes**

**\$2.59**  
ea.

## low prices on everyday organic favorites



5 Oz.  
**Organic Girl  
Spring Mix**

**\$4.59**



8 Oz.  
**Organic  
Whole White Mushrooms**

**\$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

**Great on the Grill!**

**Black Canyon Angus® Family Pack Patio or Charcoal Steaks**

**\$7.99** lb.

**Kentucky Legend Hickory or Applewood Smoked Bacon**

**\$4.99** lb.

**GROUND FRESH DAILY!**

**Family Pack 80% Lean Ground Beef**

**\$5.99** lb.

## SIZZLING FATHER'S DAY MEAT SALE

<p><b>Prairie Fresh All Natural Thick Cut Iowa Chops</b></p> <p><b>\$2.49</b> lb.</p>	<p><b>Black Canyon Angus Porterhouse Steak</b></p> <p><b>\$15.99</b> lb.</p>	<p><b>Moultaine Fresh Chicken Family Boneless Breast or Thighs</b></p> <p><b>\$3.49</b> lb.</p>	<p><b>Smithfield 19 Oz. Selected Varieties Smithfield Fresh Bratwurst</b></p> <p><b>\$5.99</b></p>
<p><b>Sea Best Whole Cooked Crawfish 5 lb.</b></p> <p><b>\$19.99</b> ea.</p>	<p><b>Black Canyon Angus Tender and Juicy Arm Roast</b></p> <p><b>\$6.99</b> lb.</p>	<p><b>Black Canyon Angus Family Pack Cube Steaks</b></p> <p><b>\$7.99</b> lb.</p>	<p><b>Family Pack 80% Lean Ground Beef Patties</b></p> <p><b>\$6.19</b> lb.</p>

<p><b>Family Pack Prairie Fresh All Natural Boneless or Butterfly Chops</b></p> <p><b>\$2.99</b> lb.</p>	<p><b>Prairie Fresh All Natural Pork Tenderloins</b></p> <p><b>\$2.99</b> lb.</p>	<p><b>Prairie Fresh All Natural Light Pork Spare Ribs</b></p> <p><b>\$2.99</b> lb.</p>
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# Seafood

**16 Oz. Sea Best Salmon Fillets**

**\$7.99**

**16 Oz. Selected Varieties Sea Best Hush Puppies**

**\$3.59**

**16 Oz. Sea Best Tilapia Fillets**

**\$4.99**

**19-24.6 Oz. Selected Varieties Mrs. Paul's Breaded Fish Sticks or Portions**

**\$6.99**

### Signature meat items

<p><b>Our Signature Bacon Wrapped Jalapeno or Sweet Pepper Poppers</b></p> <p><b>\$9.99</b> lb.</p>	<p><b>Market Made Pork and Chicken Kabobs</b></p> <p><b>\$6.99</b> lb.</p>	<p><b>Jalapeno Cheddar Burgers</b></p> <p><b>\$6.99</b> lb.</p>	<p><b>Our Signature Bacon Wrapped Chicken Breast Griller</b></p> <p><b>\$3.99</b> lb.</p>
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<p><b>Springer Mountain Farms Boneless Chicken Breast</b></p> <p><b>\$4.49</b> lb.</p>	<p><b>Butterball 98% Lean Ground Turkey</b></p> <p><b>\$6.99</b> lb.</p>	<p><b>2.5 Lb. Selected Varieties Tyson Individually Quick Frozen Chicken Wings</b></p> <p><b>\$5.99</b></p>	<p><b>18-26.05 Oz. Selected Varieties Tyson Wings Snacks or Anytizers</b></p> <p><b>\$8.99</b></p>	<p><b>22.5-24 Oz. Selected Varieties Fast Fixin' Breaded Chicken Patties, Strips or Nuggets</b></p> <p><b>\$4.29</b></p>
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### frozen meat favorites

<p><b>22 Oz. Selected Varieties Williams Sausage Biscuit</b></p> <p><b>\$5.99</b></p>	<p><b>32 Oz. Holten Smashed Burgers Patties</b></p> <p><b>\$12.99</b></p>	<p><b>42.7 Oz. Selected Varieties State Fair Classic Corn Dogs</b></p> <p><b>\$9.99</b></p>	<p><b>28.8-36 Oz. Selected Varieties Jimmy Dean Breakfast Sandwiches</b></p> <p><b>\$11.99</b></p>	<p><b>12-16 Oz. Selected Varieties Williams Premium Sausage Rolls, Links or Patties</b></p> <p><b>\$3.99</b></p>
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### smoked meats

<p><b>32 Oz. Ball Park Family Size Meat Franks</b></p> <p><b>\$5.99</b></p>	<p><b>9-16 Oz. Selected Varieties Land O'Frost Premium Lunch Meats</b></p> <p><b>\$5.99</b></p>	<p><b>2.5 Lb. Selected Varieties Bar-S Smoked Sausage Links</b></p> <p><b>\$6.99</b></p>	<p><b>8.3-14 Oz. Selected Varieties Eckrich Smoked Sausage Links or Ropes</b></p> <p><b>\$3.49</b></p>	<p><b>40 Oz. Hickory or Applewood Smoked Williams or J.C. Potter Sliced Slab Bacon</b></p> <p><b>\$12.99</b></p>
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**ALWAYS SOMETHING GOOD COOKIN' AT AUNT MINNIE'S**

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




**Kretschmar**  
Virginia  
Honey or Smoked Ham

**\$6<sup>99</sup>** lb.



**Kretschmar**  
Honey or Original Turkey  
Off The Bone

**\$9<sup>99</sup>** lb.



**Kretschmar**  
Yellow or White  
American Cheese

**\$6<sup>99</sup>** lb.



**RESER'S**  
FINE FOODS

**2/\$6**  
16 Oz.  
Select Varieties  
Reser's Variety  
Salads



**ZARDA**  
HICKORY PIT BAR-B-Q

**\$4<sup>29</sup>** ea.  
16 Oz.  
Zarda Classic or  
Grandma's Baked  
Beans

**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**

**\$9<sup>99</sup>** ea.



**1 Lb.  
Selected Varieties  
Tyson Boneless  
Chicken Wings**

**\$4<sup>99</sup>**



**12 Oz.  
Selected Varieties  
Nathan's Beef  
Hot Dogs**

**\$2<sup>49</sup>**



**1 Lb.  
Kretschmar  
Fully Cooked Ribs**

**\$14<sup>99</sup>**

**\$5<sup>99</sup>**  
24 Oz.  
**Heartland  
Apple Pie**



**\$3<sup>99</sup>**  
12 Ct.  
**King's Hawaiian  
Original or Savory  
Butter Rolls**




**\$3<sup>99</sup>**  
16 Oz.  
**Café Valley  
Lemon or Triple  
Chocolate Bundt Cakes**



**\$3<sup>69</sup>**  
11 Oz.  
**Olson's  
Angel Food Bar**



**5/\$4**  
4 Oz.  
**JJ's Assorted  
Fruit Pies**



**\$4<sup>99</sup>**  
4 Ct.  
**Select Varieties  
Café Valley  
Muffins**



**\$3<sup>99</sup>**  
6 Ct.  
**Clyde's  
Glazed Donuts**



**\$5<sup>99</sup>**  
8 Ct.  
**Sweet Eddie's  
Cinnamon Rolls**



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



**11-19 Oz.  
Select Varieties  
Bellatoria  
Frozen Pizzas**

**\$4<sup>99</sup>**



**12-22 Oz.  
Select Varieties  
Farm Rich  
Frozen Appetizers**

**\$6<sup>99</sup>**



**24 Oz.  
Select Varieties  
Totino's  
Pizza Rolls**

**\$3<sup>99</sup>**



**10-13 Oz.  
Select Varieties  
Marie Callender's  
Bowls and Entrées**

**\$3<sup>49</sup>**



**4 Ct.  
Oreo Ice Cream  
Sandwiches or  
Outshine Fruit Bars**

**\$4<sup>99</sup>**



**25-42 Oz.  
Select Varieties  
Marie Callender's  
Frozen Pies**

**\$7<sup>49</sup>**



**12-20 Ct.  
Root Beer Bars, Almond Bars,  
Strawberry Shortcake Bars,  
Chocolate Eclair Bars, Vanilla Sundae  
Cone, Fudge Bars, Big Star Bars,  
Orange Dream Bars or Vanilla Sandwich**

**Blue Ribbon  
Classics Novelties**

**\$5<sup>99</sup>**



**4 Qt.  
Select Varieties  
Hiland Premium  
Ice Cream Pails**

**\$7<sup>69</sup>**



**6 Ct.  
Select Varieties  
Prairie Farms  
Ice Cream Cones**

**\$4<sup>99</sup>**

**Half Gallon  
Selected Varieties  
Hiland Sherbet**

**\$4<sup>49</sup>**

# GROCERY FAVORITES

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

**\$2.00**

32 Oz.  
**Hunt's Ketchup**



**4/\$5**

15 Oz.  
**Van Camp's Baked Beans**



15-24 Oz.  
Select Varieties  
**Vlasic Pickles or Relish**



**2/\$4**



4-5.8 Oz.  
Select Varieties  
**Knorr Rice & Sauce or Pasta & Sauce Sides**

**3/\$5**



18 Oz.  
Select Varieties  
**KC Masterpiece BBQ Sauce**

**\$1.59**



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

**2/\$5**



7 Oz.  
Select Varieties  
**Betty Crocker Suddenly! Pasta Salads**

**2/\$5**



2.6-4.5 Oz.  
Select Varieties  
**StarKist Tuna Pouches**

**2/\$3**



4 Ct.  
Select Varieties  
**Snack Pack Pudding Cups**

**4/\$5**



14.5-15 Oz.  
Select Varieties  
**Chef Boyardee Canned Pasta**

**2/\$3**



14.5-15.25 Oz.  
Select Varieties  
**Libby's Canned Fruit**

**2/\$5**



24 Oz.  
Select Varieties  
**Prego Pasta Sauce**

**2/\$5**



12-16 Oz.  
Select Varieties  
**American Beauty Pasta**

**2/\$3**



Select Varieties  
**Kingsford Charcoal Briquets**  
16 Lb. or Match Light

**\$13.99**



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

**\$6.99**



Select Varieties  
**Fiora Essentials Paper Towels**  
12 Roll or 6 Rolls

**\$4.49**



15-25 Ct.  
Select Varieties  
**Glad Quart or Gallon Freezer or Storage Bags**

**2/\$4**



17.5 Oz.  
C2O  
**Coconut Water**

**\$2.79**



1 Liter  
**Waiakea Volcanic Water**

**\$2.49**

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



**\$2.99**

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



**\$3.49**

32 Oz.  
Select Varieties  
**International Delight Coffee Creamers**



**2/\$3**

4.5 Oz.  
Select Varieties  
**Chobani Flip Yogurts**



24 Oz.  
Select Varieties  
**Hiland Cottage Cheese**

**\$3.99**



Half Gallon  
Select Varieties  
**Hiland Iced Coffee**

**\$4.99**



Select Varieties  
**Hiland Sour Cream**  
24 Oz. or  
**Yogurt**  
32 Oz.

**\$3.79**



16 Oz.  
Select Varieties  
**Hiland Cheese Blocks**

**\$3.99**



8 Oz.  
Select Varieties  
**Hiland Spreadable Butter**

**\$2.99**

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



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



8-13 Oz.  
Select Varieties  
**Nabisco  
Oreo Cookies**  
**2/\$8**



6 Ct.  
Select Varieties  
**Act II  
Popcorn**  
**\$3.49**



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



**\$2.49**

specialty foods



8 Oz.  
**Johnny's  
French Dip**  
**\$3.99**



3.75-4.25 Oz.  
Select Varieties  
**Blue Diamond  
Nut Thins**  
**\$4.59**

8 Ct.  
**Ozark Hearth  
Jumbo  
Hamburger  
Buns**



**\$1.99**



6 Oz.  
Select Varieties  
**Blue Diamond  
Almonds**  
**\$5.49**



5.52-6.88 Oz.  
Select Varieties  
**Nonni's  
Biscotti**  
**\$4.99**



14.1 Oz.  
**Bauducco  
Wafer Roll**  
**\$5.79**

Shop Best Choice For Your Best Value



7.5-8 Oz.  
Select Varieties  
**Best Choice  
Potato Chips**  
**2/\$4**



28 Oz.  
Select Varieties  
**Best Choice  
Peanut Butter**  
**\$3.49**



5 Lb.  
**Best Choice  
All Purpose Flour**  
**\$2.99**



33.8 Oz.  
Select Varieties  
**Best Choice  
Flavored Waters**  
**99¢**



20 Oz.  
Select Varieties  
**Best Choice  
Mustard**  
**\$1.49**

Great Party Favorites From Our Deli



5.2 Oz.  
**Boursin  
Garlic &  
Herb Cheese**  
**\$4.99**



6 Oz.  
**Kaukauna  
Variety  
Cheeseballs**  
**\$3.99**



5 Oz.  
**Kretschmar  
Pepperoni or  
Hard Salami  
Pillow Packs**  
**\$4.49**



16 Oz.  
**Aunt Minnie's  
7 Layer Bean Dip**  
**\$4.99**



8 Oz.  
Select Varieties  
**Sabra  
Hummus**  
**2/\$7**



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

Best Prices for Drinks



24 Pk./12 Oz. Cans  
Select Varieties  
**Pepsi  
Products**  
**\$12.99**



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



6 Pk./16.9 Oz. Bottles  
Select Varieties  
**Pepsi  
Products**  
**\$5.99**



24 Pk./16.9 Oz. Bottles  
**Dasani  
Drinking  
Water**  
**\$6.49**



6 Pk./16.9 Oz. Bottles  
Select Varieties  
**Pure Leaf  
Tea**  
**\$6.99**



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

**\$7.99**



.5 Liter Bottles  
Select Varieties  
**RC Cola or  
7-Up Products**  
**6 Pack**  
**\$5.99**