

Just As Well Get The
Best & The Freshest

DOG DAYS OF Summer!

PRICES GOOD JULY 29TH THRU AUGUST 11TH, 2026



3 Lb.
**Nunn Better
Medium Dog
Biscuits**
3.99

**Ben's Best
Dry Dog Food**
Select Varieties
40 Lb.

\$18.99



**Fresh Pet
Chicken or Beef
Roll Dog Food**
6 Lb.

\$14.99



**Purina
Dog Chow**
Select Varieties
18.5 Lb.

\$16.99

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Just As Well Get The
Best & The Freshest

DOG DAYS OF Summer!

PRICES GOOD JULY 29TH THRU AUGUST 11TH, 2026



Pure Wonder Cat Litter

Selected Varieties
20 Lb.

\$8⁴⁹



9 Lives Canned Cat Food

Selected Varieties
4 Ct.

\$2⁹⁹



Meow Mix Dry Cat Food

Selected Varieties
3.15 Lb.

\$6⁹⁹



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 29 - August 11, 2026 • While Supplies Last



28-32 Oz.
Selected Varieties
**Bob Evans Family
Size Side Dishes**
4.99

Black Canyon
ANGUS BEEF

Black Canyon Angus
**Boneless
Ribeye Steak**
12 Oz.

\$14.99



Colorado
**Olathe Bi-Color
Sweet Corn**

4/\$3



**PRAIRIE
FRESH
NATURAL**

Prairie Fresh All Natural
Family Pack
**Pork Steak or
Western Style Ribs**

\$2.49
lb.



**GROUND
FRESH
DAILY!**

Family Pack
Boston Style Grind

\$4.49
lb.



**Northwest
Cherries**

Northwest Cherries
**Dark Red
Sweet Cherries**

\$4.99
lb.



16 Oz.
Selected Varieties
**Hormel Black
Label Bacon**
5.99

Mountaire
Fresh Young Chicken

Jumbo Pack
Mountaire Fresh
**Fresh Boneless
Chicken Breast**

\$2.99
lb.



California
**Red
Seedless Grapes**

\$2.49
lb.



**MADE
FRESH
HERE!**

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

\$7.99



2 Liter
Select Varieties
**Pepsi
Products**

\$1.99



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

\$2.99



7-14 Oz.
Select Varieties
**Nabisco
Oreo Cookies**

\$3.99



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

\$3.49



Gallon
Select Varieties
**Red Diamond
Tea**

2/\$7



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

\$3.99

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.

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FARM TO TABLE FRESHNESS

Triple Inspected
Daily for Quality!

\$2⁹⁹

9-12 Oz.
Dole American or
Italian Blend Salad





79¢
ea.

Super Select
Cucumbers



\$1⁹⁹
lb.

Hothouse
On The Vine
Tomatoes

\$2⁹⁹

8 Oz.
Giorgio Baby
Bella Mushrooms



89¢
ea.

Hass
Avocados





\$4⁹⁹

2 Lb.
Mild, Medium or Hot
Hatch Chili Peppers



\$1⁴⁹
lb.

Vidalia Jumbo
Sweet Onions



\$3⁹⁹

15 Oz.
¡Yo Quiero!
Cantina Style Salsa



\$2⁹⁹

Pint
Fresh
Blueberries



\$1²⁹
lb.

Eckert
Yellow Peaches



\$1⁴⁹
lb.

Fancy Zucchini or
Yellow Squash



\$2⁹⁹
ea.

24 Oz.
Select Varieties
Tasteful Selections
Bite Size Potatoes



89¢
lb.

Green Cabbage



89¢
lb.

Jumbo Baking
Potatoes



\$2¹⁹
ea.

Organic
Celery

low prices on everyday organic favorites



\$1⁹⁹

1 Lb.
Organic
Baby Peeled Carrots

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
90% Lean
Ground Beef
Any Size Package

\$7.99 lb.

24 Oz.
Wright Sliced
Slab Bacon
\$8.99

BLACK CANYON CATTLE COMPANY ANGUS BEEF

Family Pack
Black Canyon Angus
Sirloin Tip Steaks

\$7.99 lb.

HOT DAYS AND COOL DEALS

PRairie FRESH NATURAL

Prairie Fresh All Natural
Pork Spare Ribs

\$2.49 lb.

Mountaire Fresh Young's Chicken

Mountaire
Fresh Chicken
Jumbo Pack
Party Wings

\$2.49 lb.

PRairie FRESH NATURAL

Prairie Fresh All Natural
Whole Trimmed
Pork Butt Roast

\$2.49 lb.

Mountaire Fresh Young's Chicken

Mountaire
Fresh Chicken
Jumbo Pack
Chicken Breast
Tenders

\$2.49 lb.

BLACK CANYON CATTLE COMPANY ANGUS BEEF

Black Canyon Angus
Sirloin Tip Roast

\$6.99 lb.

BLACK CANYON CATTLE COMPANY ANGUS BEEF

Black Canyon Angus
Thin Sliced
Breakfast Steaks

\$8.99

BLACK CANYON CATTLE COMPANY ANGUS BEEF

Black Canyon Angus
Thin Sliced
Beef for Fajitas

\$8.99 lb.

PRairie FRESH NATURAL

Prairie Fresh All Natural
Family Pack
Boneless
or Butterfly Chops

\$2.79 lb.

PRairie FRESH NATURAL

Prairie Fresh All Natural
Pork Tenderloins

\$2.99 lb.

PRairie FRESH NATURAL

Prairie Fresh All Natural
Family Pack
Pork Cutlets

\$2.79 lb.

24-28 Oz.
Select Varieties
Kingsford
Baby Back Ribs
or 3 Meat Combo

\$12.99

Seafood

SEA BEST

2 Lb.
Sea Best
Frog Legs

\$16.99

SEA BEST

16 Oz.
Sea Best
Tilapia Fillets

\$4.99

SEA BEST

26-30 Ct., 1 Lb.
Sea Best
Shrimp

\$9.99

SEA BEST

2 Lb.
Sea Best
Argentine
Red Shrimp

\$18.99

CRAB DELICIOUS

8 Oz.
Louis Kemp
Imitation
Crab Meat

\$2.99

Signature meat items

Our Signature Market Made
Chicken or Pork Kabobs

\$6.99 lb.

Bacon Wrapped
Chicken Breast
or Thigh Grillers

\$3.99 lb.

Our Signature Market Made
Seasoned
Pork Fingers

\$3.99 lb.

Our Signature Market Made
Bacon Wrapped
Jalapeno Poppers

\$9.99 lb.

Mountaire Fresh Young's Chicken

Mountaire
Family Pack
Boneless Thighs

\$2.99 lb.

Previously Frozen
Whole Fryers

\$1.69 lb.

BUTTERBALL

Butterball
85% Lean
Ground Turkey

\$4.49 lb.

20-29 Oz.
Selected Varieties
Tyson Breaded
Chicken Nuggets,
Strips or Patties

\$5.99

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

\$4.99

frozen meat favorites

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

\$12.99

12.8-18.8 Oz.
Selected Varieties
Jimmy Dean
Breakfast
Sandwiches

\$6.99

42.7 Oz.
Selected Varieties
State Fair
Classic Corndogs

\$9.99

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

\$5.99

22 Oz.
Williams Premium
Sausage Biscuits

\$5.99

smoked meats

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

\$5.99

2.1 Oz.
Selected Varieties
Best Choice
Fully Cooked Bacon

\$2.99

12-14 Oz.
Selected Varieties
Williams Premium
Sausage Rolls,
Links or Patties

\$3.99

20-24 Oz.
Selected Varieties
Reser's Signature
Side Dishes

2/\$6

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

\$3.99

ALWAYS SOMETHING GOOD COOKIN' AT AUNT MINNIE'S

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



Kretschmar



Kretschmar
Virginia Honey
or Smoked Ham

\$5⁹⁹ lb.

Kretschmar



Kretschmar
Cajun or
Sundried Tomato Turkey

\$8⁹⁹ lb.

Kretschmar



Kretschmar
Mild Cheddar

\$7⁴⁹ lb.

RESER'S
FINE FOODS



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

ZARDA
HICKORY PIT BAR-B-Q



\$4⁴⁹ 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

\$10⁹⁹ ea.



1 Lb.
Select Varieties
Tyson Boneless
Chicken Wings

\$4⁹⁹



Nathan's
Beef Hot Dogs

\$2⁴⁹



Kretschmar
Fully Cooked Ribs

\$14⁹⁹

\$11⁹⁹
26.7 Oz.
Pineapple Upside
Down Cake



\$3⁹⁹
12 Ct.
King's Hawaiian
Original or Savory
Butter Rolls



\$3⁹⁹
8 Oz.
Olson's Sliced
Angel Food Cake



\$5⁷⁹
10 Ct.
Select Varieties
Sweet P's Cookies



\$4⁹⁹
13.5 Oz., Select Varieties
Sweet P's Frosted
Sugar Cookies



\$4⁹⁹
16 Oz., Select Varieties
Olson's Sliced
Crème Cakes



\$3⁹⁹
12 Ct.
Select Varieties
Café Valley
Mini Muffins



\$3⁴⁹
12 Oz.
Select Varieties
Clyde's
Donut Holes



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



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

\$4⁹⁹



12-14 Oz.
Select Varieties
Banquet
Mega Bowls
or Meals

\$3⁴⁹



6 Ct.
Select Varieties
Furlani
Garlic Toast

\$2²⁹



11-17 Oz.
Select Varieties
Bellatoria
Pizzas

\$5²⁹



10 Ct.
Select Varieties
Eggo
Waffles

\$2⁹⁹



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

\$3²⁹



8 Ct.
Select Varieties
Drumstick
Cones

\$7⁹⁹



48 Oz.
Select Varieties
Edy's
Premium Ice Cream

\$4⁴⁹



6 Ct.
Select Varieties
Prairie Farms
Old Fashioned Cones

\$5⁹⁹

GROCERY FAVORITES

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

2/\$3

Chobani Flip Yogurts
Select Varieties
4.5 Oz.



4/\$5

4 Ct.
Select Varieties
Hunt's Snack Pack Pudding



5-10 Ct.
Select Varieties
General Mills Cereal Bars,
Granola Bars,
Nature Valley Cereal Bars,
Granola Bars or
Betty Crocker Fruit Snacks



\$2.49

4-7 Oz.
Select Varieties
Betty Crocker Box Potatoes or Suddenly Salads

2/\$5



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

3/\$5



12-16 Oz.
Select Varieties
Hidden Valley Ranch Salad Dressings

\$4.49



15 Oz.
Select Varieties
Hunt's Manwich Sauce

2/\$3



8 Pk./12 Oz. Cans
Select Varieties
Bubly Sparkling Water

\$4.99



10 or 16 Oz.
Select Varieties
Old El Paso Enchilada Sauce or Refried Beans

\$2.29



12 Oz.
Select Varieties
Old El Paso Taco Sauce

2/\$5



8.8 Oz.
Select Varieties
Old El Paso Rice or Santa Fe Beans

2/\$5



8-12 Oz. or 8-10 Ct.
Select Varieties
Old El Paso Taco Shells, Dinner Kits or Queso

\$3.99



10 Ct.
Best Choice
Flour Tortillas

\$1.79



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

\$6.99



6 Mega Rolls
Best Choice
Bath Tissues

\$4.99



12 Rolls
Best Choice
Paper Towels

\$10.99



94-107 Oz.
Select Varieties
Tide Simply Laundry Detergent

\$9.99



2 Ct.
Best Choice
Utility Lighter

\$4.19



8 Ct.
Diamond
Strike-A-Fire

\$2.79



SHOP OUR ALWAYS FARM FRESH DAIRY FAVORITES

Including products from our hometown Hiland Dairy!



\$3.99

46 Oz.
Select Varieties
Tropicana Orange Juice



\$3.99

32 Oz.
Select Varieties
Coffee-mate Coffee Creamers



\$2.99

Select Varieties
Pillsbury Grands! Biscuits
16.3 Oz.,
Cinnamon Rolls
12-13 Oz. or
Crescent Rolls
8 Oz.



\$8.49

48 Oz.
Select Varieties
Hiland Cottage Cheese
GW Base



\$2.39

16 Oz.
Select Varieties
Hiland Sour Cream or Dips



2/\$4

8 Oz.
Select Varieties
Hiland Cream Cheese or Cheese Shreds



\$3.49

16 Oz.
Select Varieties
Hiland Butter Quarters



\$4.99

64 Oz.
Select Varieties
Hiland Iced Coffee

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



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



18 Ct.
Select Varieties
Frito-Lay
Variety Packs
\$9.99



7-8 Oz.
Select Varieties
General Mills
Bugles, Gardetto's
or Chex Mix
\$2.99



15-20 Oz.
Sara Lee
Artesano
Loaf Breads
or Buns



\$2.99

6 Ct.
Select Varieties
Thomas'
Bagels



\$3.99

20 Oz.
Ozark Hearth
Jumbo
Hamburger
Buns



\$2.19

specialty foods



18 Oz.
Stubb's
BBQ Sauce
\$4.79



12 Oz.
Select Varieties
Briannas
Salad Dressing
\$3.99



12 Oz.
Select Varieties
Nathan's Mustard

\$2.99



12 Oz.
Ragin' Cajun
Sweet & Spicy Pickles

\$6.99



2.6-3.5 Oz.
Select Varieties
Dan-O's
Seasoning

\$6.99

Shop Best Choice For Your Best Value



24 Oz.
Select Varieties
Best Choice
Pasta Sauce

2/\$4



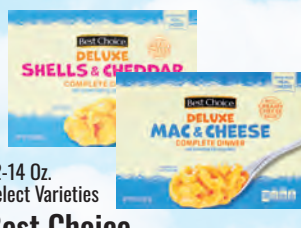
16 Oz.
Select Varieties
Best Choice
Pasta

\$1.19



8 Ct.
Select Varieties
Best Choice
Toaster Pastries

\$2.19



12-14 Oz.
Select Varieties
Best Choice
Deluxe Shells and
Cheese or Deluxe
Mac & Cheese

3/\$5



16 Oz.
Select Varieties
Best Choice
Peanut Butter

2/\$5

Great Party Favorites From Our Deli



8.5 Oz./12 Ct.
Select Varieties
Babybel Cheese

\$7.99



6 Oz.
Kaukauna
Variety
Cheeseballs

\$3.99



14 Oz.
Kretschmar Beef
or Beef & Garlic
Summer Sausage

\$8.99



5 Oz.
Kretschmar
Pepperoni or
Hard Salami
Pillow Packs

\$4.49



8 Oz.
Select Varieties
Sabra
Hummus

2/\$6



1 Lb.
Aunt Minnie's
Tortilla Chips

\$2.49

Best Prices for Drinks



12 Pk./12 Oz. Cans
Select Varieties
Coca-Cola
Products

\$7.99



6 Pk./.5 Liter Bottles
Select Varieties
Pure Leaf
Tea

\$6.99



2 Liter
Select Varieties
Coca-Cola
Products

\$1.79



28 Oz.
Select Varieties
Gatorade
Sports Drinks

\$2.19



8 Pk./20 Oz. Bottles
Select Varieties
Powerade
Sports Drinks

\$7.49



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

\$5.99

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

\$4.99

