

BIG

Just As Well Get The
Best & The Freshest

**3 DAY
SALE**

FRIDAY, SATURDAY & SUNDAY

PRICES GOOD JULY 24TH THRU JULY 26TH, 2026



Prairie Fresh All Natural
Pork Butts
Whole In Bag Only

\$1.89
Lb.



**85% Lean
Ground Round**

\$5.99
Lb.



Mountaire, 10 Lb.
**Jumbo Bag Pack
Party Wings**

\$16.99

Just As Well Get The
Best & The Freshest

BIG 3 DAY SALE

FRIDAY, SATURDAY & SUNDAY

PRICES GOOD JULY 24TH THRU JULY 26TH, 2026



3 DAYS ONLY!

**Red Seedless
Grapes**

\$2³⁹
Lb.



3 DAYS ONLY!

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

Limit 2 Please

\$4⁹⁹



3 DAYS ONLY!

**Best Choice
Soda**
Selected Varieties
12 Pk./12 Oz. Cans

Limit 4 Please

2/\$7



G&W FOODS

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

Prices Effective: July 15 - July 28, 2026 • While Supplies Last



19 Oz.
Selected Varieties
**Smithfield
Fresh Brats**
4.99

**GROUND
FRESH
DAILY!**

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

\$4.59
lb.

**GROWN IN
ILLINOIS**

Eckert Farms
Yellow Peaches

\$1.39
lb.

20-32 Oz.
Selected Varieties
**Bob Evans
Family Size
Side Dishes**
4.69

**PRAIRIE
FRESH
NATURAL**

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

\$1.69
lb.

BLACK CANYON
ANGUS BEEF

Black Canyon Angus
T-Bone Steaks
Any Size Package

\$13.99
lb.

**Northwest
Cherries**

Northwest Cherries
**Dark Red
Sweet Cherries**

\$4.49
lb.

Mountaire
Fresh Young Chicken

Family Pack
Mountaire Fresh
**Chicken Thighs
or Drumsticks**

\$1.69
lb.

1 Lb.
**Red Ripe
Strawberries**

\$2.99

Kretschmar

**Kretschmar
Fully Cooked Ribs**

\$14.99
lb.



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

\$3.99



7-8 Oz.
Selected Varieties
**Frito-Lay
Doritos**

\$3.99



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

\$2.99



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

\$3.49



5.3 Oz.
Select Varieties
**Chobani
Yogurt**

10/\$10



8-11 Oz.
Selected Varieties
**General Mills
Cheerios**

2/\$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!

\$279

lb.

Sunrays California
Green
Seedless Grapes

\$259

lb.

California
Black Plums

SugarBee
Apple

Washington Premium
SugarBee
Apples

\$249

lb.

\$699

3 Lb. Bag
Halos
Mandarins

\$499

2 Lb. Bag
Lemons

Arkansas Grown Products

Arkansas
GROWN

Arkansas
Slicer Tomatoes

\$219

lb.

Arkansas
GROWN

Arkansas, 6 Oz.
Blackberries

\$279

Arkansas
GROWN

Arkansas, 10 Oz.
Grape Tomatoes

\$249

24 Oz.
Selected Varieties
Tasteful Selections
Bite Size Potatoes

\$299

Jumbo
White Onions

\$149

lb.

11.3 Oz.
Dole
Ultimate Caesar Salad

\$359

ea.

8 Oz.
Giorgio Whole
White Mushrooms

\$199

ea.

Hass
Avocados

\$119

ea.

Hot House
Red or Yellow
Bell Peppers

2/\$3

low prices on everyday organic favorites

5 Oz.
Organic Girl
Super Greens Salad

\$459

8 Oz.
Organic
Mini Sweet Peppers

\$349

100% GUARANTEED ORGANIC

Don't forget to check in store
for more organic produce specials!

GW Base

GW Base_PG2_071526_4C

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.



Farmland Smoked Bacon

\$5.99 lb.



Black Canyon Angus Rump Roast

\$6.49 lb.

HOT DAYS AND COOL DEALS



Prairie Fresh All Natural Family Pack Pork Steaks

\$2.29 lb.



Black Canyon Angus Family Pack Cube Steaks

\$6.99 lb.



Prairie Fresh All Natural Family Pack Boneless or Butterfly Chops

\$2.99 lb.



16 Oz. Selected Varieties Best Choice Bratwurst

\$3.99



Black Canyon Angus Family Pack Tenderized Bottom Round Steaks

\$6.59 lb.



9 Oz. Cacique Beef or Pork Chorizo

3/\$4



Black Canyon Angus Stew Meat

\$6.99 lb.



Prairie Fresh All Natural Thin Sliced Boneless Breakfast Chops

\$3.49 lb.



Prairie Fresh All Natural Whole or Half Cut Butt Roast

\$2.19 lb.



Prairie Fresh All Natural Family Pack Pork Cutlets

\$2.79 lb.

Seafood



2 Lb. Sea Best Argentine Red Shrimp

\$18.99



15 Oz. Beaver Street Fisheries Shrimp or Surimi Cocktail Tray

\$8.99



16 Oz. Sea Best Salmon Fillets

\$7.99



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

\$6.99



15 Lb. Box Individually Quick Frozen Catfish Nuggets

\$25.99

Signature meat items



Prairie Fresh All Natural Spinach and Cheese Stuffed Pinwheels

\$4.99 lb.



Black Canyon Angus Seasoned Steak Fingers

\$8.99 lb.



Our Signature Market Made Bacon Wrapped Jalapeno Poppers

\$9.99 lb.



Mountaire Bacon Wrapped Chicken Grillers

\$3.99 lb.



Mountaire Family Pack Boneless Breast

\$2.99 lb.



Mountaire Family Pack Party Wings

\$2.49 lb.



10 Oz. Selected Varieties Tyson Stuffed Chicken Entrées

\$3.99



12 Oz. Selected Varieties Oscar Mayer Turkey Bacon

\$3.99



Butterball 93% Lean Ground Turkey

\$4.99 lb.



28 Oz. Family Size Box Selected Varieties Williams Premium Sausage Patties

\$7.99



28.8-36 Oz. Selected Varieties Jimmy Dean Breakfast Sandwiches

\$9.99



18-20.7 Oz. Selected Varieties El Monterey Taquitos

\$7.99



22.5-24 Oz. Selected Varieties Fast Fixin' Chicken Nugget, Strips or Patties

3/\$10



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

\$12.99

smoked meats



2.52 Oz. Oscar Mayer Fully Cooked Bacon

\$3.99



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

\$3.79



3.92-16.1 Oz. Selected Varieties Oscar Mayer Uploaded Lunchables

\$3.49



12-16 Oz. Selected Varieties Curly's BBQ Chicken or Pork Tubs

\$4.99



7-8 Oz. Selected Varieties Smithfield Prime Fresh Lunch Meats

\$3.99

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



Kretschmar



Kretschmar Honey or Original Ham Off The Bone

\$6⁹⁹ lb.

Kretschmar



Kretschmar Honey or Original Turkey Off The Bone

\$9⁹⁹ lb.

Kretschmar



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!

Tyson



1 Lb.
Selected Varieties
Tyson Boneless Chicken Wings

\$4⁹⁹





8 Piece
Aunt Minnie's Dark Meat Fried Chicken

\$7⁹⁹ ea.





1 Lb.
Aunt Minnie's Hand Breaded Chicken Tenders

\$7⁹⁹

Mrs. Gerry's
The Best in Sandwiches



1 Lb.
Mrs. Gerry's Macaroni & Cheese

\$3⁴⁹

\$9⁹⁹

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



\$3⁹⁹

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



\$5⁹⁹

14.1 Oz.
Sweet P's Strawberry Shortcake or Chocolate Vanilla Swiss Rolls



\$4⁴⁹

13.5 Oz.
Sweet P's Frosted Sugar Cookies



\$4⁹⁹

16 Oz.
Select Varieties
Olson's Sliced Crème Cakes



\$5⁹⁹

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



\$3⁹⁹

12 Ct.
Select Varieties
Café Valley Mini Muffins



\$4⁷⁹

11 Oz.
37th Street Garlic Parmesan or Jalapeno Cheddar Bread Twists



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

Voila!
SKILLET MEALS



21 Oz.
Select Varieties
Birds Eye Voila! Frozen Entrées

\$4⁴⁹

LOUISA'S
TORTELLINI



16-19 Oz.
Select Varieties
Louisa Frozen Ravioli or Tortellini

\$4⁴⁹

Marie Callender's



10.5-15 Oz.
Select Varieties
Marie Callender's Dinners or Pot Pies

\$3⁴⁹

Healthy Choice
SIMPLY



9-10 Oz.
Selected Varieties
Healthy Choice Simply Steamers

\$3⁴⁹

Mr. Dell's



30-32 Oz.
Selected Varieties
Mr. Dell's Hash Browns

\$3⁹⁹

Eggo



10 Ct.
Select Varieties
Eggo Frozen Waffles

2/\$6

Blue Bunny



6-9 Ct.
Select Varieties
Blue Bunny Mini Cones or Mini Ice Cream Sandwiches

\$3⁴⁹

Hiland



48 Oz.
Select Varieties
Hiland Premium Ice Cream

\$4⁹⁹

Prairie Farms



12 Ct.
Selected Varieties
Prairie Farms Ice Cream Sandwiches

\$5⁵⁹

GROCERY FAVORITES

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

\$7⁴⁹

Royal Oak
Charcoal Briquettes
15.4 Lb. or
Lump Charcoal
8 Lb.



2/^{\$}3

18 Oz.
Select Varieties
KC Masterpiece
BBQ Sauce





20 Oz.
Select Varieties
Hunt's Ketchup

2/^{\$}3



15 Oz.
Select Varieties
Wish-Bone
Salad Dressings

\$2⁹⁹

15 Oz.
Van Camp's
Pork & Beans

5/^{\$}5⁵⁰

22-30 Oz.
Select Varieties
Kraft
Mayonnaise

\$3⁹⁹

15 Oz.
Select Varieties
Chef Boyardee
Canned Pasta

\$2²⁹

24 Oz.
Select Varieties
American Beauty
Pasta

2/^{\$}5



128 Oz.
Select Varieties
Tampico
Punch Drinks

\$2⁹⁹

16 Oz.
Select Varieties
Betty Crocker
Brownie or Cake Mix

2/^{\$}4

13 Oz.
Select Varieties
Betty Crocker
Frosting

\$4⁹⁹

10-18 Oz.
Select Varieties
Nabisco
Family Size Oreos

\$4⁶⁹

22-24 Oz.
Chocolate, Strawberry, Caramel
Hershey's Syrups



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

\$6⁹⁹

Glad Storage,
Freezer or
Sandwich Bags
Select Varieties
15-50 Ct.

2/^{\$}5

Dawn
EZ Squeeze or
Spray Dish Soap
Select Varieties
16-22 Oz.

\$3⁹⁹

6 Mega Rolls
Select Varieties
Charmin
Bath Tissue

\$8⁹⁹

16 Oz.
Bragg Liquid
Aminos

\$4⁹⁹

20.5-21.5 Oz.
Select Varieties
Kikkoman
Teriyaki Sauce

SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES

Including products from our hometown Hiland Dairy!



2/^{\$}5

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



\$5⁹⁹

24 Oz.
Select Varieties
Chobani
Coffee
Creamers



2/^{\$}5

12 Oz.
Select Varieties
Borden Cheese
Singles or Melts



24 Oz.
Select Varieties
Hiland
Cottage Cheese
or Sour Cream

\$3⁹⁹

16 Oz.
Select Varieties
Hiland
Cheese Blocks

\$3⁹⁹

Half Gallon
Original or Raspberry
Hiland
Lemonade

\$2¹⁹

Half Gallon
Select Varieties
Hiland
Lactose Free Milk

\$4⁹⁹

Quart
Select Varieties
Hiland
Buttermilk

\$1⁹⁹

GW Base

GW Base_PG5_071526_4C

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



7-8 Oz.
Select Varieties
**Frito-Lay
Tostitos**
2/\$8



18 Ct.
Select Varieties
**Frito-Lay
Variety Packs**
\$10⁹⁹



20 Oz.
**Sara Lee
Butter Bread**



\$2⁷⁹

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



\$2⁷⁹

20 Oz.
**Ozark Hearth
Texas Toast**



\$2²⁹

specialty foods



16 Oz.
**Terry Ho's
Yum Yum
Sauce**
\$4⁹⁹



10 Oz.
**Ty Ling
Sweet & Sour
Sauce**
\$2⁷⁹



8 Oz.
Select Varieties
**Reese
Water Chestnut**
\$1⁹⁹



8.5 Oz.
Select Varieties
Royal Rice



\$2²⁹



15 Oz.
**Ty Ling Stir Fry
Vegetables**
\$2⁷⁹

Shop Best Choice For Your Best Value



16 Oz.
Select Varieties
**Best Choice
Peanut Butter**

\$2²⁹



32 Oz.
**Best Choice
Grape Jelly**

2/\$5



28 Oz.
Select Varieties
**Best Choice
Baked Beans**

\$2¹⁹



12 Ct.
Select Varieties
**Best Choice
K-Cup Coffee**

\$5⁴⁹



20 Oz.
Select Varieties
**Best Choice
Mustard**

\$1⁴⁹

Great Party Favorites From Our Deli



8.5 Oz./12 Ct.
Select Varieties
Babybel Cheese

\$7⁹⁹



6 Oz.
**Kaukauna
Variety
Cheeseballs**

\$3⁹⁹



14 Oz.
**Kretschmar Beef
or Beef & Garlic
Summer Sausage**

\$8⁹⁹



5 Oz.
**Kretschmar
Pepperoni or
Hard Salami
Pillow Packs**

\$4⁴⁹



8 Oz.
Select Varieties
**Sabra
Hummus**

\$3⁴⁹



1 Lb.
**Aunt Minnie's
Tortilla Chips**

\$2⁴⁹

Best Prices for Drinks



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

\$5⁹⁹



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

\$1⁹⁹



12 Pk./12 Oz. Cans
Select Varieties
**Pepsi
Products**

\$7⁹⁹



28 Oz.
Select Varieties
**Powerade
Sports Drinks**

3/\$5



6 Pk./12 Oz. Bottles
Select Varieties
**Gatorade
Sports Drinks**

\$4⁴⁹



2 Liter
Select Varieties
**RC Cola or
7-Up Products**

\$1⁹⁹



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

\$6⁹⁹