

Just As Well Get The Best & The Freshest

BIG 1 DAY SALE

SATURDAY

PRICES GOOD JUNE 20TH, 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 20TH, 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

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

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




BLACK CANYON
ANGUS BEEF

Black Canyon Angus®
T-Bone Steaks
Any Size Package

\$14⁹⁹
lb.



Northwest
Sweet Cherries

Dark Red
Sweet Cherries

\$4⁹⁹
lb.



PRAIRIE FRESH
NATURAL

Prairie Fresh All Natural
Family Pack
Assorted
Pork Chops

\$1⁹⁹
lb.



GROUND FRESH DAILY!

Family Pack
Boston Style Grind

\$4⁴⁹
lb.



Arkansas
Slicer Tomatoes

\$2⁴⁹
lb.



Mountaire
Fresh Young Chicken

Family Pack
Mountaire Fresh
Chicken Tenders

\$2⁹⁹
lb.



Red Seedless
Grapes

\$1⁹⁹
lb.



MADE FRESH HERE!

1 Lb.
Aunt Minnie's
Hand Breaded
Chicken Tenders

\$7⁹⁹



LIMIT 4 TOTAL PLEASE

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

\$3⁹⁹



TURKEY HILL
Homemade
Vanilla

1.44 Qt.
Selected Varieties
Turkey Hill
Ice Cream

\$3⁴⁹



LIMIT 4 TOTAL PLEASE

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

2/\$5



BUSH'S BEST
Country Style
BAKED BEANS

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

2/\$5



TOWN HOUSE
LIGHT AND BUTTERY
ORIGINAL

9-13.7 Oz.
Select Varieties
 Keebler
Townhouse or
Club Crackers

\$3⁹⁹



Kellogg's
FROSTED FLAKES

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

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

<p>16 Oz. Sea Best Salmon Fillets</p> <p>\$7.99</p>
<p>16 Oz. Selected Varieties Sea Best Hush Puppies</p> <p>\$3.59</p>
<p>16 Oz. Sea Best Tilapia Fillets</p> <p>\$4.99</p>
<p>19-24.6 Oz. Selected Varieties Mrs. Paul's Breaded Fish Sticks or Portions</p> <p>\$6.99</p>

Signature meat items

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

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

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

\$6⁹⁹ lb.



Kretschmar
Honey or Original Turkey
Off The Bone

\$9⁹⁹ lb.



Kretschmar
Yellow or White
American Cheese

\$6⁹⁹ lb.



RESER'S
FINE FOODS

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



ZARDA
HICKORY PIT BAR-B-Q

\$4²⁹ 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**

\$9⁹⁹ ea.



Tyson

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

\$4⁹⁹



Nathan's

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

\$2⁴⁹



Kretschmar
Fully Cooked Ribs

1 Lb.

\$14⁹⁹

\$5⁹⁹

**24 Oz.
Heartland
Apple Pie**



\$3⁹⁹

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



\$3⁹⁹

**16 Oz.
Café Valley
Lemon or Triple
Chocolate Bundt Cakes**



\$3⁶⁹

**11 Oz.
Olson's
Angel Food Bar**



5/\$4

**4 Oz.
Select Varieties
JJ's Assorted
Fruit Pies**



\$4⁹⁹

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



\$3⁹⁹

**6 Ct.
Clyde's
Glazed Donuts**



\$5⁹⁹

**8 Ct.
Sweet Eddie's
Cinnamon Rolls**



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



BELLATORIA
Ultra Thin Crust

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

\$4⁹⁹



Farm Rich

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

\$6⁹⁹



Totino's
PIZZA ROLLS

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

\$3⁹⁹



Marie Callender's
TENDER BINDER
BEEF & BROCCOLI
BOWL

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

\$3⁴⁹



OREO
SANDWICHES

4 Ct.

**Oreo Ice Cream
Sandwiches or
Outshine Fruit Bars**

\$4⁹⁹



Marie Callender's
THAW & ENJOY!

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

\$7⁴⁹



BLUE RIBBON

**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**

\$5⁹⁹



Hiland
ICE CREAM

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

\$7⁶⁹



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

\$4⁹⁹

**Half Gallon
Selected Varieties
Hiland Sherbet**

\$4⁴⁹

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

<p>4-5.8 Oz. Select Varieties Knorr Rice & Sauce or Pasta & Sauce Sides</p> <p>3/\$5</p>	<p>18 Oz. Select Varieties KC Masterpiece BBQ Sauce</p> <p>\$1.59</p>	<p>16 Oz. Select Varieties Ott's Salad Dressing</p> <p>2/\$5</p>	<p>7 Oz. Select Varieties Betty Crocker Suddenly Salad</p> <p>2/\$5</p>	<p>2.6-4.5 Oz. Select Varieties Starkist Tuna Pouches</p> <p>2/\$3</p>
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<p>4 Ct. Select Varieties Snack Pack Pudding Cups</p> <p>4/\$5</p>	<p>14.5-15 Oz. Select Varieties Chef Boyardee Canned Pasta</p> <p>2/\$3</p>	<p>14.5-15.25 Oz. Select Varieties Libby's Canned Fruit</p> <p>2/\$5</p>	<p>24 Oz. Select Varieties Prego Pasta Sauce</p> <p>2/\$5</p>	<p>12-16 Oz. Select Varieties American Beauty Pasta</p> <p>2/\$3</p>
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<p>Select Varieties Kingsford Charcoal Briquets 16 Lb. or Match Light</p> <p>\$13.99</p>	<p>Arm & Hammer Liquid Detergent Select Varieties 100.5-105 Oz.</p> <p>\$6.99</p>	<p>Select Varieties Fiora Essentials Paper Towels 12 Roll or 6 Rolls</p> <p>\$4.49</p>	<p>15-25 Ct. Select Varieties Glad Quart or Gallon Freezer or Storage Bags</p> <p>2/\$4</p>	<p>17.5 Oz. C2O Coconut Water</p> <p>\$2.79</p>	<p>1 Liter Waiakea Volcanic Water</p> <p>\$2.49</p>
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SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES Including products from our hometown Hiland Dairy!

<p>\$2.99</p> <p>Select Varieties Pillsbury Grands! Biscuits 16.3 Oz., Cinnamon Rolls 12 Oz. or Crescent Rolls 8 Oz.</p>	<p>\$3.49</p> <p>32 Oz. Select Varieties International Delight Coffee Creamers</p>	<p>2/\$3</p> <p>4.5 Oz. Select Varieties Chobani Flip Yogurts</p>
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<p>24 Oz. Select Varieties Hiland Cottage Cheese</p> <p>\$3.99</p>	<p>Half Gallon Select Varieties Hiland Iced Coffee</p> <p>\$4.99</p>	<p>Select Varieties Hiland Sour Cream 24 Oz. or 32 Oz.</p> <p>\$3.79</p>	<p>16 Oz. Select Varieties Hiland Cheese Blocks</p> <p>\$3.99</p>	<p>8 Oz. Select Varieties Hiland Spreadable Butter</p> <p>\$2.99</p>
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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



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

specialty foods



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